

# Up Island Council on Aging 508-693-2896

## APRIL 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>Office Hours:</b> <b>Monday-Friday</b> <b>8:30-4</b> <b>Closed</b> <b>Holidays</b>					<b>1</b> April Fool's Day  9 & 9:30 Strength & Fitness w/Kathryn* 10:30 Yoga w/Martha Abbott* 1:00 Watercolor	<b>2</b>  WORLD AUTISM AWARENESS DAY 2ND APRIL
<b>3</b>	<b>4</b> 9 & 9:30 Strength & Fitness w/Kathryn* 10:30 Yoga w/Martha Abbott* <b>WELLNESS CLINIC 11A-12P</b>	<b>5</b> 9 & 9:30 Strength//Fitness w/ Kathryn* 11:30 Yoga w/Kanta* 1:30-3:30 PM Discussion Group	<b>6</b> 10:30 Yoga w/Martha Abbott*	<b>7</b> 9 & 9:30 Strength & Fitness w/Kathryn*	<b>8</b> 9 & 9:30 Strength & Fitness w/Kathryn* 10:30 Yoga w/Martha Abbott* 1:00 Watercolor	<b>9</b>
<b>10</b> Palm Sunday	<b>11</b> 9 & 9:30 Strength & Fitness w/Kathryn* 10:30 Parkinson's Group 10:30 Yoga w/Martha Abbott*	<b>12</b> 9 & 9:30 Strength//Fitness w/ Kathryn* 11:30 Yoga w/Kanta* 1:30-3:30 PM Discussion Group	<b>13</b> 10:30 Yoga w/Martha Abbott* Patti Mello Legal Clinic 508-477-0267	<b>14</b> 9 & 9:30 Strength & Fitness w/Kathryn* Discovering Ushuaia, Argentina Thursday April 14 <sup>th</sup> 2PM-3PM	<b>15</b> 9 & 9:30 Strength & Fitness w/Kathryn* 10:30 Yoga w/Martha Abbott* 1:00 Watercolor	<b>16</b>
<b>17</b> Easter Sunday 	<b>18</b> <b>HOWES HOUSE CLOSED</b> 	<b>19</b> 9 & 9:30 Strength//Fitness w/ Kathryn* 11:30 Yoga w/Kanta* 1:30-3:30 PM Discussion Group	<b>20</b> 10:30 Yoga w/Martha Abbott*	<b>21</b> 9 & 9:30 Strength & Fitness w/Kathryn*	<b>22</b> Earth Day  9 & 9:30 Strength & Fitness w/Kathryn* 10:30 Yoga w/Martha Abbott* 1:00 Watercolor	<b>23</b>
<b>24</b>	<b>25</b> 9 & 9:30 Strength & Fitness w/Kathryn* 10:30 Parkinson's Group 10:30 Yoga w/Martha Abbott* PediCare Clinic by Appointment	<b>26</b> 9 & 9:30 Strength//Fitness w/ Kathryn* 11:30 Yoga w/Kanta* 1:30-3:30 PM Discussion Group Audiology Clinic by Appointment	<b>27</b> 10:30 Yoga w/Martha Abbott*	<b>28</b> 9 & 9:30 Strength & Fitness w/Kathryn*	<b>29</b> Arbor Day  9 & 9:30 Strength & Fitness w/Kathryn* 10:30 Yoga w/Martha Abbott* 1:00 Watercolor	<b>30</b>

Programs marked with a \* are virtual \*\*Please be aware that while most of our classes are free, specialty classes may charge a minimal fee. Yoga \$10, Strength Training \$8 (Prices subject to change without notice)

### Ongoing Services:

- Outreach
- Fuel Assistance
- SNAP (formerly Food Stamps)
- Government Surplus Food Distribution
- Notary Services
- Covid Test Kits available at the Howes House
- Lifeline and Be Safer at Home
- Durable Medical Equipment
- Telephone Reassurance Calls
- File of Life
- SHINE (Insurance Specialists)

**WELLNESS CLINIC – Check your blood pressure, learn about healthy living & discuss health concerns with a registered nurse: 1<sup>st</sup> Monday of the month 11am-12pm**

**PEDI CARE CLINIC is resuming Monday April 25<sup>th</sup> - call to schedule appointment**  
Toenail maintenance, callus care. No Diabetic foot care. Please note this is NOT a pedicure.

**AUDIOLOGY CLINIC resuming Tuesday April 26<sup>th</sup> – call to schedule appointment**

**Join us on another tour overseas! Discovering Ushuaia, Argentina (Live walking tour) Thursday April 14<sup>th</sup> 2PM-3PM**



**Call 508-693-2896 for more info and to register**

**PLEASE NOTE: MOST IN PERSON PROGRAMMING IS PAUSED BUT PLEASE CHECK WITH US FOR THE MOST CURRENT SCHEDULING**

**THE FOLLOWING PROGRAMS ARE VIRTUAL THROUGH ZOOM OR GOOGLE MEETING:**  
**\*Strength + Fitness w/Katryn** - Mon, Tues, Thurs, Fri- 9 and 9:35am- Google meeting  
**\*Martha Abbot's Yoga** - Mon, Wed, Fri @10:30- Zoom  
**\*Kanta's Gentle Yoga** - Tuesdays @11:30 Zoom  
Please email [coa-clerk@westtisbury-ma.gov](mailto:coa-clerk@westtisbury-ma.gov) for sign up information.

### **SPRING 2022 TOWN MEETING & ELECTION SCHEDULE**

**AQUINNAH TOWN MEETING - TUESDAY 5/10/22 6:30PM TOWN HALL**

**AQUINNAH ELECTIONS THURSDAY 5/12/22 12PM-8PM TOWN HALL**

**CHILMARK TOWN MEETING MONDAY 4/25/22 7:30PM**

**CHILMARK COMMUNITY CENTER**

**CHILMARK ELECTIONS WEDNESDAY 4/27/22 12PM – 8PM**

**CHILMARK COMMUNITY CENTER**

**WEST TISBURY TOWN MEETING TUESDAY APRIL 12TH 6:00PM**

**WEST TISBURY SCHOOL**

**WEST TISBURY ELECTIONS THURSDAY APRIL 14TH 7AM-8PM**

**WEST TISBURY PUBLIC SAFETY BLDG**