

# December 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 9:00-10:00 Mindfulness Meditation with Ed Merck Call to sign up  10:30 Yoga	3 8:30 & 9:30 Strength Training 9:30 Discussion  10:00 Minnesingers Concert!  11:15-1:15 Writers Group  2:00 Chilmark Library Clinic 3:00 Dance Free!	4 8:15 Balletics  10:30 Yoga  1:00 Mah Jong	5 8:30 & 9:30 Strength Training  12:30 Lunch   1:00 Mah Jong	6 8:15 Balletics  10:30 Yoga  1:00 Watercolor	7
8	9 9:00-10:00 Mindfulness Meditation with Ed Merck Call to sign up 10:30 Parkinson's Support Group  10:30 Yoga	10 8:30 & 9:30 Strength Training  9:30 Discussion Blood Pressure Clinic 10:30-11:30  11:15-1:15 Writers Group  3:00 Dance Free!	11 8:15 Balletics  10:30 Yoga  1:00 Mah Jong FALMOUTH SHOPPING TRIP!  Patti Mello Legal Clinic 508-477-0267	12 8:30 & 9:30 Strength Training  12:30 Lunch  1:00 Mah Jong	13 8:15 Balletics  10:30 Yoga  1:00 Watercolor	14
15	16 9:00-10:00 Mindfulness Meditation with Ed Merck Call to sign up  10:30 Yoga	17 8:30 & 9:30 Strength Training  9:30 Discussion  11:15-1:15 Writers Group  3:00 Dance Free!	18 8:15 Balletics  10:30 Yoga  1:00 Mah Jong	19 8:30 & 9:30 Strength Training  12:30 Lunch  1:00 Mah Jong	20 8:15 Balletics  10:30 Yoga  1:00 Watercolor 	21
22 	23 9:00-10:00 Mindfulness Meditation with Ed Merck Call to sign up  10:30 Yoga  Pedi-Care Clinic	24 8:30 & 9:30 Strength Training  9:30 Discussion  11:15-1:15 Writers Group **NOON CLOSURE** 3:00 Dance Free!	25 <u>CLOSED</u> 	26 8:30 & 9:30 Strength Training  12:30 Lunch  1:00 Mah Jong 	27 8:15 Balletics  10:30 Yoga  1:00 Watercolor	28
29	30 9:00-10:00 Mindfulness Meditation with Ed Merck Call to sign up  10:30 Yoga	31 8:30 & 9:30 Strength Training  9:30 Discussion  11:15-1:15 Writers Group  3:00 Dance Free!	<div>Office Hours: Monday – Friday 8:30- 4:00pm</div> <div>Closed on Holidays</div> <div>**Please be aware that while most of our classes and programs are free, there may be a minimal charge for a specialty class.</div> <div>Yoga /\$ 10, Balletics/ \$12, Qi Gong/\$ 12, Strength Training/\$8**</div> <div>Prices subject to change without notice**</div>			

## 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.

### Falmouth Shopping Trip Wednesday December 11, 2019

Call to sign up

### Discussion Group- Tuesdays at 9:30

Join us for Open Discussions of Controversial and Contemporary subjects

All are welcome!

### MVRHS Minnesingers Pre Concert Tour! – Tuesday December 3 @ 10:00am

*Join us for a special sneak peek of the MVRHS Minnesingers Winter Concert production. They will be here at the Howes House to showcase all their hard work ahead of their winter concert later this month. Light Refreshments will be served. RSVP preferred 508-693-2896*

### NEW CLASS!

Mindfulness Meditation with Ed Merck, Mondays starting on October 21, 2019  
9am-10am –FREE and open to all experience levels.

Please sign up in advance-space is limited

### Chilmark Library-Meet your staff Information Clinic-1<sup>st</sup> Tuesday of the month

**November 5, 2019** 2pm-3pm at the Chilmark Library

- Staff from the UPICOA will be available to provide general Information on our services or to meet confidentially to discuss concerns or questions.  
Drop in Or by appointment..

### **Did You Notice Our \*NEW\* Sign?!**

The new sign is the creation of Melissa Patterson, and the framework for the sign was created by Mike Hull. Special thanks to the Friends of the Up-Island Council on Aging for all they do for Howes House, and without whom many things (including our new sign) would not be possible.

*Happy Holidays  
and Cheers to a Healthy New Year!*

