Up Island Council on Aging 508-693-2896

July 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	Office Hours: **Monday- Friday** **8:30am- 4:00pm** **Closed on Holidays** **Please be aware that while most of our programs are Free some do require a small fee.**			1 	2 10:30 Yoga Hybrid 1:00 Watercolor	3
4	5 ***CLOSED*** 	6 11:30 Gentle Yoga via Zoom 3:00 Dance Free!	7 10:30 Yoga zoom 1:00 Mah Jongg	8 	9 10:30 Yoga zoom 1:00 Watercolor	10
11	12 9:00-10:00 Mindfulness Meditation via ZOOM 10:30 Parkinson's Group 10:30 Yoga zoom	13 11:30 Gentle Yoga via Zoom 3:00 Dance Free!	14 10:30 Yoga zoom 1:00 Mah Jongg Patti Mello Legal Clinic – 508-477-0267	15 	16 10:30 Yoga zoom 1:00 Watercolor	17
18	19 9:00-10:00 Mindfulness Meditation with Ed Merck via ZOOM 10:30 Yoga zoom	20 11:30 Gentle Yoga via Zoom 3:00 Dance Free!	21 10:30 Yoga zoom 1:00 Mah Jongg	22	23 10:30 Yoga zoom 1:00 Watercolor	24
25	26 9:00-10:00 Mindfulness Meditation with Ed Merck via ZOOM 10:30 Yoga zoom **9:30am Pedi Care Clinic**	27 11:30 Gentle Yoga via Zoom Audiology Clinic @ Vineyard Audiology 1:30-4pm 3:00 Dance Free!	28 10:30 Yoga zoom 1:00 Mah Jongg	29 	30 10:30 Yoga zoom 1:00 Watercolor	31

Please note space is limited for most programs and may require preregistration

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.

HOWES HOUSE IS OPENING!!

We are SO excited to be welcoming our programming back in the building! As of July 6th, most of our programs will resume in person. Some instructors are choosing to do a hybrid model, where they will have class in person but also via zoom. Others have chosen to wait a bit longer to start up. Please check with staff if there is a sign up method in place for your favorite class. Please know masks are required in the building.

Vineyard Audiology Clinic w/Dr. Lesley Segal
The fourth Tuesday of the Month. Beginning May 25h

Hearing loss and increased challenges in communicating are realities to many in our aging communities. In effort to address these issue and your concerns the Howes House is teaming up Dr. Lesley Segal of Vineyard Audiology in West Tisbury, for monthly hearing clinics and presentations.. **Please call 508-693-2896 to set up an appointment.**

Pedicare Clinic is Back!

Beginning on Monday July 26th our Pedi Care Clinic is back! Grete C will be back performing the pedi-care service. Appointments start at 9:30 and there will be a max of 4 appointments per day. Appointments and masks required. 508-693-2896

Men's Card Group! – Date:TBD

This is a new upcoming program! Men's group card games: Gin, Rummy, Cribbage, and Backgammon. If interested please contact diana coa-clerk@westtisbury-ma.gov

Duplicate Bridge

Do you play duplicate Bridge? Would you like to start playing? We have interested members and we'd like to get bridge group rolling at the howes house again! Please contact diana at coa-clerk@westtisbury-ma.gov