

Up Island Council on Aging 508-693-2896

JUNE 2022						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2 9 & 9:30 Strength & Fitness w/Kathryn*	3 9 & 9:30 Strength & Fitness w/Kathryn* 10:30 Yoga w/Martha Abbott 1:00 Watercolor	4
5	6 9 & 9:30 Strength & Fitness w/Kathryn* 10:30 Yoga w/Martha Abbott Wellness Clinic 11-12	7 9 & 9:30 Strength & Fitness w/Kathryn* 11:30 Yoga w/Kanta* 1:30-3:30 PM Discussion Group	8 Patti Mello Legal Clinic 508-477-0267	9 9 & 9:30 Strength & Fitness w/Kathryn*	10 9 & 9:30 Strength & Fitness w/Kathryn* 10:30 Yoga w/Martha Abbott 1:00 Watercolor	11
12 VINEYARD SINFONIETTA ORCHESTRA FREE SPRING CONCERT 3PM	13 9 & 9:30 Strength & Fitness w/Kathryn* 10:30 Parkinson's Group 10:30 Yoga w/Martha Abbott	14  9 & 9:30 Strength Fitness - Kathryn* 11:30 Yoga w/Kanta* 1:30-3:30 PM Discussion Group	15 HYBRID WALKING TOUR OF ZADAR, CROATIA AT THE HOWES HOUSE OR VIA ZOOM 10:30-11:30	16 9 & 9:30 Strength & Fitness w/Kathryn*	17 Friends -9-10am Patio Coffee & Conversation 9 & 9:30 Strength & Fitness w/Kathryn* 10:30 Yoga w/Martha Abbott* ANNUAL HOWES HOUSE ART SHOW 12-4	18 ANNUAL HOWES HOUSE ART SHOW 10-2
19  	20 COA CLOSED	21 9 & 9:30 Strength Fitness - Kathryn* 11:30 Yoga w/Kanta* 1:30-3:30 PM Discussion Group POLLY HILL PICNIC & SUMMER GARDEN TOUR 12:30	22 Writers Group 2-3	23 9 & 9:30 Strength & Fitness w/Kathryn*	24 9 & 9:30 Strength & Fitness w/Kathryn* 10:30 Yoga w/Martha Abbott	25
26	27 9 & 9:30 Strength & Fitness w/Kathryn* 10:30 Yoga w/Martha Abbott PEDI CARE CLINIC BY APPOINTMENT	28 9 & 9:30 Strength Fitness - Kathryn* 11:30 Yoga w/Kanta* 1:30-3:30 PM Discussion Group AUDIOLOGY CLINIC BY APPOINTMENT	29 Writers Group 2-3	30 9 & 9:30 Strength & Fitness w/Kathryn*		

Office Hours: Monday-Friday 8:30-4:00 Closed Holidays

Programs marked with a * are virtual **Please be aware that while most of our classes are free, specialty classes may charge a minimal fee. Yoga/\$10, Strength Training \$8 (Prices subject to change without notice)

Ongoing Services:

- Outreach
- Fuel Assistance
- SNAP (formerly 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 Specialists)

WELLNESS CLINIC – Check your blood pressure, learn about healthy living & discuss health concerns with a registered nurse: 1st Monday of the month 11-12

AT HOME COVID TEST KITS: The COA has a limited amount of COVID test kits. We serve the communities of Aquinnah, Chilmark and West Tisbury first. Please check with us for availability.

THE FOLLOWING PROGRAMS ARE VIRTUAL THROUGH ZOOM OR GOOGLE MEETING:

***Strength + Fitness w/Katryn-** Mon, Tues, Thurs, Fri- 9 and 9:35am- Google meeting

***Kanta's Gentle Yoga –** Tuesdays @11:30 Zoom

Please email coa-clerk@westtisbury-ma.gov for sign up information.

JUNE SPECIAL EVENTS AT THE HOWES HOUSE:

🎵 **Vineyard Sinfonietta Orchestra Free Spring Concert Sunday June 12th 3PM** 🎵



The Friends of the Up Island Council on Aging invite you to join us on the Howes House patio for coffee & conversation! Friday June 17th 9:00am – 10:00am (Rain date June 24th) Topic of the week: Howes House Future Plans

LYME CENTER of Martha's Vineyard - Lyme Support Group MEETS at Howes House

June 7, 6:30 pm - Dr. Enid Haller, Lyme Center of MV, (508) 560-1893

July 5, 6:30 pm - Phoenix Becker, (508) 627-0242 August 2nd, 6:30 pm - Phoenix Becker, (508) 627-0242

September 6th, 6:30 pm - Phoenix Becker, (508) 627-0242

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Martha's Vineyard Film Festival brand new Lyme documentary

**“The Quiet Epidemic”** Director & Producer – Lindsey Keys - August 3 & 4 <https://tmvff.org/>

For more information, Dr Enid Haller Lyme Center of Martha's Vineyard (508) 560-1893

