

Up Island Council on Aging 508-693-2896

MAY 2022						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 9 & 9:30 Strength/ Fitness w/Kathryn* 10:30 Yoga w/Martha Abbott* WELLNESS CLINIC 11A-12P	3 9 & 9:30 Strength Fitness - Kathryn* "A WALK THRU ATHENS" 10-11AM 11:30 Yoga w/Kanta* 1:30-3:30 PM Discussion Group	4 10:30 Yoga w/Martha Abbott*	5 9 & 9:30 Strength & Fitness w/Kathryn*	6 9 & 9:30 Strength & Fitness w/Kathryn* 10:30 Yoga w/Martha Abbott* 1:00 Watercolor	7
8 MOTHER'S DAY <i>Happy Mother's Day</i>	9 9 & 9:30 Strength/ Fitness w/Kathryn* 10:30 Parkinson's Group 10:30 Yoga w/Martha Abbott*	10 9 & 9:30 Strength & Fitness w/Kathryn* 11:30 Yoga w/Kanta* 1:30-3:30 PM Discussion Group	11 10:30 Yoga w/Martha Abbott* PATTI MELLO LEGAL CLINIC BY APPOINTMENT 508-477-0267	12 9 & 9:30 Strength & Fitness w/Kathryn* HOME ENERGY ASSESSMENTS & TRANSITIONING AWAY FROM OIL & PROPANE HEAT 2:00PM	13 9 & 9:30 Strength & Fitness w/Kathryn* 10:30 Yoga w/Martha Abbott* 1:00 Watercolor	14
15	16 9 & 9:30 Strength/ Fitness w/Kathryn* 10:30 Yoga w/Martha Abbott*	17 9 & 9:30 Strength Fitness - Kathryn* 11:30 Yoga w/Kanta* 1:30-3:30 PM Discussion Group	18 10:30 Yoga w/Martha Abbott*	19 9 & 9:30 Strength & Fitness w/Kathryn*	20 9 & 9:30 Strength & Fitness w/Kathryn* 10:30 Yoga w/Martha Abbott* 1:00 Watercolor	21
22	23 9 & 9:30 Strength/ Fitness w/Kathryn* 10:30 Yoga w/Martha Abbott* PEDICARE CLINIC BY APPOINTMENT	24 9 & 9:30 Strength Fitness - Kathryn* 11:30 Yoga w/Kanta* 1:30-3:30 PM Discussion Group NO AUDIOLOGY CLINIC THIS MONTH	25 10:30 Yoga w/Martha Abbott*	26 9 & 9:30 Strength & Fitness w/Kathryn* 12:30 WEEKLY LUNCHEON	27 9 & 9:30 Strength & Fitness w/Kathryn* 10:30 Yoga w/Martha Abbott* 1:00 Watercolor	28
29	30 CLOSED memorial  DAY	31 9 & 9:30 Strength Fitness - Kathryn* 11:30 Yoga w/Kanta* 1:30-3:30 PM Discussion Group				

Office Hours: Monday-Friday 8:30-4 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 with us for availability.

Join us on another tour overseas!

A Walk Through Athens (Live Walking Tour)

Tuesday May 3rd 10AM-11AM



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

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.