

Up Island Council on Aging
1042 State Rd, West Tisbury (508) 693-2896

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 9 BALLETTICS *9:15 YOGA *9 & 9:35 STRENGTH	2 *9 & 9:35 STRENGTH 10 KEEPING THE BALANCE 1 DUPLICATE BRIDGE	4 *9:15 YOGA 10 FITNESS W/ MARGARITA 10 AGING GREATFULLY 1 MAH JONG	5 *9 & 9:35 STRENGTH 9 BALLETTICS 11 TECH PRO 12:30 WEEKLY LUNCH 2:30 CHAIR YOGA	6 *9:15 YOGA *9 & 9:35 STRENGTH 10 KEEPING THE BALANCE 10:30 FITNESS W/MARGARITA 11:30 LUNCH & LEARN 1 WATERCOLOR
8 9 BALLETTICS *9:15 YOGA *9 & 9:35 STRENGTH 1 PARKINSONS SUPPORT GRP	9 *9 & 9:35 STRENGTH 10 KEEPING THE BALANCE 1 DUPLICATE BRIDGE	10 <i>CONNI BAKER, ESQ BY APPT</i> *9:15 YOGA 10 FITNESS W/ MARGARITA 1 MAH JONG	11 *9 & 9:35 STRENGTH 9 BALLETTICS 10:30 OFFICE HOURS @ CHILMARK LIB 12 COMMUNITY SHOPPING SHUTTLE POP-UP 12:30 WEEKLY LUNCH 1:15 CREATING SPACES 2:30 CHAIR YOGA	12 *9:15 YOGA *9 & 9:35 STRENGTH 10:30 FITNESS W/MARGARITA 1 WATERCOLOR
15 9 BALLETTICS *9:15 YOGA *9 & 9:35 STRENGTH	16 *9 & 9:35 STRENGTH 10 KEEPING THE BALANCE 1 DUPLICATE BRIDGE	17 *9:15 YOGA 10 FITNESS W/ MARGARITA 10 AGING GREATFULLY 10:30 OFFICE HOURS @ WAMPANOAG TRIBE 1 MAH JONG	18 *9 & 9:35 STRENGTH 9 BALLETTICS 11 TECH PRO 12:30 WEEKLY LUNCH 2:30 CHAIR YOGA	19  Offices CLOSED in Observance of Juneteenth Holiday Annual Art Show 19 th (12-4) & 20 th (10-2)
22 9 BALLETTICS *9:15 YOGA *9 & 9:35 STRENGTH 1 PARKINSONS SUPPORT GRP	23 *9 & 9:35 STRENGTH 10 KEEPING THE BALANCE 1 DUPLICATE BRIDGE	24 *9:15 YOGA 10 FITNESS W/ MARGARITA 12 AQUINNAH LUNCH 1 MAH JONG	25 *9 & 9:35 STRENGTH 9 BALLETTICS 12:15-1:15 WELLESS CLINIC w/ PHN 12:30 WEEKLY LUNCH 2:30 CHAIR YOGA	26 *9:15 YOGA *9 & 9:35 STRENGTH 10 KEEPING THE BALANCE 10:30 FITNESS W/ MARGARITA 1 WATERCOLOR
29 9 BALLETTICS *9:15 YOGA *9 & 9:35 STRENGTH 12 POLLY HILL PICNIC	30 *9 & 9:35 STRENGTH 10 KEEPING THE BALANCE 1 DUPLICATE BRIDGE		JUNE 2026	<i>PROUDLY SERVING THE COMMUNITIES OF AQUINNAH, CHILMARK, AND WEST TISBURY</i> * INDICATES VIRTUAL PROGRAM