

Up Island Council on Aging 508-693-2896

November 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 9:00-10:00 Mindfulness Meditation with Ed Merck via ZOOM 10:30 Yoga via Zoom	3 11:30 Gentle Yoga via Zoom 3:00 *Dance Free! 3-4pm *IGI Mobile Market	4 2-4pm *Writer's Group 	5 Did you know? Parker Brothers launched the game of Monopoly on Nov 5, 1935! 	6 10:30 Yoga via zoom 1:00 *Watercolor	7
8	9 9:00-10:00 Mindfulness Meditation with Ed Merck via zoom 10:00 Vineyard Isle Parkisonians via Zoom 10:30 Yoga via zoom	10 11- ORAL HISTORY PRESENTATION 11:30 Gentle Yoga via Zoom 3:00 *Dance Free! 3-4pm *IGI Mobile Market	11 CLOSED 	12 Did you sign up for our Belly dancing Zoom?! November 30 th at 2!	13 10:30 Yoga via zoom 1:00 *Watercolor	14
15	16 9:00-10:00 Mindfulness Meditation with Ed Merck via zoom 10:30 Yoga via zoom	17 11:30 Gentle Yoga via Zoom 3:00 *Dance Free! 3-4pm *IGI Mobile Market	18 2-4pm *Writer's Group Patti Mello Legal Clinic – 508-477-0267	19 Do You Need Help With Fuel Assistance Or Snap Benefits? We Are Available To Help.	20 10:30 Yoga via zoom 1:00 *Watercolor	21
22	23 9:00-10:00 Mindfulness Meditation with Ed Merck via zoom 10:30 Yoga via zoom	24 11:30 Gentle Yoga via Zoom 3:00 *Dance Free! 3-4pm *IGI Mobile Market	25 2-4pm *Writer's Group	26 CLOSED 	27 CLOSED DECEMBER EVENTS: Oral History Hosted by Linsey Lee featuring June Manning. Video and Live discussion about when Aquinnah finally received electricity!	28
29	30 9:00-10:00 Mindfulness Meditation with Ed Merck via zoom 10:30 Yoga via zoom 2pm Belly Dancing Demo on Zoom!	<p>Hours: Monday - Friday 8:30am – 4:00 pm Closed Holidays</p> <p>Due to COVID 19 most of our programming is via zoom. In person programs are marked with a *.</p>				

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)

Despite the pandemic- we are here to help you! Whether its Medicare Part D, Fuel Assistance, or SNAP benefits please know we are willing to help you in any capacity possible! Just give us a call!

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

Oral History Presentation with Linsey Lee –NEW DATE and TIME!

November 10th @ 11. Join us in an interactive presentation as author and Oral History Curator, Linsey Lee, of the M.V. Museum talks of the importance of gathering oral histories from your family, neighbors and friends. To inspire and entertain you she will present some of the short videos that have been created from oral history interviews with local Vineyarders (Kate Taylor, John Athearn, Craig Kingsbury and more!) and talk about her latest book *Vineyard Voices Three*. There will be discussion of the challenges and possibilities for gathering oral histories during this time of social distancing. This is a free, virtual, Zoom presentation. **Please register in advance so you can be sent the email link to the presentation.**

Belly Dance Presentation with Patricia Szucs!

Join us via Zoom for a Belly Dance presentation and lesson with Patricia Szucs! Don your best belly dancing scarfs and wraps in the comfort of your own home as Patricia shows and leads us in the art of Belly Dancing! Call 508-693-2896 or email coa-clerk@westtisbury-ma.gov to sign up.

December Events:

If you loved our first oral history presentation you're in luck! We've got another one planned for December! **Oral History hosted by Linsey Lee and featuring June Manning! Video and Live Discussion about when Aquinnah finally got electricity! Be sure to sign up! 508-693-2896**

Zoom YOGA w/ Martha Abbot!

Martha who runs our Monday and Friday classes has been hosting an online Zoom yoga class Monday, Wednesday and Friday at 10:30am. She opens the "virtual doors" at 10a if people want to chat before class, class starts at 10:30. \$10 per class. All are welcome. Please email Martha for

Zoom information
spiritmovesyou@gmail.com



Gentle Yoga w/KANTA on Zoom!

Great News! Kanta is teaching a Gentle Yoga class via Zoom!

Tuesday's at 11:30!

Meeting ID 824 4775 7861

Passcode: 709904

Join her via zoom and get back to your yoga practice!

Strength Training

Katryn is offering classes via Google Meet! She is running a 30min class with a mix of strength training and a little cardio. The class is currently free and if you'd like to leave a donation she asks that it be given to the Animal Shelter in Edgartown. If you are interested in joining please contact Katryn at katrynyerdon@prodigy.net

Meditation with Ed Merck

Meeting ID: 843 9408 2991

Passcode: 737316 Dial In: +1 646 876 9923

Our UICOA Meditation Group uses guided meditation, silence and participant sharing to explore the principles and practices of mindfulness. We gather each Monday at 9:00 via Zoom to connect more deeply with our "higher" selves and to share that connection with others. Come experience why modern research points to many benefits from meditating such as relaxation, greater buoyancy, less reactivity, mental clarity, a sense of peace; and even medical advantages such as lower blood pressure, better sleep, and less pain.