



Up-Island Council on Aging  
508-693-2896



~ January 2015 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 OFFICE CLOSED  	2 8:15 Balletics  10:30 Yoga  1:00-3:00 Water Color	3
4	5 10:00 Pilates  11:15 Yoga	6 8:30, 9:30 Strength Training  9:30 Discussion Group  10:00 Writing Group  11:30 Rug Hooking	7 8:15 Balletics  1:00 Mah Jong  2:30 Walking Group	8 8:30, 9:30 Strength Training  12:30 Lunch	9 8:15 Balletics  10:30 Yoga  1:00-3:00 Water Color	10
11	12 10:00 Pilates  10:30 <b>Vineyard Isle Parkinsonians Support Group</b>  11:15 Yoga  1:00 Cape Light Compact "Help Chill Your Bill" 508-693-2896 to register	13 8:30, 9:30 Strength Training  9:30 Discussion Group  10:00 Writing Group  11:30 Rug Hooking  <b>11:30-2:00 Blood Pressure Clinic</b>	14 8:15 Balletics  1:00 Mah Jong  2:30 Walking Group  	15 8:30, 9:30 Strength Training  12:30 Lunch  <b>1:15 Oldies with the MV Regional High School Vocal Ensemble</b>	16 8:15 Balletics  10:30 Yoga  1:00-3:00 Water Color  <b>NEW!! Chair Massage 10:00-2:00 Schedule your appointment today!</b>	17  
18	19  Martin Luther King Jr. Day  OFFICE CLOSED	20 8:30, 9:30 Strength Training  9:30 Discussion Group  10:00 Writing Group  11:30 Rug Hooking	21 8:15 Balletics  1:00 Mah Jong  2:30 Walking Group  Legal Clinic with Patti Mello	22 8:30, 9:30 Strength Training  12:30 Lunch	23 8:15 Balletics  10:30 Yoga  1:00-3:00 Water Color	24
25	26 10:00 Pilates  11:15 Yoga  <b>1:30 MV Museum Presents "An Introduction to Lighthouses" 508-693-2896 to register</b>  	27 8:30, 9:30 Strength Training  9:30 Discussion Group  10:00 Writing Group  11:30 Rug Hooking	28 8:15 Balletics  10:30 Book Group  1:00 Mah Jong  2:30 Walking Group  <b>Public Health Nurse Clinic Drop in or call Laura Murphy for an appointment. (508)957-7660</b>	29 8:30, 9:30 Strength Training  12:30 Lunch	30 8:15 Balletics  10:30 Yoga  1:00-3:00 Water Color  	31

