

Up Island Council on Aging- 508-693-2896

August 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 9:00-10:00 Mindfulness Meditation via ZOOM* 10:30 Yoga zoom*	3 11:30 Gentle Yoga via Zoom* 1:30 Discussion 2:45- IGI MOBILE MKT 3:00 Dance Free!	4 10:30 Yoga zoom*	5 NEW YOGA W/SHANTA GABRIEL 9:30	6 10:30 Yoga zoom* 1:00 Watercolor	7
8	9 9:00-10:00 Mindfulness Meditation via ZOOM* 10:30 Parkinson's Group* 10:30 Yoga zoom*	10 11:30 Gentle Yoga via Zoom* 1:30 Discussion 2:45- IGI MOBILE MKT 3:00 Dance Free!	11 10:30 Yoga zoom*	12 NEW YOGA W/SHANTA GABRIEL 9:30	13 10:30 Yoga zoom* 1:00 Watercolor	14
15	16 9:00-10:00 Mindfulness Meditation with Ed Merck via ZOOM* 10:30 Yoga zoom*	17 11:30 Gentle Yoga via Zoom* 1:30 Discussion 2:45- IGI MOBILE MKT 3:00 Dance Free!	18 10:30 Yoga zoom*	19 NEW YOGA W/SHANTA GABRIEL 9:30 	20 10:30 Yoga zoom* 1:00 Watercolor	21
22	23 9:00-10:00 Mindfulness Meditation with Ed Merck via ZOOM* 10:30 Yoga zoom* 9:30 PEDI CARE CLINIC	24 11:30 Gentle Yoga via Zoom* 1:30 Discussion Audiology Clinic @ Vineyard Audiology 1:30-4pm 2:45- IGI MOBILE MKT 3:00 Dance Free!	25 10:30 Yoga zoom*	26 NEW YOGA W/SHANTA GABRIEL 9:30	27 10:30 Yoga zoom* 1:00 Watercolor	28
29	30 9:00-10:00 Mindfulness Meditation with Ed Merck via ZOOM* 10:30 Yoga zoom*	31 11:30 Gentle Yoga via Zoom 1:30 Discussion 2:45- IGI MOBILE MKT 3:00 Dance Free!	<p style="text-align: center;">OFFICE HOURS: MONDAY- FRIDAY 8:30AM- 4:00PM CLOSED HOLIDAYS</p> <p>Please be aware that while most of our classes and programs are free, there may be a minimal charge for a specialty class.</p>			

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.

***PLEASE NOTE THE FOLLOWING PROGRAMS ARE VIRTUAL THROUGH ZOOM OR GOOGLE MEETING:**

Meditation w/Ed Merck- Mondays @ 9- Zoom

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

NEW YOGA CLASS!!

Yoga with Shanta Gabriel – Thursday's at 9:30 am. Yoga with Shanta is a very gentle style that includes using a chair, standing and floor exercise. Shanta Gabriel began Hatha Yoga classes in 1975 when she was 30. She continues to believe that the gentle stretching movement of yoga is one of the best ways for seniors to stay strong and flexible in the physical body.

Vineyard Audiology Clinic w/Dr. Lesley Segal - The fourth Tuesday of the Month.

Hearing loss and increased challenges in communicating are realities to many in our aging communities. In effort to address these issue and your concerns the Howes House is teaming up Dr. Lesley Segal of Vineyard Audiology in West Tisbury, for monthly hearing clinics and presentations. **Please call 508-693-2896 to set up an appointment.**

Pedicare Clinic is Back!

Beginning on Monday July 26th our PEDI Care Clinic is back! Grete C is back performing the pedi-care service. Appointments start at 9:30 and there will be a max of 4 appointments per day. Appointments and masks required. 508-693-2896

Men's Card Group! – Date:TBD

This is a new upcoming program! Men's group card games: Gin, Rummy, Cribbage, and Backgammon. If interested please contact diana.coa-clerk@westtisbury-ma.gov

Duplicate Bridge

Do you play duplicate Bridge? Would you like to start playing? We have interested members and we'd like to get bridge group rolling at the howes house again! Please contact diana at coa-clerk@westtisbury-ma.gov