

June 2026 NEWSLETTER

UP ISLAND COUNCIL ON AGING

at the HOWES HOUSE

1042A STATE ROAD, WEST TISBURY MA 02575
PHONE: (508) 693-2896 FAX: (508) 693-1447

Bethany Hammond, Director
Susan Merrill, Assistant Director
Rocy Turner, Outreach Coordinator
Jennie Gadowski, Administrative Assistant

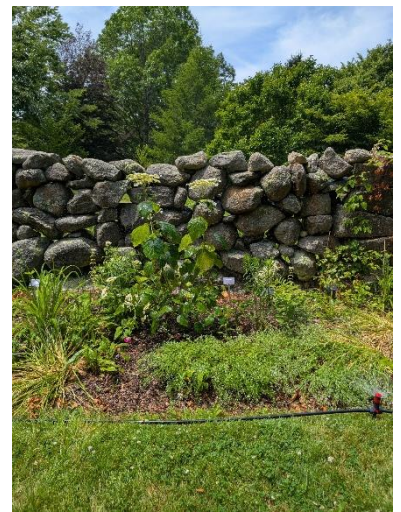
MONDAY THRU FRIDAY 8:30AM – 4:00PM

Closed June 19th



SPECIAL EVENT HIGHLIGHTS:

Annual Art Show 6/19 (12-4pm) and 6/20 (10-2)
Lion King at Providence Performing Arts Center 6/6
Annual Summer Cookout 8/14
Annual Lobster Roll Picnic in Menemsha 9/14



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	3 *9:15 YOGA 10 FITNESS W/ MARGARITA 10 AGING GREATFULLY 1 MAH JONG	4 *9 & 9:35 STRENGTH 9 BALLETTICS 11 TECH PRO 12:30 WEEKLY LUNCH 2:30 CHAIR YOGA	5 *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 AT 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 KEEPING THE BALANCE 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 AT THE TRIBE 1 MAH JONG	18 *9 & 9:35 STRENGTH 9 BALLETTICS 11 TECH PRO 12:15-1:15 WELLESSE CLINIC w/ PHN 12:30 WEEKLY LUNCH 2:30 CHAIR YOGA	19  Offices CLOSED <i>in Observance of Juneteenth Holiday</i> 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 12:30 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	<h1>JUNE 2026</h1>		<i>PROUDLY SERVING THE COMMUNITIES OF AQUINNAH, CHILMARK, AND WEST TISBURY</i> * INDICATES VIRTUAL PROGRAM

Sign Up by Monday at Noon 508-693-2896

*Transportation to and from lunch available. Call for details.

WEEKLY LUNCHES

JUNE 2026

THUR. 4TH

BEEF STROGANOFF

RICE

CALIFORNIA VEGGIES

WHEAT BREAD

PEACHES

798 CALS; 893 MG SODIUM

THUR. 11TH

MEATLOAF WITH GRAVY

MASHED POTATOES

GREEN PEAS

WHEAT BREAD

MIXED FRUIT

802 CALS; 662 MG SODIUM

THUR. 18TH

HAM & SWISS CHEESE CROISSANT W/ MUSTARD

SWEET POTATO

BROCCOLI

PINEAPPLE

889 CALS ; 1014 MG SODIUM

THUR. 25TH

COBB SALAD W/ CHICKEN, EGG,

AVACADO,BLUE CHEESE & TOMATO

ON GREENS

VEGGIE PASTA SALAD

WHEAT PITA BREAD

TAPIOCA PUDDING

950 CALS; 898 MG SODIUM



HEALTHY LUNCH
& FRIENDLY
CONVERSATION

LUNCH SERVED AT
UP-ISLAND COA
1042 STATE RD, WT

THURSDAYS
@ 12:30

SIGN UP
REQUIRED BY
12PM MONDAY OF
THAT WEEK.
CALL 508-693-2896
TO REGISTER.

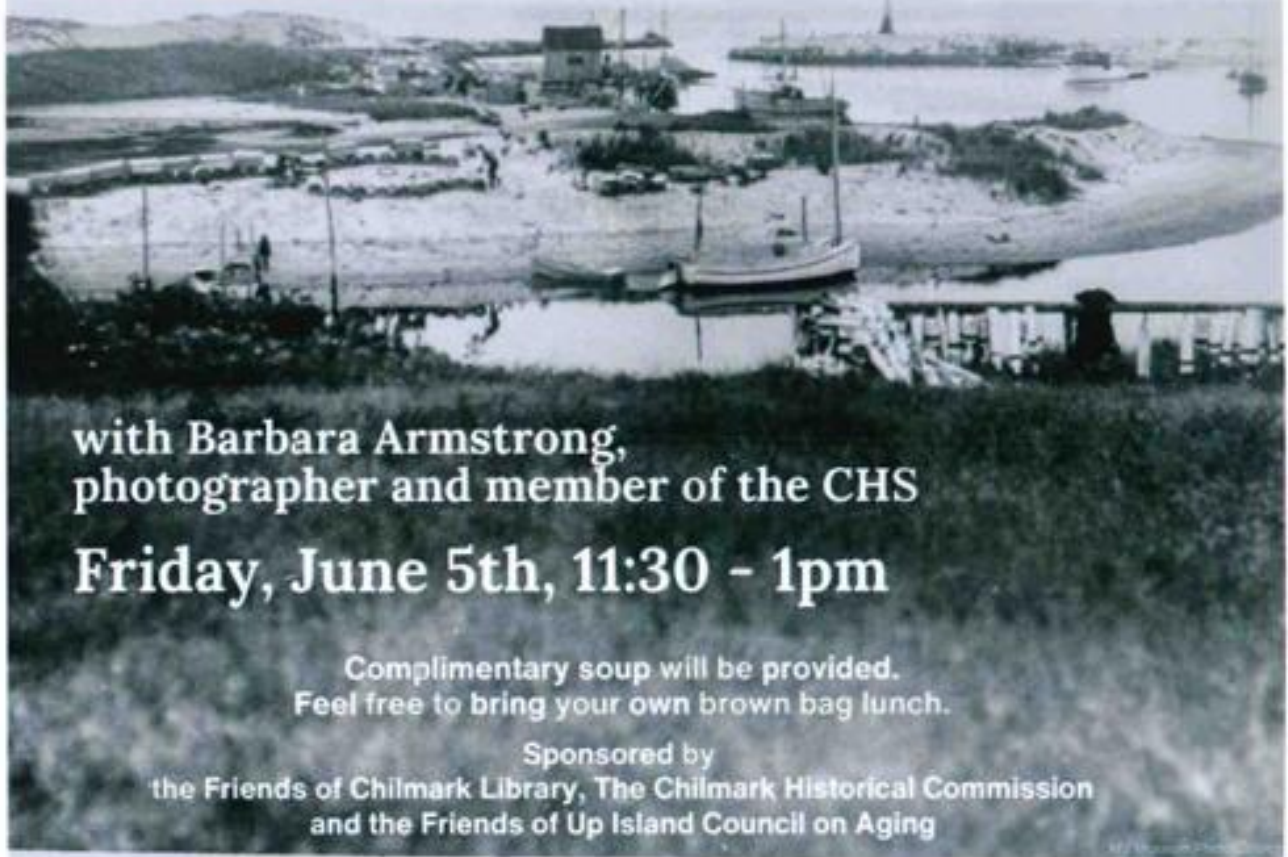


Lunch & Learn at the Chilmark Free Public Library

A presentation of the Chilmark Historical Commission

Menemsha Harbor **Current & Historical Photographs**

Photo credit: MV Museum Photo Collection



with **Barbara Armstrong**,
photographer and member of the CHS

Friday, June 5th, 11:30 - 1pm

Complimentary soup will be provided.
Feel free to bring your own brown bag lunch.

Sponsored by
the Friends of Chilmark Library, The Chilmark Historical Commission
and the Friends of Up Island Council on Aging

Office hours with Rocy!



**Outreach Coordinator
Up Island Council on Aging**

- *home health care needed?**
- *need help with utilities/ food?**
- *other questions or concerns?**
- *medicare & Mass Health questions?**

WHEN: Thursday June 11th @ 10:30

WHERE: Chilmark Library

AND

WHEN: Wed. June 17th @ 10:30

WHERE: Wampanoag Tribe

Call for appointment ~ 508-693-2896

Annual Howes House Art Show

Friday, June 19th 12-4:00

And

Saturday, June 20th 10-2:00



*Support local artists ~ many pieces of
original artwork to view or purchase*

*Up Island Council on Aging 1042 State Rd
West Tisbury
508-693-2896*



Creating Space

with expert organizer

Paula Martin

***Organize**

***Streamline**

***Simplify**

And enjoy your space!



Thursday June 11th @ 1:15

Up Island Council on Aging

Call to sign up: 508-693-2896

1042 State Rd West Tisbury



Wellness clinic

Meet with VNA nurse Cheryl Kram

- **Blood pressure check**
- **Health questions or concerns**
- **Medication questions**



The third Thursday of each month @
Howes House ~ 12:15-1:15



For more info, call the Up Island COA
508-693-2896

Up Island Council on Aging Annual Spring Picnic & Garden Tour



When: Monday, June 29th

Where: Polly Hill Arboretum

Time: Lunch at 12:00.



**Guided walking tour to follow
Pre-Registration required.**

Call 508-693-2896 to sign up.

**This event is generously sponsored
by the Friends of the Up Island COA**



THE FOLLOWING PROGRAMS ARE VIRTUAL:

YOGA WITH MARTHA ABBOTT – MONDAY, WEDNESDAY & FRIDAY 9:15
(VIRTUAL DOORS OPEN AT 9) EMAIL SPIRITMOVESYOU@GMAIL.COM FOR LOG IN INFO

STRENGTH & FITNESS WITH KATRYN – MONDAY, TUESDAY, THURSDAY & FRIDAY 9 & 9:35 – GOOGLE MEETING - EMAIL KATRYNERDON@PRODEGY.NET FOR MEETING INFO.

VTA SENIOR BUS PASSES: FREE BUS RIDES FOR ALL

FOOD RESOURCES:

MONTHLY FOOD DISTRIBUTION the UICOA distributes food sponsored by Greater Boston Food Bank. The food to be distributed varies; financial guidelines apply. We try to order a variety of produce and dry goods. Currently our program reaches about 20-25+ senior households in the up-island communities. If you find yourself facing food insecurity, please reach out 508-693-2896

FREE NOTARY SERVICES - All Staff are Notary Publics. Please call 508-693-2896 to schedule

SHINE COUNSELING (Serving Health Information Needs of Everyone) - The objective of SHINE is to ensure that Massachusetts elders have access to objective information, counseling, and assistance on health insurance and health benefit options through a network of trained health benefits counselors, free of charge. Call to schedule an appointment (Open enrollment dates October 15th – December 7th)

VINEYARD ISLE PARKINSONIANS SUPPORT GROUP - A Support group for both people suffering from Parkinson's disease and their caregivers. This group meets on the 2nd and 4th Monday of every month at 1:00pm Call the Up Island COA 508-693-2896 for more information.

SNAP (Supplemental Nutrition Assistance Program) - Call the Up Island COA 508-693-2896 to set up an appointment to meet with a staff member to assist with completing an application.

FILE OF LIFE – We have file of life cards available for pick up. File of life cards are where you can list medication specifics, allergies and other important information that Emergency Personnel are trained to look for. It can make all the difference in frantic situations. It's best to keep it on your person and a copy on your fridge- personnel are trained to check these places for medication info!

DURABLE MEDICAL EQUIPMENT LOANS- We have equipment available for loaning out. standard aluminum walkers, rollators, crutches, canes, transport wheelchairs, standard wheelchairs, commodes and other items. Please check with us - we are happy to lend you what you will need

PERSONAL CARE PRODUCTS: If you or a loved one needs undergarments or incontinence products please reach out. We have both men's and women's that are donated to us. Availability varies as does size, please call ahead to verify we have what you need.