

UP ISLAND COUNCIL ON AGING 508-693-2896

March 2021

	<i>March 2021</i>					
	1 9:00-10:00 Mindfulness Meditation with Ed Merck via ZOOM 10:30 Yoga via Zoom	2 11:30 Gentle Yoga via Zoom 3:00 *Dance Free!	3 1:30-3:30pm *Writer's Group	4 Are you worried about the winter weather? Would you like to be added to our blizzard list? Call and talk to Bethany!	5 10:30 Yoga via zoom 1:00 *Watercolor	6
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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)

Despite the pandemic- we are here to help you! Whether Fuel Assistance, or SNAP benefits please know we are willing to help you in any capacity possible! Just give us a call!

Upcoming Events: Call 508-693-2896 for additional information and to sign up for the following events.

Mass Audubon Presents: Sea Turtles of Cape Cod and the Islands

Helping Stranded Sea Turtles on Cape Cod

Wednesday, 3/24, 1:30 pm via Zoom.

Presented by Bob Prescott, Director Emeritus, Mass Audubon's Wellfleet Bay Wildlife Sanctuary

When Cape Cod Bay drops below 50 degrees, sea turtles begin to cold-stun and wash ashore. Join us in learning about the environmental conditions that cause turtles to cold-stun and the coordinated effort to rescue them.

Sea Turtle Stranding and Sighting Research

Wednesday, 3/31, 1:30 pm via Zoom.

Presented by Karen Dourdeville, Sea Turtle Stranding Coordinator, Mass Audubon's Wellfleet Bay Wildlife Sanctuary

The juvenile cold-stunned sea turtles that strand on the beaches of Cape Cod provide a unique opportunity for researchers around the world to conduct their research and collect data from sea turtle sightings and strandings in the summer months.

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Knitters Group!

Our Monday Night Knitters group is up and running via zoom! Monday's at 7:00pm – All are welcome! Contact Ginny at: islandgirlwt@gmail.com if you are interested!

Don't forget to SPRING FORWARD on Sunday March 14th

