



## December 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	Hours: Monday- Friday 8:30a- 4:00p Closed Holidays	1 11:30 Gentle Yoga via Zoom  3:00 *Dance Free!  3-4pm *IGI Mobile Market†	2  1:30-3:30pm *Writer's Group	3  Do you get worried during the winter weather? Ask to be put on our Blizzard List!	4  10:30 Yoga via zoom  1:00 *Watercolor	5
6	7  9:00-10:00 Mindfulness Meditation with Ed Merck via ZOOM  10:30 Yoga via Zoom	8 11:30 Gentle Yoga via Zoom  3:00 *Dance Free!  3-4pm *IGI Mobile Market†	9  1:30-3:30pm *Writer's Group  Patti Mello Legal Clinic – 508-477-0267	10 	11  10:30 Yoga via zoom  1:00 *Watercolor	12
13	14  9:00-10:00 Mindfulness Meditation with Ed Merck via ZOOM  10:30 Yoga via Zoom	15 11:30 Gentle Yoga via Zoom  3:00 *Dance Free!  3-4pm *IGI Mobile Market†	16  1:30-3:30pm *Writer's Group 	17  Do You Need Help With Fuel Assistance Or Snap Benefits? We Are Available To Help.	18  10:30 Yoga via zoom  1:00 *Watercolor	19
20	21  9:00-10:00 Mindfulness Meditation with Ed Merck via ZOOM  10:30 Yoga via Zoom	22 11:30 Gentle Yoga via Zoom  3:00 *Dance Free!  3-4pm *IGI Mobile Market†	23  1:30-3:30pm *Writer's Group	24  <b>NOON CLOSING</b>	25 <b>CLOSED</b> 	26
27	28  9:00-10:00 Mindfulness Meditation with Ed Merck via ZOOM  10:30 Yoga via Zoom	29 11:30 Gentle Yoga via Zoom  3:00 *Dance Free!  3-4pm *IGI Mobile Market†	30  1:30-3:30pm *Writer's Group	31  Happy New Year's Eve!! 	Due to COVID 19 most of our programming is via zoom. In person programs are marked with a *.	

All in person programming is on HOLD due to the current COVID numbers on Island

### 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)

Despite the pandemic- we are here to help you! Whether its Medicare Part D, Fuel Assistance, or SNAP benefits please know we are willing to help you in any capacity possible! Just give us a call!

Upcoming Events: Call 508-693-2896 for additional information and to sign up for the following events.

### Oral History with Linsey Lee

If you loved our first oral history presentation you're in luck! We've got another one planned- stay tuned for date and time!!

**Oral History hosted by Linsey Lee and featuring June Manning!  
Video and Live Discussion about when Aquinnah finally got electricity!**

**Be sure to sign up! 508-693-2896**

### 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

She opens the "virtual doors" at 10a if people want to chat before class, class starts at 10:30. \$10 per class. All are welcome. Please email Martha for Zoom information

[spiritmovesyou@gmail.com](mailto:spiritmovesyou@gmail.com)

### Strength Training

Katryn 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 asks 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)



### Gentle Yoga w/KANTA on Zoom!

Great News! Kanta is teaching a Gentle Yoga class via Zoom!

Tuesday's at 11:30!

Meeting ID 824 4775 7861

Passcode: 709904

Join her via zoom and get back to your yoga practice!

### Meditation with Ed Merck

Meeting ID: 843 9408 2991 Passcode: 737316 Dial In: +1 646 876 9923

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.

### Mabel and Jerry

Great News! The talented Steven Henderson who, in April of 2019, provided us all with some belly laughs with the hijinks of Mabel and Jerry is bringing them to MVTV! Now we can all enjoy the show! Sponsored by the Friends of Up Island Council on Aging and a grant from the Martha's Vineyard Cultural Council, a local agency which is supported by the Massachusetts Cultural Council. Check out MVTV Channel 13 on xfinity on the following dates.

12/ 1- 3pm & 6pm	12/2- 10am & 5pm	12/3- 12pm & 5pm	12/4 – 9am & 5pm
12/5- 12pm & 6pm	12/6- 9am & 5pm	12/7- 12pm & 5pm	12/8- 12pm & 5pm