

Up Island Council on Aging 508-693-2896

February 2021

S	Mon	Tue	Wed	Thu	Fri	S
	1 9:00-10:00 Mindfulness Meditation with Ed Merck via ZOOM 10:30 Yoga via Zoom	2 11:30 Gentle Yoga via Zoom 3:00 *Dance Free!  3-4pm *IGI Mobile Market	3 1:30-3:30pm *Writer's Group	4 COVID VACCINE PRESENTATION WITH DAVE CARON @ 1PM RSVP 508-693- 2896	5 10:30 Yoga via zoom 1:00 *Watercolor	6
7	8 9:00-10:00 Mindfulness Meditation with Ed Merck via ZOOM 10:30-Vineyard Isle Parkisonians Group (Contact Bethany for info) 10:30 Yoga via Zoom	9 11:30 Gentle Yoga via Zoom 3:00 *Dance Free! 3-4pm *IGI Mobile Market	10 1:30-3:30pm *Writer's Group Patti Mello Legal Clinic – 508-477-0267	11 	12 10:30 Yoga via zoom 1:00 *Watercolor	13
14	15 CLOSED 	16 11:30 Gentle Yoga via Zoom 3:00 *Dance Free! 3-4pm *IGI Mobile Market	17 June Manning Presentation w/Linsey Lee When Aquinnah received electricity! 2:00 PM	18 	19 10:30 Yoga via zoom 1:00 *Watercolor	20
21	22 9:00-10:00 Mindfulness Meditation with Ed Merck via ZOOM 10:30 Yoga via Zoom	23 11:30 Gentle Yoga via Zoom 3:00 *Dance Free! 3-4pm *IGI Mobile Market**LAST DAY!	24 1:30-3:30pm *Writer's Group	25 Are you worried about the winter weather? Would you like to be added to our blizzard list? Call and talk to Bethany!	26 10:30 Yoga via zoom 1:00 *Watercolor	27
28	Office Hours: Monday – Friday 8:30am- 4:00pm Closed Holidays *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 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

February 17th at 2pm via ZOOM

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

Be sure to sign up! 508-693-2896 or email: coa-clerk@westtisbury-ma.gov

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!

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 ask that it be given to the Animal Shelter in Edgartown. If you are interested in joining please contact Katryn at katrynyerdon@prodigy.net

Dance Free Group!

No instruction, no money, no teaching! Just Dance away your cares! **Tuesdays @ 3pm.** Contact Jill M for Location: (774-286-1855)

MVH COVID 19 VACCINE INFORMATIONAL PRESENTATION

Thursday February 4th @ 1pm –
via Zoom- Please RSVP 508-693-2896

The Martha's Vineyard Hospital Pharmacy Team will present the most up-to-date information about the COVID-19 vaccine. We will discuss vaccine confidence, administration, dosing, side effects and community-wide vaccination plans. The Pharmacy Team will also address questions and concerns about the vaccine.

Museum Mondays and Web Cam Wednesdays!

Check out our Facebook page to see which museum and/or webcam we recommend this week! Updated weekly!!

Zoom YOGA w/ Martha Abbot!

Zoom yoga class Monday, Wednesday and Friday at 10:30am. \$10 per class. All are welcome. Please email Martha for Zoom information spiritmovesyou@gmail.com

Knitters Group!

Our Monday Night Knitters group is up and running via zoom! Monday's at 7:00pm – All are welcome! Contact Ginny at: islandgirlwt@gmail.com if you are interested!