



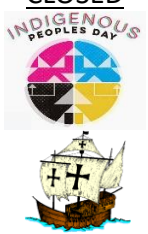







UP ISLAND COUNCIL ON AGING 508-693-2896

October 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		Hours: Monday – Friday 8:30am – 4:00pm Closed Holidays			 1 10:30 Yoga zoom* 1:00 Watercolor	2
3	4 9:00-10:00 Mindfulness Meditation with Ed Merck via ZOOM* 10:30 Yoga zoom*	5 11:30 Gentle Yoga via Zoom* 1:30 Discussion 2:45- IGI MOBILE MKT 3:00 Dance Free!	6 10:30 Yoga zoom* 	7 9:30 <u>Yoga with Shanta</u> DERBY FISH! 	8 10:30 Yoga zoom* 1:00 Watercolor	9
10	11 CLOSED 	12 11:30 Gentle Yoga via Zoom* 1:30 Discussion DERBY FISH!  2:45- IGI MOBILE MKT 3:00 Dance Free!	13 10:30 Yoga zoom* Patti Mello Legal Clinic 508-477-0267	14 <u>9:30 Yoga with Shanta</u> DERBY FISH! 	15 10:30 Yoga zoom* <i>Medicare Open Enrollment Begins</i> 1:00 Watercolor	16
17	18 9:00-10:00 Mindfulness Meditation with Ed Merck via ZOOM* 10:30 Parkinson's Group* 10:30 Yoga zoom*	19 11:30 Gentle Yoga via Zoom* 1:30 Discussion 2:45- IGI MOBILE MKT 3:00 Dance Free!	20 10:30 Yoga zoom* 	21 <u>9:30 Yoga with Shanta</u>	22 10:30 Yoga zoom*  1:00 Watercolor	23
24	25 9:00-10:00 Mindfulness Meditation with Ed Merck via ZOOM 9:30am Pedi Care Clinic 10:30 Yoga zoom	26 11:30 Gentle Yoga via Zoom* 1:30 Discussion 2:45- IGI MOBILE MKT Audiology Clinic @ Vineyard Audiology 1:30-4p 3:00 Dance Free!	27 10:30 Yoga zoom* Patti Mello Legal Clinic 508-477-0267	28 <u>9:30 Yoga with Shanta</u> 	29 10:30 Yoga zoom* 1:00 Watercolor	30

31 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!



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.

Medicare OPEN ENROLLMENT! October 15th!

Beginning October 15th Medicare begins 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**.

Yoga with Shanta Gabriel – Thursday's at 9:30 am. Yoga with Shanta is a very gentle style that includes using a chair, standing and floor exercise. Shanta Gabriel began Hatha Yoga classes in 1975 when she was 30. She continues to believe that the gentle stretching movement of yoga is one of the best ways for seniors to stay strong and flexible in the physical body.

THE DERBY IS BACK! The 76th Striped Bass & Bluefish Derby started on September 13th! **Our fish day is Thursday our BONUS day is Tuesday October 12th!** Fish is brought to us here at the COA and we then break it down and bag it up for you! Fish is done on a first come first served basis. Masks and social distancing required. The last day for the Derby is October 16th.

Vineyard Audiology Clinic w/Dr. Lesley Segal - The fourth Tuesday of the Month. Hearing loss and increased challenges in communicating are realities to many in our aging communities. In effort to address these issue and your concerns the Howes House is teaming up Dr. Lesley Segal of Vineyard Audiology in West Tisbury, for monthly hearing clinics and presentations. Please call 508-693-2896 to set up an appointment.

***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.

