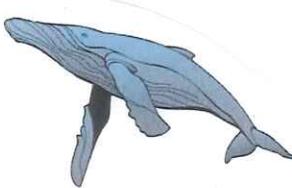
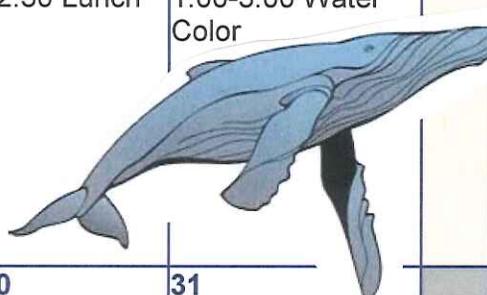
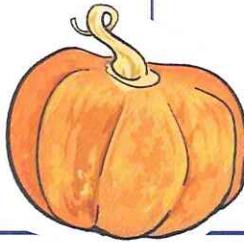




Up Island Council on Aging
508-693-2896



~ October 2014 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<p>*MV Museum presents*</p> <p>MARTHA'S VINEYARD HISTORY OF WHALES & WHALING</p> <p>October 14th @ 2:00 At the Howes House Please call us to register.</p>		<p>1</p> <p>8:15 Balletics</p> <p>10:30 Yoga</p> <p>1:00 Mah Jong</p>	<p>2</p> <p>8:30, 9:30 Strength Training</p> <p>12:30 Lunch</p>	<p>3</p> <p>8:15 Balletics</p> <p>10:30 Yoga</p> <p>1:00-3:00 Water Color</p>	4
5	<p>6</p> <p>10:00 Pilates</p> <p>11:15 Yoga</p> <p>4:00 Qi Gong</p>	<p>7</p> <p>8:30, 9:30 Strength Training</p> <p>9:30 Discussion Group</p> <p>10:00 Writing Group</p>	<p>8</p> <p>8:15 Balletics</p> <p>10:30 Yoga</p> <p>1:00 Mah Jong</p>	<p>9</p> <p>8:30, 9:30 Strength Training</p> <p>12:30 Lunch</p>	<p>10</p> <p>8:15 Balletics</p> <p>10:30 Yoga</p> <p>1:00-3:00 Water Color</p>	11
12	<p>13</p> <p style="text-align: center;">Columbus Day Office Closed</p> 	<p>14</p> <p>8:30, 9:30 Strength Training</p> <p>9:30 Discussion Group</p> <p>10:00 Writing Group</p> <p>11:30-1:00 Blood Pressure Clinic</p> <p>*2:00 Whales and Whaling NEW</p>	<p>15</p> <p>8:15 Balletics</p> <p>10:30 Yoga</p> <p>1:00 Mah Jong</p> 	<p>16</p> <p>8:30, 9:30 Strength Training</p> <p>12:30 Lunch</p> 	<p>17</p> <p>8:15 Balletics</p> <p>10:30 Yoga</p> <p>1:00-3:00 Water Color</p>	18
19	<p>20</p> <p>10:00 Pilates</p> <p>10:30 Vineyard Isle Parkinsonians Support Group</p> <p>11:15 Yoga</p> <p>4:00 Qi Gong</p>	<p>21</p> <p>8:30, 9:30 Strength Training</p> <p>9:30 Discussion Group</p> <p>10:00 Writing Group</p>	<p>22</p> <p>8:15 Balletics</p> <p>10:30 Yoga</p> <p>1:00 Mah Jong</p> <p>Patti Mello Legal Clinic</p>	<p>23</p> <p>8:30, 9:30 Strength Training</p> <p>12:30 Lunch</p> 	<p>24</p> <p>8:15 Balletics</p> <p>10:30 Yoga</p> <p>1:00-3:00 Water Color</p>	25
26	<p>27</p> <p>10:00 Pilates</p> <p>11:15 Yoga</p> <p>4:00 Qi Gong</p> <p>*Pedi-Care Clinic* 508-693-2896 to sign up</p>	<p>28</p> <p>8:30, 9:30 Strength Training</p> <p>9:30 Discussion Group</p> <p>10:00 Writing Group</p> 	<p>29</p> <p>8:15 Balletics</p> <p>10:30 Yoga</p> <p>10:30 Book Group</p> <p>1:00 Mah Jong</p> <p>Falmouth Shopping Trip with Ellen! Call to Sign up</p>	<p>30</p> <p>8:30, 9:30 Strength Training</p> <p>12:30 Lunch</p> 	<p>31</p> <p>8:15 Balletics</p> <p>10:30 Yoga</p> <p>1:00-3:00 Water Color</p>	