

Up Island Council on Aging 508-693-2896

AUGUST 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 9 & 9:30 Strength & Fitness w/Katryn* 10:30 Yoga w/Martha Abbott*	2 9 & 9:30 Strength & Fitness w/Katryn* 11:30 Yoga w/Kanta*	3 Writers Group 2-3 (call Jeff 917-602-5855 to register)	4	5 9 & 9:35 Strength & Fitness w/Kathryn* 10:30 Yoga w/Martha Abbott 1:00 Watercolor	6
7 SKIPPERS RETIREMENT PARTY 4PM AT THE L&W TREE FARM ON PANHANDLE ROAD	8 9 & 9:35 Strength & Fitness w/Katryn* 10:30 Yoga w/MarthaAbbott* Parkinson's Support Group 10:30AM	9 9 & 9:35 Strength & Fitness w/Katryn* 11:30 Yoga w/Kanta*	10 Patti Mello (Connie) Legal Clinic 508-477-0267 Writers Group 2-3 (call Jeff 917-602-5855 to register)	11 9 & 9:35 Strength & Fitness w/Kathryn*	12 9 & 9:35 Strength & Fitness w/Katryn* 10:30 Yoga w/Martha Abbott* HOWES HOUSE ANNUAL PICNIC AT NOON	13
14	15 9 & 9:35 Strength & Fitness w/Katryn* 10:30 Yoga w/Martha Abbott*	16 9 & 9:35 Strength & Fitness w/Katryn* 11:30 Yoga w/Kanta* HYBRID WALKING TOUR OF EGYPT "SAILING THE NILE RIVER" AT THE HOWES HOUSE OR VIA ZOOM 10-11AM	17 Writers Group 2-3 (call Jeff 917-602-5855 to register)	18 9 & 9:35 Strength & Fitness w/Katryn*	19 9 & 9:35 Strength & Fitness w/Katryn* 10:30 Yoga w/Martha Abbott* 1:00 Watercolor	20
21	22 9 & 9:35 Strength & Fitness w/Katryn* 10:30 Yoga w/Martha Abbott* PEDICARE CLINIC BY APPOINTMENT	23 9 & 9:35 Strength & Fitness w/Katryn* 11:30 Yoga w/Kanta* AUDIOLOGY CLINIC BY APPOINTMENT	24 Writers Group 2-3 (call Jeff 917-602-5855 to register)	25 9 & 9:35 Strength & Fitness w/Katryn*	26 9 & 9:35 Strength & Fitness w/Katryn* 10:30 Yoga w/Martha Abbott* 1:00 Watercolor	27
28	29 9 & 9:35 Strength & Fitness w/Katryn* 10:30 Yoga w/Martha Abbott	30 9 & 9:35 Strength & Fitness w/Katryn* 11:30 Yoga w/Kanta*	31 Writers Group 2-3 (call Jeff 917-602-5855 to register)			

Office Hours: Monday-Friday 8:30-4:00 Closed Holidays

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
- Lifeline and Be Safer At Home
- Durable Medical Equipment
- Telephone Reassurance Calls
- File of Life
- SHINE (Insurance Specialists)

AT HOME COVID TEST KITS: The COA has a limited amount of COVID test kits. We serve the communities of Aquinnah, Chilmark and West Tisbury first. Please check with us for availability.

THE FOLLOWING PROGRAMS ARE VIRTUAL THROUGH ZOOM OR GOOGLE MEETING:

*Strength + Fitness w/Katryn- Mon, Tues, Thurs, Fri- 9 and 9:35am- Google meeting

*Yoga w/Martha Abbott – Monday and Friday 10:30 (doors open at 10)

*Kanta's Gentle Yoga – Tuesdays @11:30 Zoom

Please email coa-clerk@westtisbury-ma.gov for sign up information.

AUGUST SPECIAL EVENTS AT THE HOWES HOUSE:

LYME CENTER of Martha's Vineyard - Lyme Support Group MEETS at Howes House

August 2nd, 6:30 pm - Dr Enid Haller, (508) 560-1893

September 6th, 6:30 pm – Dr Enid Haller, (508) 560-1893

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Martha's Vineyard Film Festival brand new Lyme documentary

“The Quiet Epidemic” Director & Producer – Lindsey Keys - August 3 & 4 <https://tmvff.org/>

For more information, Dr Enid Haller Lyme Center of Martha's Vineyard (508) 560-1893

### *Join us on a tour overseas!*

The Up-Island Council on Aging is excited to offer monthly guided virtual tours of exciting locations around the globe! Now with **TWO** viewing options available, join remotely from the comfort of your own home OR join us here at Howes House for music, refreshments & to view the tour on our big screen!

**Call the Up-Island COA to register! 508-693-2896**

#### **Live Walking Tour of Egypt**

#### **“Sailing the Nile River”**

**Tuesday August 16<sup>th</sup> 10:00AM-11AM**



**\*\*This program is brought to you FREE of charge\*\* by the Friends of the Up-Island COA.**