

Up Island Council on Aging 508-693-2896

March 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 8:30 & 9:30 Strength Training 9:30 Discussion Group 10:00 Writing Group 3:00-4:00 Dance Free	2 8:15 Balletics 10:30 Yoga 1:00 Mah Jong *AARP Tax Assistance 508-693-2896 to make an appt.	3 8:30 & 9:30 Strength Training 12:30 Lunch 1:00 Scrabble 1:30 Mah Jong 1:30 Bridge 4:30-6 MELT	4 8:15 Balletics 10:30 Yoga 1:00-3:00 Water Color	5
6	7 9-10:30 "Writing Your Memoir" 10:00 Gentle Pilates 11:15 Yoga 4:00 Qi Gong 2:00 Felix Neck Presents: Animals in Winter! 508-693-2896 to sign up	8 8:30 & 9:30 Strength Training 9:30 Discussion Group 10:00 Writing Group Blood Pressure Clinic 11:00-1:00 3:00-4:00 Dance Free	9 8:15 Balletics 10:30 Yoga 1:00 Mah Jong *AARP Tax Assistance 508-693-2896 to make an appt. 	10 8:30 & 9:30 Strength Training 12:30 Lunch  1:00 Scrabble 1:30 Mah Jong 1:30 Bridge	11 8:15 Balletics 10:30 Yoga 1:00-3:00 Water Color	12
13	14 9-10:30 "Writing Your Memoir" 10:00 Gentle Pilates 10:30 Vineyard Isle Parkinsonians Support Group 11:15 Yoga 4:00 Qi Gong	15 8:30 & 9:30 Strength Training 9:30 Discussion Group 10:00 Writing Group 3:00-4:00 Dance Free 	16 8:15 Balletics 10:30 Yoga 1:00 Mah Jong Patti Mello Legal Clinic (508)477-0267	17 8:30 & 9:30 Strength Training 12:30 Lunch 1:00 Scrabble 1:30 Mah Jong 1:30 Bridge 	18 8:15 Balletics 10:30 Yoga 1:00-3:00 Water Color	19
20	21 9-10:30 "Writing Your Memoir" 10:00 Gentle Pilates 11:15 Yoga 4:00 Qi Gong	22 8:30 & 9:30 Strength Training 9:30 Discussion Group 10:00 Writing Group 3:00-4:00 Dance Free	23 8:15 Balletics 10:30 Yoga 1:00 Mah Jong Public Health Nurse 1pm-3pm	24 8:30 & 9:30 Strength Training 12:30 Lunch 1:00 Scrabble 1:30 Mah Jong 1:30 Bridge	25 8:15 Balletics 10:30 Yoga 1:00-3:00 Water Color	26
27	28 9-10:30 "Writing Your Memoir" 10:00 Gentle Pilates 11:15 Yoga 1:30 MV Museum: Priscilla Pearls 4:00 Qi Gong  Pedi Care Clinic 508-693-2896	29 8:30 & 9:30 Strength Training 9:30 Discussion Group 10:00 Writing Group 3:00-4:00 Dance Free 	30 8:15 Balletics 10:30 Yoga 1:00 Mah Jong	31 8:30 & 9:30 Strength Training 12:30 Lunch 1:00 Scrabble 1:30 Mah Jong 1:30 Bridge 	Notes:	



Ongoing Services:

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

Upcoming Events:

-MV Museums Presentations! The **3rd Monday of every month**. Call 508-693-2896 to reserve.

-SMILES Free Dental Clinic

Friday May 13th

Call 508-693-2896 for additional info and to sign up.

-Monday April 4th @2 :00

“Planning for Aging” with Abe Seiman

Call 508-693-2896 to register.