

Up Island Council on Aging 508-693-2896

May 2019						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	Office Hours: Monday-Friday 8:30a- 4:00p (Closed Holidays) **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, Qi Gong/\$12, Strength Training/\$8** Prices subject to change without notice		1 8:15 Balletics 10:30 Yoga 1:00 Mah Jong  Happy May Day!	2 8:30 & 9:30 Strength Training 12:30 Lunch 1:30 Mah Jong	3 8:15 Balletics 10:30 Yoga 1:00 Watercolor 	4
5	6 10:30 Yoga Pre Mothers Day Pot Luck – 12:30 Please RSVP 5:00 Qi Gong	7 8:30 & 9:30 Strength Training 9:30 Discussion 11:15-1:15 Writers Group 2:00- 3:30 Open Studio w/Steve \$8 3:00 Dance Free!	8 8:15 Balletics 9- 11 Chair Massage (\$20 - 20mins) 10:30 Yoga  1:00 Mah Jong	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
12	13 10:30 Yoga 10:30 Parkinson's Support Group 5:00 Qi Gong	14 8:30 & 9:30 Strength Training 9:30 Discussion 10- 11:30 Blood Pressure Clinic 11:15-1:15 Writers Group 2:00- 3:30 Open Studio w/Steve \$8 3:00 Dance Free!	15 8:15 Balletics 10:30 Yoga 1:00 Mah Jong Patti Mello Legal Clinic (508)477-0267 Falmouth Shopping Trip – Please sign up!	16 8:30 & 9:30 Strength Training 12:30 Lunch  1:30 Mah Jong	17 8:15 Balletics 10:30 Yoga 1:00 Watercolor	18
19	20 10:30 Yoga Pedicare Clinic 1:30 PIE THROW DOWN- please Sign up! 5:00 Qi Gong	21 8:30 & 9:30 Strength Training 9:30 Discussion 11:15-1:15 Writers Group 2:00- 3:30 Open Studio w/Steve \$8 3:00 Dance Free!	22 8:15 Balletics 9- 11 Chair Massage (\$20 - 20mins) 10:30 Yoga 1:00 Mah Jong	23 8:30 & 9:30 Strength Training 12:30 Lunch 1:30 Mah Jong	24 8:15 Balletics 10:30 Yoga 1:00 Watercolor 	25
26	27 CLOSED 	28 8:30 & 9:30 Strength Training 9:30 Discussion 11:15-1:15 Writers Group 2:00- 3:30 Open Studio w/Steve \$8 3:00 Dance Free!	29 8:15 Balletics 10:30 Yoga 1:00 Mah Jong 2:00 - POP UP ORIGAMI!!	30 8:30 & 9:30 Strength Training  12:30 Lunch 1:30 Mah Jong	31 8:15 Balletics 10:30 Yoga 1:00 Watercolor	

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.

Spring Falmouth Shopping Trip

Wednesday, 5/15. Please call for more information or to sign up! 508-693-2896

The Howes House Pie Throw-Down! Monday, May 20. 1:30pm

We are hosting this pie baking contest in anticipation of our trip to see the musical "Waitress". Judges to be announced. Contest rules are as follows: 1. All crusts must be homemade 2. Pies can be either fruit or savory. Call us if you're interested in joining the fun! 508-693-2896

Origami- select Wednesdays - May 29, 2:00pm Free

Back by popular demand! We will be doing a pop-up origami club on select Wednesdays in the upcoming months. Our next date will be Wednesday May 29. Stayed tuned for future dates!

Spring Picnic and Polly Hill Arboretum Tour - Tuesday, June 11 @ 12:00pm

(Rain Date June 12)

Join us for a provided brown-bag picnic and tour of one of West Tisbury's greatest treasures. Free, but participants are strongly encouraged to give the suggested donation upon entrance. Sponsored by the Friends of UPICOA and Polly Hill Arboretum. RSVP required by Friday June 8th. Space limited. Call 506-693-2896.

Chilmark Library: Meet Your Staff Information Clinic Tuesday, 7/2. 2pm-3pm

Staff members of the UPICOA will be available at the Chilmark Public Library for general information or to meet confidentially to discuss questions or concerns. Drop in or by appointment. We look forward to seeing you!

Jersey Boys the Musical at the North Shore Music Theatre

Trip in the works for August. Details TBA.

"They were just four guys from Jersey, until they sang their very first note. They had a sound nobody had ever heard... and the radio just couldn't get enough of. But while their harmonies were perfect on stage, off stage it was a very different story -- a story that has made them an international sensation all over again"

Trips include show tickets, round trip motor coach, buffet luncheon, and gratuities. Please call if interested. 508-693-2896

