

Up Island Council on Aging 508-693-2896

September 2017						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 8:15 Balletics 10:30 Yoga 1:00-3:00 Water Color 2:00-3:40 Chair Massage 508-693-2896	2
3	4 OFFICE CLOSED 	5 8:30 & 9:30 Strength Training 9:30 Elder Law Project Appointments 9:30 Discussion 11:15 Writing Group 3:00 Dance Free	6 8:15 Balletics 10:30 Yoga 1:00 Mah Jong 	7 8:30 & 9:30 Strength Training 12:30 Lunch 1:30 Mah Jong	8 8:15 Balletics 10:30 Yoga 1:00-3:00 Water Color 2:00-3:40 Chair Massage 508-693-2896	9
10	11 10:30 Vineyard Isle Parkinsonians Support Group 508-693-2896 10:30 Yoga 12:00 Annual Lobster Picnic (Waitlist only)	12 8:30 & 9:30 Strength Training 9:30 Discussion  BP & Wellness Clinic 11:00-1:00 11:15 Writing Group 3:00 Dance Free	13 8:15 Balletics 10:30 Yoga 1:00 Mah Jong Falmouth Shopping Trip with Ellen Patti Mello Legal Clinic (508)477-0267	14 8:30 & 9:30 Strength Training 12:30 Lunch 1:30 Mah Jong	15 8:15 Balletics 10:30 Yoga 1:00-3:00 Water Color 2:00-3:40 Chair Massage 508-693-2896	16
17	18 10:30 Yoga 	19 8:30 & 9:30 Strength Training 9:30 Discussion 11:15 Writing Group 3:00 Dance Free	20 8:15 Balletics 10:30 Yoga 1:00 Mah Jong 	21 8:30 & 9:30 Strength Training 12:30 Lunch 1:30 Mah Jong	22 8:15 Balletics 10:30 Yoga 1:00-3:00 Water Color 2:00-3:40 Chair Massage 508-693-2896	23
24	25 10:30 Yoga 2:00 Self Publishing Workshop Pedi Care Clinic 508-693-2896	26 8:30 & 9:30 Strength Training 9:30 Discussion 11:15 Writing Group 3:00 Dance Free	27 8:15 Balletics 10:30 Yoga 1:00 Mah Jong	28 8:30 & 9:30 Strength Training 12:30 Lunch 1:30 Mah Jong	29 8:15 Balletics 1:30 Bridge Lessons cminkiewicz@verizon.net 10:30 Yoga 1:00-3:00 Water Color 2:00-3:40 Chair Massage 508-693-2896	30

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)

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

Chair Massage

Fridays 2:00-3:40

20 minute appointments \$20

Call to make your appointment!

Falmouth Shopping Trips with Ellen!

October 25th

Reiki at Howes House

2nd Tuesday of every month!

Call for more info!

Boston Harbor Cruise

October 5th 2017 (Day Trip)

Join us on a two hour cruise aboard the Spirit of Boston *for the perfect mix of dining and entertainment. Designed for fun, comfort and incredible harbor views, the renovated Spirit of Boston is ready to show you the city.* Departing from historic Seaport District, the cruise includes an all-you-can-eat buffet of freshly made foods and DJ entertainment. Following the cruise, experience more Boston culture at the South Boston Farmers Market.

\$92.00 Price includes roundtrip motor coach and gratuities, lunch and cruise.

Please call UPICOA for reservations, 508-693-2896.

SMILES Free Dental Clinic

October 13th

Upcoming Theater Trips!

February 3rd "On Your Feet"

March 18th "An American in Paris"

Please give us a call. Trips running based on amount of interest!

MV Museum Presentations

3rd Monday of the month @ 1:30 (starting in October)