

Up Island Council on Aging 508-693-2896

June 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 9:00-10:00 Mindfulness Meditation with Ed Merck Call to sign up 10:30 Yoga	2 8:30 & 9:30 Strength Training 9:30 Discussion 11:15-1:15 Writers Group 3:00 Dance Free!	3 8:15 Balletics 10:30 Yoga 1:00 Mah Jong	4 8:30 & 9:30 Strength Training 12:30 Lunch 1:30 Mah Jong	5 8:15 Balletics 10:30 Yoga 1:00 Watercolor	6
7	8 9:00-10:00 Mindfulness Meditation with Ed Merck Call to sign up 10:30 Yoga	9 8:30 & 9:30 Strength Training 9:30 Discussion 11:15-1:15 Writers Group 3:00 Dance Free!	10 8:15 Balletics 10:30 Yoga 1:00 Mah Jong Patti Mello Legal Clinic 508-477-0267	11 8:30 & 9:30 Strength Training 12:30 Lunch 1:30 Mah Jong	12 8:15 Balletics 10:30 Yoga 1:00 Watercolor	13
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28	29 9:00-10:00 Mindfulness Meditation with Ed Merck Call to sign up 10:30 Yoga	30 8:30 & 9:30 Strength Training 9:30 Discussion 11:15-1:15 Writers Group 3:00 Dance Free!		<div>Office Hours:</div> <div>Monday- Friday</div> <div>8:30am- 4:00pm</div> <div>Closed Holidays</div>		

****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****



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!

Have you signed up for our email list?

Email Diana at coa-clerk@westtisbury-ma.gov and tell your friends! ☺



NOTICE:

Due to COVID 19 some programs may have been cancelled. Please call ahead to be sure your event is happening.