


Up Island Council on Aging – 508-693-2896

January 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	In Person programming is marked with a *				1 	2
3	4 9:00-10:00 Mindfulness Meditation with Ed Merck via ZOOM 10:30 Yoga via Zoom	5 11:30 Gentle Yoga via Zoom 3:00 *Dance Free! 3-4pm *IGI Mobile Market	6 1:30-3:30pm *Writer's Group	7 Do You Need Help With Fuel Assistance Or Snap Benefits? We Are Available To Help	8 10:30 Yoga via zoom 1:00 *Watercolor	9
10	11 9:00-10:00 Meditation with Ed Merck via ZOOM 10:30-Vineyard Isle Parkisonians Group (Contact Bethany for info) 10:30 Yoga via Zoom	12 11:30 Gentle Yoga via Zoom 3:00 *Dance Free! 3-4pm *IGI Mobile Market	13 1:30-3:30pm *Writer's Group Patti Mello Legal Clinic – 508-477-0267	14 	15 10:30 Yoga via zoom 1:00 *Watercolor	16
17	18 CLOSED 	19 11:30 Gentle Yoga via Zoom 3:00 *Dance Free! 3-4pm *IGI Mobile Market	20 1:30-3:30pm *Writer's Group	21 Do you get worried during the winter weather? Ask to be put on our Blizzard List!	22 10:30 Yoga via zoom 1:00 *Watercolor	23
24	25 9:00-10:00 Mindfulness Meditation with Ed Merck via ZOOM 10:30 Yoga via Zoom	26 11:30 Gentle Yoga via Zoom 3:00 *Dance Free! 3-4pm *IGI Mobile Market	27 June Manning Presentation w/Linsey Lee on when Aquinnah finally received electricity! 2:00 PM!	28 	29 10:30 Yoga via zoom 1:00 *Watercolor	30
31	Hours: Monday – Friday 8:30-4:00 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.

January 27th at 2pm via ZOOM

Oral History with Linsey Lee

If you loved our first oral history presentation you're in luck! We've got another one planned- mark your calendar for

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 or email: coa-clerk@westisbury-ma.gov

Calling all musicians!

Howes House would like to bring live or prerecorded music into the homes of our seniors to fight isolation and support our local talent through a new weekly program. If you yourself are a musician or you know of someone who may be interested please give us a call: 508-693-2896

- **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

- **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

- **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.

- **Dance Free Group!**

No instruction, no money, no teaching! Just Dance away your cares!

Tuesdays @ 3pm. Contact Jill M for Location: (744-286-1855)