

Up Island Council on Aging 508-693-2896

October 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	Hours: Monday – Friday 8:30am- 4:00pm Closed Holidays			1 8:30 & 9:30 Strength Training 12:30 Lunch	2 8:15 Balletics 10:30 Yoga (Martha) 1:00 Watercolor	3
4	5 9:00-10:00 Mindfulness Meditation with Ed Merck 10:30 Yoga	6 8:30 & 9:30 Strength Training 9:30 Discussion 3:00 Dance Free!	7 8:15 Balletics 10:30 Yoga Oral History Presentation w/Linsy Lee! 1:00pm	8 8:30 & 9:30 Strength Training 12:30 Lunch	9 8:15 Balletics 10:30 Yoga 1:00 Watercolor	10
11	12 CLOSED National Indigenous Peoples Day 	13 8:30 & 9:30 Strength Training 9:30 Discussion 3:00 Dance Free! 3-4pm *IGI Mobile Market	14 8:15 Balletics 10:30 Yoga 1:00 Mah Jong 2PM-4PM Writers Group Patti Mello Legal Clinic -508-477-0267	15 8:30 & 9:30 Strength Training 12:30 Lunch Medicare Part D Open Enrollment begins!	16 8:15 Balletics 10:30 Yoga 1:00 Watercolor	17
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****Please be aware that while most of our classes and programs are free, there may be a minimal charge for a specialty class. Yoga /\$10, Balletics/ \$12, Strength Training/\$8 Prices subject to change without notice****

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)

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

****PLEASE NOTE OUR WRITER'S GROUP DAY AND TIME CHANGE!****

Oral Histories and Interviews with Linsey Lee

October 7th, 1pm 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.** **THIS**

EVENT WAS CANCELLED- WILL BE RESCHEDULED!

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!

Island Grown Initiative Mobile Market is Back!

Starting on October 12th the IGI Mobile Market will be back at Howes House! They are planning to do **online order pick ups ONLY** from 3-4pm. They will load the van with orders packed ahead of time so folks can walk up and pick up their order. People can pay online OR at pick up, any form of payment is accepted. To place Online orders go to: <https://mobilemarketorders.square.site/>

If you do not have the ability to place an order online, please contact IGI to place an order 508.687.9062 or office@igimv.org

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

Meeting ID: 157-764-100; Password: 152331

She opens the "virtual doors" at 10a if people want to chat before class, class starts at 10:30. All are welcome.

Medititation 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.