

# UP ISLAND COUNCIL ON AGING 508-693-2896

## August 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>Office Hours:</b> <b>Monday – Friday</b> <b>8:30am -4:00pm</b> <b>Closed Holidays</b>						1
2	<b>3 9:00-10:00</b> Mindfulness Meditation with Ed Merck Call to sign up  10:30 Yoga	<b>4 8:30 &amp; 9:30</b> Strength Training  <del>9:30 Discussion</del> 11:15-1:15 Writers Group  3:00 Dance Free!	<b>5 8:15 Balletics</b>  10:30 Yoga (Kanta)  1:00 Mah Jong	<b>6 8:30 &amp; 9:30</b> Strength Training  12:30 Lunch  <del>1:30 Mah Jong</del>	<b>7 8:15 Balletics</b>  10:30 Yoga  1:00 Watercolor	8
9	<b>10 9:00-10:00</b> Mindfulness Meditation with Ed Merck Call to sign up <b>10:30 Parkinsons’</b> <b>Group (via Zoom)</b>  10:30 Yoga	<b>11 8:30 &amp; 9:30</b> Strength Training  <del>9:30 Discussion</del> 11:15-1:15 Writers Group  3:00 Dance Free!	<b>12 8:15 Balletics</b>  10:30 Yoga (Kanta) 1:00 Mah Jong  *Patti Mello Legal Clinic 508-477-0267	<b>13 8:30 &amp; 9:30</b> Strength Training  12:30 Lunch  <del>1:30 Mah Jong</del>	<b>14 8:15 Balletics</b>  10:30 Yoga  1:00 Watercolor	15
16	<b>17 9:00-10:00</b> Mindfulness Meditation with Ed Merck Call to sign up  10:30 Yoga	<b>18 8:30 &amp; 9:30</b> Strength Training  <del>9:30 Discussion</del> 11:15-1:15 Writers Group  3:00 Dance Free!	<b>19 8:15 Balletics</b>  10:30 Yoga (Kanta)  1:00 Mah Jong	<b>20 8:30 &amp; 9:30</b> Strength Training  12:30 Lunch  <del>1:30 Mah Jong</del>	<b>21 8:15 Balletics</b>  10:30 Yoga  1:00 Watercolor	22
23	<b>24 9:00-10:00</b> Mindfulness Meditation with Ed Merck Call to sign up  10:30 Yoga	<b>25 8:30 &amp; 9:30</b> Strength Training  <del>9:30 Discussion</del> 11:15-1:15 Writers Group  3:00 Dance Free!	<b>26 8:15 Balletics</b>  10:30 Yoga (Kanta)  1:00 Mah Jong	<b>27 8:30 &amp; 9:30</b> Strength Training  12:30 Lunch  <del>1:30 Mah Jong</del>	<b>28 8:15 Balletics</b>  10:30 Yoga  1:00 Watercolor	29
30	<b>31 9:00-10:00</b> Mindfulness Meditation with Ed Merck Call to sign up  10:30 Yoga	<b>**Please be aware that while most of our classes and programs are free, there may be a minimal charge for a specialty class. Yoga /\$10, Balletics/ \$12, Strength Training/\$8 Prices subject to change without notice**</b>  <b>*Due to covid 19 all programs are on hold unless otherwise noted</b>				

## 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.

### **Zoom YOGA w/ Martha Abbot!**

Martha who runs our Monday and Friday classes has been hosting an online Zoom yoga class Monday, Wednesday and Friday at 10:30am

Meeting ID: 157-764-100; Password: 152331

She opens the "virtual doors" at 10a if people want to chat before class, class starts at 10:30. All are welcome.

### **Dance Free!**

Our Dance Free Class (Tuesdays 3:00pm) is still happening as well with our own Jill M and Joanie L. They are hosting it at the Library on the side/children's porch of the WT Library. Big thanks to the Library folks to allowing the class to take place there!

### **Strength Training**

Katryn, the instructor for our strength training, has also switched to the virtual method! She is offering classes via Google Meet! She is running a 30min class with a mix of strength training and a little cardio. The class is currently free and if you'd like to leave a donation she ask that it be given to the Animal Shelter in Edgartown. If you are interested in joining please contact Katryn at [katrynyerdon@prodigy.net](mailto:katrynyerdon@prodigy.net) and she will touch base with info about class time!

### **Meditation with Ed Merck**

Our UICOA *Meditation Group* uses guided meditation, silence and participant sharing to explore the principles and practices of mindfulness. We gather each Monday at 9:00 via Zoom to connect more deeply with our "higher" selves and to share that connection with others. Come experience why modern research points to many benefits from meditating such as relaxation, greater buoyancy, less reactivity, mental clarity, a sense of peace; and even medical advantages such as lower blood pressure, better sleep, and less pain.

Meeting ID: 843 9408 2991      Passcode: 737316

### **Dial In**

+1 646 876 9923

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Passcode: 737316