







# UP ISLAND COUNCIL ON AGING~508-693-2896

## November 2021

| Sun   | Mon   | Tue  | Wed  | Thu   | Fri  | Sat       |
|---|---|--|--|---|--|-----------|
|   | <b>1</b> 9:00-10:00<br>Mindfulness<br>Meditation with Ed<br>Merck via ZOOM*<br><br>10:30 Yoga zoom*                                 | <b>2</b><br><br>1:30 Discussion<br><br>2:45- IGI MOBILE<br>MKT<br><br>3:00 Dance Free!   | <b>3</b><br>10:30 Yoga zoom*   | <b>4</b><br><u>9:30 Yoga with<br/>Shanta</u>  | <b>5</b><br>10:30 Yoga zoom*<br><br>1:00 Watercolor  | <b>6</b>  |
| <b>7</b><br>FALL<br>BACK!<br> | <b>8</b> 9:00-10:00<br>Mindfulness<br>Meditation with Ed<br>Merck via ZOOM*<br>10:30 Parkinson's<br>Group<br><br>10:30 Yoga zoom*   | <b>9</b><br><br>1:30 Discussion<br><br>2:45- IGI MOBILE<br>MKT<br><br>3:00 Dance Free!   | <b>10</b><br>10:30 Yoga zoom*<br><br>Patti Mello Legal<br>Clinic<br>508-477-0267   | <b>11</b><br><b>CLOSED</b><br>   | <b>12</b><br>10:30 Yoga zoom*<br><br>1:00 Watercolor | <b>13</b> |
| <b>14</b>   | <b>15</b> 9:00-10:00<br>Mindfulness<br>Meditation with Ed<br>Merck via ZOOM*<br><br>10:30 Yoga zoom*                                | <b>16</b><br><br>1:30 Discussion<br><br>2:45- IGI MOBILE<br>MKT<br><br>3:00 Dance Free!  | <b>17</b><br>10:30 Yoga zoom*<br><br>   | <b>18</b><br><u>9:30 Yoga with<br/>Shanta</u>   | <b>19</b><br>10:30 Yoga zoom*<br><br>1:00 Watercolor | <b>20</b> |
| <b>21</b>   | <b>22</b><br>9:00-10:00<br>Mindfulness<br>Meditation with Ed<br>Merck via ZOOM<br>9:30am Pedi Care<br>Clinic<br><br>10:30 Yoga zoom | <b>23</b><br>1:30 Discussion<br><br>2:45- IGI MOBILE<br>MKT<br><br>Audiology Clinic @<br>Vineyard Audiology<br>1:30-4p<br><br>3:00 Dance Free! | <b>24</b><br>10:30 Yoga zoom*<br><br>Patti Mello Legal<br>Clinic<br>508-477-0267   | <b>25</b><br><b>CLOSED</b><br> | <b>26</b><br><b>CLOSED</b>                           | <b>27</b> |
| <b>28</b>   | <b>29</b><br>9:00-10:00<br>Mindfulness<br>Meditation with Ed<br>Merck via ZOOM*<br><br>10:30 Yoga zoom*                             | <b>30</b><br>1:30 Discussion<br><br>2:45- IGI MOBILE<br>MKT<br><br>3:00 Dance Free!  | <div>  <div> <b>OFFICE HOURS:</b><br/> <b>Monday- Friday</b><br/> <b>8:30am- 4:00pm</b><br/> <b>Closed Holidays</b> </div> <p>Please be aware, while most of our programming is free<br/>there may be a minimal fee for a speciality class.</p> <p>More virtual classes on back!</p> </div> |   |  |           |

### 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.

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 11<sup>th</sup>, November 25<sup>th</sup>, and November 26<sup>th</sup>

### Medicare OPEN ENROLLMENT! October 15<sup>th</sup>- December 8<sup>th</sup>

Running October 15<sup>th</sup> through December 8<sup>th</sup> 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 8<sup>th</sup> 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](mailto:coa-clerk@westtisbury-ma.gov) for sign up information.