UP-ISLAND COUNCIL ON AGING



508-693-2896

| [◄ Oct 2018](https://www.wincalendar.com/Holiday-Calendar/October-2018" \o "October 2018) | **November 2018** | | | | | [Dec 2018 ►](https://www.wincalendar.com/Holiday-Calendar/December-2018) |
| --- | --- | --- | --- | --- | --- | --- |
| **Sun** | **Mon** | **Tue** | **Wed** | **Thu** | **Fri** | **Sat** |
|  | Daylight savings time is *Nov. 4th!*  Remember to move your clocks back one hour! |  | Office Hours:  Monday – Friday  8:30- 4:00  Closed Holidays | 1  8:30 & 9:30  Strength Training  12:30 Lunch  1:30 Mah Jong | 2  8:15 Balletics  10:30 Yoga  1:00 Watercolor | 3 |
| 4 | 5  10:30 Yoga  5:00 Qi Gong | 6  8:30 & 9:30  Strength Training  9:30 Discussion  3:00 Dance Free! | 7  8:15 Balletics  10:30 Yoga  1:00 Mah Jong | 8  8:30 & 9:30  Strength Training  12:30 Lunch  1:30 Mah Jong | 9  8:15 Balletics  10:30 Yoga  1:00 Watercolor  Chair Massage  10-12 $20  20 min sessions | 10 |
| 11 | 12  **CLOSED** | 13 8:30 & 9:30  Strength Training  9:30 Discussion  10:00- 11:30 Blood Pressure & Wellness Clinic  3:00 Dance Free! | 14  8:15 Balletics  10:30 Yoga    1:00 Mah Jong  Patty Mello Legal Clinic  (508)477-0267  Falmouth Shopping Trip! | 15  8:30 & 9:30  Strength Training  12:30 Lunch  1:30 Mah Jong | 16  8:15 Balletics  10:30 Yoga  1:00 Watercolor | 17 |
| 18 | 19  10:30 Yoga  10:30 Parkinson Support Group  5:00 Qi Gong | 20  8:30 & 9:30  Strength Training  9:30 Discussion  2:00-3:30  \*NEW\* Drawing & Coffee with Steve Engley- $8  3:00 Dance Free! | 21  8:15 Balletics  10:30 Yoga  1:00 Mah Jong | 22 Thanksgiving Day    **CLOSED** | 23  **CLOSED** | 24 |
| 25 | 26  10:30 Yoga  Pedicare Clinic  (previously on 11/19)  5:00 Qi Gong | 27  8:30 & 9:30  Strength Training  9:30 Discussion  2:00- 3:30 Drawing & Coffee with Steve Engley- $8  3:00 Dance Free! | 28  8:15 Balletics  10:30 Yoga  10:00 Estate Planning Presentation with Attorneys from the Law Offfice of Patty Mello  1:00 Mah Jong | 29  8:30 & 9:30  Strength Training  12:30 Lunch  1:30 Mah Jong | 30  8:15 Balletics  10:30 Yoga  1:00 Watercolor |  |

**Ongoing Services:**

-Outreach -Lifeline and Be Safer At Home

-Fuel Assistance -Durable Medical Equipment

-SNAP (formerly known as Food Stamps) -Telephone Reassurance Calls

-Government Surplus Food Distribution -File of Life

-Notary Services -SHINE (insurance specialist)

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

**PLEASE NOTE: The Tuesday Writing group has gone on haitus until the spring.**

**Medicare Part D**

**October 15, 2018- December 7, 2018**

Open Enrollment is happening now!

Call 508-693-2896 to set up an appointment!

**Chair Massage**

Select Fridays 10:00-12:00

20 minute appointments $20 (Cash only)

Call to make your appointment!

**Falmouth Shopping Trips!**

Wednesday, November 14th

Also mark your calendars: December 19th for the next trip!

**\*NEW\* Drawing and Coffee w/Steve Engley**

(starting Tuesday, November 20th), $8.00

All skill levels and mediums welcomed. Drawing materials supplied. Light Refreshments. RSVP preferred for planning purposes, but drop-ins welcome!

**Estate and Medicaid Planning and Trust Basics Presentation**

Wednesday, November 28th, 10am. Free.

Attorneys from the Law Office of Patricia Mello will be discussing basic estate planning concerns and how certain documents such as Durable Power of Attorney, Health Care Proxy, Last Wills and Testament and trusts can accomplish your goals and objectives for your personal situation. Further discussion on trusts will help you learn exactly what a trust is and how it can be customized to meet your unique estate needs!

**Peabody Essex Museum: Empresses of China’s Forbidden City**

Saturday, December 8th. Price $65.

Join us on a trip to Salem, MA for an exhibit that focuses on the impact imperial women of China had in creating what we know as the Qing Dynasty, the era of 1644 to 1912. With almost 200 objects on display, learn the stories of the women who influenced an entire country through art, religion, and politics. If interested call 508-693-2896.

**Presentation with Cape Light Compact**

Monday, December 10th, 2pm. Free.

Learn about Cape Light Compact’s Home Energy Assesments, renewable power supply options, and tips for how to save on your energy costs this winter!