



Up Island Council on Aging (508)693-2896



~ October 2015 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 8:30 & 9:30 Strength Training 12:30 Lunch	2 8:15 Balletics 10:30 Yoga 1:00-3:00 Water Color	3
4	5 10:00 Pilates 11:15 Yoga 5:00 Qi Gong 	6 8:30, 9:30 Strength Training 9:30 Discussion Group 10:00 Writing Group 3:00-4:00 Dance Free	7 8:15 Balletics 1:00 Mah Jong 	8 8:30 & 9:30 Strength Training 12:30 Lunch	9 8:15 Balletics 10:30 Yoga 1:00-3:00 Water Color Chair Massage Call 508-693- 2896 for appointment!	10
11	12 Office Closed 	13 8:30, 9:30 Strength Training 9:30 Discussion Group 10:00 Writing Group Blood Pressure Clinic 11:30-1:30 3:00-4:00 Dance Free	14 8:15 Balletics 1:00 Mah Jong 	15 8:30 & 9:30 Strength Training 12:30 Lunch 	16 8:15 Balletics 10:30 Yoga 1:00-3:00 Water Color 	17
18	19 8:30-9:30 MELT 10:00 Pilates 10:30 Vineyard Isle Parkinsonians Support Group 11:15 Yoga 1:30 MV Museum Presents: What is It? 508-693-2896 to reserve. 5:00 Qi Gong 	20 8:30, 9:30 Strength Training 9:30 Discussion Group 10:00 Writing Group 3:00-4:00 Dance Free 	21 8:15 Balletics 10:30 Yoga 1:00 Mah Jong Patti Mello Legal Clinic (508)477-0267	22 8:30 & 9:30 Strength Training 12:30 Lunch 	23 8:15 Balletics 10:30 Yoga 1:00-3:00 Water Color Chair Massage Call 508-693-2896 for appointment! SMILES Dental Clinic Please sign up beforehand at 508-693-2896	24
25	26 10:00 Pilates 11:15 Yoga *Pedi-Care Clinic* 508-693-2896 5:00 Qi Gong 	27 8:30, 9:30 Strength Training 9:30 Discussion Group 10:00 Writing Group 3:00-4:00 Dance Free	28 8:15 Balletics 10:30 Yoga 1:00 Mah Jong Public Health Nurse 1pm-3pm Falmouth Shopping Trip	29 8:30 & 9:30 Strength Training 12:30 Lunch	30 8:15 Balletics 10:30 Yoga 1:00-3:00 Water Color 	31 H A L L O W E E N

Other 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:

Falmouth Shopping Trip

(November and December dates TBA)

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