

Up Island Council on Aging 508-693-2896

March 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Office Hours: Monday-Friday 8:30-4 Closed Holidays		1 9 & 9:30 Strength & Fitness w/Kathryn* 11:30 Yoga w/Kanta* 3:00 Dance Free!	2 10:30 Yoga w/Martha Abbott*	3 9 & 9:30 Strength & Fitness w/Kathryn*	4 9 & 9:30 Strength & Fitness w/Kathryn* 10:30 Yoga w/Martha Abbott* 1:00 Watercolor	5
6	7 9 & 9:30 Strength & Fitness w/Kathryn* 10:30 Yoga w/Martha Abbott* WELLNESS CLINIC 11A-12P	8 9 & 9:30 Strength & Fitness w/Kathryn* 11:30 Yoga w/Kanta* 3:00 Dance Free!	9 10:30 Yoga w/Martha Abbott* Patti Mello Legal Clinic 508-477-0267	10 9 & 9:30 Strength & Fitness w/Kathryn*	11 9 & 9:30 Strength & Fitness w/Kathryn* 10:30 Yoga w/Martha Abbott* 1:00 Watercolor	12
13 Daylight Saving Begins 	14 9 & 9:30 Strength & Fitness w/Kathryn* 10:30 Parkinson's Group 10:30 Yoga w/Martha Abbott*	15 9 & 9:30 Strength & Fitness w/Kathryn* 11:30 Yoga w/Kanta* Highlights of Amsterdam (Live walking tour) 10:30-11 3:00 Dance Free!	16 10:30 Yoga w/Martha Abbott*	17 St Patrick's Day  9 & 9:30 Strength & Fitness w/Kathryn*	18 9 & 9:30 Strength & Fitness w/Kathryn* 10:30 Yoga w/Martha Abbott* 1:00 Watercolor	19
20 Start of Spring (Spring Equinox)	21 9 & 9:30 Strength & Fitness w/Kathryn* 10:30 Yoga w/Martha Abbott*	22 9 & 9:30 Strength & Fitness w/Kathryn* 11:30 Yoga w/Kanta* 3:00 Dance Free!	23 10:30 Yoga w/Martha Abbott*	24 9 & 9:30 Strength & Fitness w/Kathryn*	25 9 & 9:30 Strength & Fitness w/Kathryn* 10:30 Yoga w/Martha Abbott* 1:00 Watercolor	26
27	28 9 & 9:30 Strength & Fitness w/Kathryn* 10:30 Yoga w/Martha Abbott*	29 9 & 9:30 Strength & Fitness w/Kathryn* 11:30 Yoga w/Kanta* 3:00 Dance Free!	30 10:30 Yoga w/Martha Abbott*	31 9 & 9:30 Strength & Fitness w/Kathryn*	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. Test MV at the Ag Hall is also an option.

JOIN US FOR AN EXCITING NEW PROGRAM!!!

Highlights of Amsterdam (Live walking tour) Tuesday March 15th 10:30AM-11AM



Call 508-693-2896 for more info and to register

INFORMATIONAL TALK ON IDENTITY THEFT AND FRAUD PREVENTION **Thursday March 24, 2022 at 10:00AM**

Robin Putnam, Events & Outreach Manager from the Office of Consumer Affairs and Business Regulation, and Sergeant Andrew McLaughlin, from the Orleans Police Department will present on identity theft and fraud prevention. The presentation will include information about their offices and what they do. It will also cover how to be safe online whether it be on your smart device, social media or online banking, phishing emails, and general protection from scams and identity theft. It's some great information that we can all use!

To Register in advance for this meeting:

<https://us06web.zoom.us/join/register/tZlqd-yvqDkoEtBf4H7dxFHP426M3Bw1NST>

PLEASE NOTE: MOST IN PERSON PROGRAMMING IS PAUSED

THE FOLLOWING PROGRAMS ARE VIRTUAL THROUGH ZOOM OR GOOGLE MEETING:

***Strength + Fitness w/Katryn**- Mon, Tues, Thurs, Fri- 9 and 9:35am- Google meeting ***Martha Abbot's Yoga**- Mon, Wed, Fri @10:30- Zoom ***Kanta's Gentle Yoga** – Tuesdays @11:30 Zoom
Please email coa-clerk@westtisbury-ma.gov for sign up information.