

Up Island Council on Aging ~ 508-693-2896

~ September 2015 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 8:30, 9:30 Strength Training 9:30 Discussion Group 10:00 Writing Group *NEW 3:00-4:00 Dance Free	2 8:15 Balletics 1:00 Mah Jong	3 8:30 & 9:30 Strength Training 12:30 Lunch 1: 00 Bridge 	4 8:15 Balletics 9:30 Bridge 10-2 Chair Massage Call 508-693-2896 for appointment! 10:30 Yoga 1:00-3:00 Water Color	5
6	7 Office Closed 	8 8:30, 9:30 Strength Training 9:30 Discussion Group 10:00 Writing Group 11:30-2:00 Blood Pressure Clinic *NEW 3:00-4:00 Dance Free	9 8:15 Balletics 1:00 Mah Jong	10 8:30 & 9:30 Strength Training 12:30 Lunch 1: 00 Bridge	11 8:15 Balletics 9:30 Bridge 10:30 Yoga 1:00-3:00 Water Color 	12
13	14 *NEW* 8:30-9:30 MELT 10:00 Pilates 10:30 Vineyard Isle Parkinsonians Support Group 11:15 Yoga Legal Assistance 12:00 *Annual Lobster Picnic* Reservations Required Call 508-693-2896  	15 8:30, 9:30 Strength Training 9:30 Discussion Group 10:00 Writing Group *NEW 3:00-4:00 Dance Free	16 8:15 Balletics 1:00 Mah Jong Patti Mello Legal Clinic (508)477-2952 Falmouth Shopping Trip 	17 8:30 & 9:30 Strength Training 12:30 Lunch 1: 00 Bridge	18 8:15 Balletics 9:30 Bridge 10-2 Chair Massage Call 508-693-2896 for appointment! 10:30 Yoga 1:00-3:00 Water Color	19
20	21 *NEW* 8:30-9:30 MELT 10:00 Pilates 11:15 Yoga 1:30 MV Museum Presents: Eisenstaedt's Vineyard 508-693-2896 to reserve.	22 8:30, 9:30 Strength Training 9:30 Discussion Group 10:00 Writing Group *NEW 3:00-4:00 Dance Free	23 8:15 Balletics 1:00 Mah Jong Public Health Nurse 1pm-3pm 	24 8:30 & 9:30 Strength Training 12:30 Lunch 1: 00 Bridge	25 8:15 Balletics 9:30 Bridge 10:30 Yoga 1:00-3:00 Water Color	26
27	28 *NEW* 8:30-9:30 MELT 10:00 Pilates 11:15 Yoga 2:00 TRI Presentation *Pedi-Care Clinic* 508-693-2896  	29 8:30, 9:30 Strength Training 9:30 Discussion Group 10:00 Writing Group *NEW 3:00-4:00 Dance Free	30 8:15 Balletics 1:00 Mah Jong	September 14 th Legal Assistance-Elder Law Project w/ Tom Kossman call (508)693-2896 for an appointment. September 20 th Beautiful: The Carole King Musical at Providence Performing Arts Center (Waitlist room only) September 28 th @ 2:00 The Resource Inc. (TRI) presents at Howes House on their available services. Register @ 508-693-2896		