

UP ISLAND COUNCIL ON AGING 508-693-2896

July 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	Monday – Friday 8:30-4:00pm Closed Holidays <i>**Please be aware that while most of our classes and programs are free, there may be a minimal charge for a specialty class. Yoga /\$10, Balletics/ \$12, Strength Training/\$8 Prices subject to change without notice**</i>		1 8:15 Balletics 10:30 Yoga 1:00 Mah Jong	2 8:30 & 9:30 Strength Training 12:30 Lunch 1:30 Mah Jong	3 CLOSED 	4
5	6 9:00-10:00 Mindfulness Meditation with Ed Merck Call to sign up 10:30 Yoga	7 8:30 & 9:30 Strength Training 9:30 Discussion 11:15-1:15 Writers Group 3:00 Dance Free!	8 8:15 Balletics 10:30 Yoga 1:00 Mah Jong Patti Mello Legal Clinic 508-477-0267	9 8:30 & 9:30 Strength Training 12:30 Lunch 1:30 Mah Jong	10 8:15 Balletics 10:30 Yoga 1:00 Watercolor	11
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****DUE TO COVID 19 ALL PROGRAMS ARE ON HOLD****

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.

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

Meeting ID: 157-764-100; Password: 152331

She opens the “virtual doors” at 10a if people want to chat before class, class starts at 10:30. All are welcome.

Dance Free!

Our Dance Free Class (Tuesdays 3:00pm) is still happening as well with our own Jill M and Joanie L. They are hosting it at the Library on the side/children’s porch of the WT Library. Big thanks to the Library folks to allowing the class to take place there!

Strength Training

Katryn, the instructor for our strength training, has also switched to the virtual method! She 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 katrynyverdon@prodigy.net and she will touch base with info about class time!

Vineyard Isle Parkinsonians Support Group- 2ND Monday of the Month @ 10:30am

Lila and Bethany are still hosting the VIP support group via Zoom! If you or a loved one would like to join in please email Bethany @ coa-outreach@westtisbury-ma.gov



Next Meeting dates are:

Jul 13, 2020 10:30 AM

Aug 10, 2020 10:30 AM

Sep 14, 2020 10:30 AM