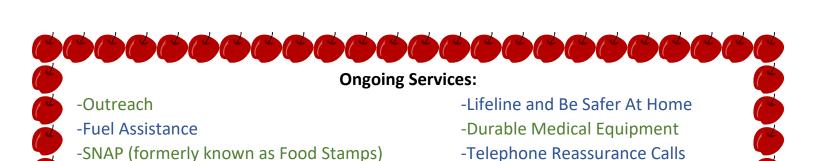


UP ISLAND COUNCIL ON AGING~508-693-2896

November 2021						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	I 9:00-10:00 Mindfulness Meditation with Ed Merck via ZOOM*	1:30 Discussion	I 0:30 Yoga zoom*	4 9:30 Yoga with Shanta	5 10:30 Yoga zoom*	6
	10:30 Yoga zoom*	2:45- IGI MOBILE MKT			I:00 Watercolor	
		3:00 Dance Free!				
7 FALL BACK!	8 9:00-10:00 Mindfulness Meditation with Ed	9 I:30 Discussion	10 10:30 Yoga zoom*	CLOSED	12 10:30 Yoga zoom*	13
I 0:3	Merck via ZOOM* 10:30 Parkinson's Group	2:45- IGI MOBILE MKT	Patti Mello Legal Clinic 508-477-0267	VETERANS	I:00 Watercolor	
	10:30 Yoga zoom*	3:00 Dance Free!				
14	I5 9:00-10:00 Mindfulness Meditation with Ed Merck via ZOOM*	I:30 Discussion	17 10:30 Yoga zoom*	18 9:30 Yoga with Shanta	19 10:30 Yoga zoom*	20
	10:30 Yoga zoom*	2:45- IGI MOBILE MKT 3:00 Dance Free!			I:00 Watercolor	
21	22	23	24	25	26	27
21	9:00-10:00	1:30 Discussion	10:30 Yoga zoom*	CLOSED	CLOSED	21
	Mindfulness Meditation with Ed Merck via ZOOM	2:45- IGI MOBILE MKT	Patti Mello Legal Clinic			
	9:30am Pedi Care Clinic	Audiology Clinic @ Vineyard Audiology I:30-4p	508-477-0267	HAPPY THA	ANKSGIVING	
	10:30 Yoga zoom	3:00 Dance Free!		- PADOS		
28	9:00-10:00 Mindfulness Meditation with Ed Merck via ZOOM*	30 I:30 Discussion 2:45- IGI MOBILE MKT	OFFICE HOURS: Monday- Friday 8:30am- 4:00pm Closed Holidays			
	10:30 Yoga zoom*	3:00 Dance Free!	Please be aware, while most of our programming is free there may be a minimal fee for a speciality class.			
			More virtual classes on back!			



-Government Surplus Food Distribution -Notary Services -SHINE (insurance specialist)

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

-File of Life

Have you tried the PORTAL? The newest way to reach the front desk-virtually! Tap the screen and try it out! Next to the TV + Coffee Station!

> The COA will be Closed on the Following Dates: November 11th, November 25th, and November 26th

Medicare OPEN ENROLLMENT! October 15th- December 8th

Running October 15th through December 8th Medicare has its Open Enrollment period. Even if you are happy with your current plan, you should still review your medications as plans can often change. We at the COA can help you review and re-enroll into the same or different plans. Please call to set up an appointment, as **space** is **limited**.

Zumba's coming to the Howes House!!

Do you love dancing? Do you want a great workout while having fun? Join us starting Wednesday **December 8th** at 3pm for ZUMBA! Julie Meader, is joining the Howes House for a special 6 week Zumba series! Learn all the moves from cha-cha to samba all while engaging in a fun and exciting Zumba class. All levels welcome! The program can be modified so don't be shy! Everyone can Zumba! Please RSVP for the series, 508-693-2896

*PLEASE NOTE THE FOLLOWING PROGRAMS ARE VIRTUAL THROUGH ZOOM OR GOOGLE **MEETING:**

Meditation w/Ed Merck- Mondays @ 9- Zoom

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.