

Up Island Council on Aging (508)693-2896

June 2017						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<p>Annual Howes House Art Show</p> <p>Fri. June 23rd 12:00-4:00</p> <p>Sat. June 24th 9:00-2:00</p> 			<p>1</p> <p>8:30 & 9:30 Strength Training</p> <p>12:30 Lunch</p> <p>1:30 Mah Jong</p>	<p>2</p> <p>8:15 Balletics 10:30 Yoga</p> <p>1:00-3:00 Water Color</p> <p>2:00-3:40 Chair Massage 508-693-2896</p>	3
4	<p>5</p> <p>10:00 Gentle Pilates</p> <p>11:15 Yoga</p> 	<p>6</p> <p>8:30 & 9:30 Strength Training</p> <p>9:30 Discussion</p> <p>11:00 Writing Group</p> <p>3:00 Dance Free</p>	<p>7</p> <p>8:15 Balletics</p> <p>10:00 Rug Hooking</p> <p>10:30 Yoga</p> <p>1:00 Mah Jong</p>	<p>8</p> <p>8:30 & 9:30 Strength Training</p> <p>12:30 Lunch</p> <p>1:30 Mah Jong</p>	<p>9</p> <p>8:15 Balletics 10:30 Yoga</p> <p>1:00-3:00 Water Color</p> <p>2:00-3:40 Chair Massage 508-693-2896</p>	10
11	<p>12</p> <p>10:00 Gentle Pilates</p> <p>10:30 Vineyard Isle Parkinsonians Support Group 508-693-2896</p> <p>11:15 Yoga</p>	<p>13</p> <p>8:30 & 9:30 Strength Training</p> <p>9:30 Discussion</p> <p>BP & Wellness Clinic 11:00-1:00</p> <p>11:00 Writing Group</p> <p>3:00 Dance Free</p>	<p>14</p> <p>8:15 Balletics</p> <p>10:00 Rug Hooking</p> <p>10:30 Yoga</p> <p>1:00 Mah Jong</p> <p>Patti Mello Legal Clinic (508)477-0267</p>	<p>15</p> <p>8:30 & 9:30 Strength Training</p> <p>12:30 Lunch</p> <p>1:30 Mah Jong</p> 	<p>16</p> <p>8:15 Balletics 10:30 Yoga</p> <p>1:00-3:00 Water Color</p> <p>2:00-3:40 Chair Massage 508-693-2896</p> <p>SMILES DENTAL CLINIC 508-693-2896</p>	17
18	<p>19</p> <p>10:00 Gentle Pilates</p> <p>11:15 Yoga</p> 	<p>20</p> <p>8:30 & 9:30 Strength Training</p> <p>9:30 Discussion</p> <p>11:00 Writing Group</p> <p>3:00 Dance Free</p>	<p>21</p> <p>8:15 Balletics</p> <p>10:00 Rug Hooking</p> <p>10:30 Yoga</p> <p>1:00 Mah Jong</p>	<p>22</p> <p>8:30 & 9:30 Strength Training</p> <p>12:30 Lunch</p> <p>1:30 Mah Jong</p>	<p>23</p> <p>8:15 Balletics 10:30 Yoga</p> <p>12:00-4:00 Annual Art Show</p> <p>2:00-3:40 Chair Massage 508-693-2896</p>	<p>24</p> <p>A</p> <p>R</p> <p>T</p> <p>S</p> <p>H</p> <p>O</p> <p>W</p> <p>9-2</p>
25	<p>26</p> <p>10:00 Gentle Pilates</p> <p>11:15 Yoga</p> <p>Pedi Care Clinic Call for appointment!</p>	<p>27</p> <p>8:30 & 9:30 Strength Training</p> <p>9:30 Discussion</p> <p>11:00 Writing Group</p> <p>3:00 Dance Free</p>	<p>28</p> <p>8:15 Balletics</p> <p>10:00 Rug Hooking</p> <p>10:30 Yoga</p> <p>1:00 Mah Jong</p>	<p>29</p> <p>8:30 & 9:30 Strength Training</p> <p>12:30 Lunch</p> <p>1:30 Mah Jong</p>	<p>30</p> <p>8:15 Balletics 10:30 Yoga</p> <p>1:00-3:00 Water Color</p> <p>2:00-3:40 Chair Massage 508-693-2896</p>	



Ongoing Services:

- Outreach
- Fuel Assistance
- SNAP (formerly known as Food Stamps)
- Government Surplus Food Distribution
- Notary Services
- Lifeline and Be Safer At Home
- Durable Medical Equipment
- Telephone Reassurance Calls
- File of Life
- SHINE (insurance specialist)

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Upcoming Events: Call 508-693-2896 for additional information and to sign up for the following events.

MV Museum Presentations are on hiatus until September.

Chair Massage

Fridays 2:00-3:40

20 minute appointments \$20

Call to make your appointment!

Falmouth Shopping Trips with Ellen!

On Summer Hiatus for June, July & August

Annual Howes House Cookout

August 11th 12:00

Free food and live music!

***Space is Limited, call to reserve your spot!**

Annual Lobster Picnic in Menemsha

September 11th 12:00

Lobster roll, chowder, potato chips, lemonade, ice cream.

Food provided by The Menemsha Galley. Price TBD

***Space is limited, call to reserve your spot!**