

**UP ISLAND COUNCIL ON AGING 508-693-2896**  
**OCTOBER 2022**

SUN	MON	TUE	WED	THU	FRI	SAT
OFFICE HOURS	MONDAY - FRIDAY	8:30-4:00 CLOSED HOLIDAYS				1
2	3 9 & 9:35 STRENGTH & FITNESS W/KATRYN* 10:30 YOGA W/MARTHA ABBOTT* DERBY FISH 11A FOCUS 5-6:30	4 9 & 9:35 STRENGTH & FITNESS W/KATRYN* 11:30 YOGA W/KANTA* FOCUS 10-11:30	5	6 9 & 9:35 STRENGTH & FITNESS W/KATHRYN* DERBY FISH 11A FOCUS 10-11:30 FOCUS 5-6:30	7 9 & 9:35 STRENGTH & FITNESS W/KATRYN* 10:30 YOGA W/MARTHA ABBOTT* FOCUS 10-11:30 1P WATERCOLOR	8 FOCUS 10-11:30
9	10  HOWES HOUSE CLOSED	11 9 & 9:35 STRENGTH & FITNESS W/KATRYN* 11:30 YOGA W/KANTA* DERBY FISH 11A	12 PATTI MELLO LEGAL CLINIC 508-477-0267	13 9 & 9:35 STRENGTH & FITNESS W/KATRYN* DERBY FISH 11A	14 9 & 9:35 STRENGTH & FITNESS W/KATRYN* 10:30 YOGA W/MARTHA ABBOTT* 1:00 WATERCOLOR	15
16	17 9 & 9:35 STRENGTH & FITNESS W/KATRYN* 10:30 YOGA W/MARTHA ABBOTT* PARKINSON'S SUPPORT GROUP 10:30	18 9 & 9:35 STRENGTH & FITNESS W/KATRYN* 11:30 YOGA W/KANTA*	19 CIDER STROLL AT POLLY HILL ARBORETUM 2PM – MEET AT PARKING LOT	20 9 & 9:35 STRENGTH & FITNESS W/KATRYN*	21 9 & 9:35 STRENGTH & FITNESS W/KATRYN* 10:30 YOGA W/MARTHA ABBOTT* 1:00 WATERCOLOR	22
23	24 9 & 9:35 STRENGTH & FITNESS W/KATRYN* 10:30 YOGA W/MARTHA ABBOTT* PEDICARE CLINIC BY APPOINTMENT	25 9 & 9:35 STRENGTH & FITNESS W/KATRYN* 11:30 YOGA W/KANTA* 2-3 ECUADOR LIVE WALKING TOUR THROUGH THE WILD ORCHID BOTANICAL GARDENS (ZOOM) AUDIOLOGY CLINIC BY APPOINTMENT	26 3-4 ALL NEW IN PERSON TANGO CLASSES WITH NORA LAUDANI	27 9 & 9:35 STRENGTH & FITNESS W/KATRYN*	29 9 & 9:35 STRENGTH & FITNESS W/KATRYN* 10:30 YOGA W/MARTHA ABBOTT* 1:00 WATERCOLOR	29
30	31  9 & 9:35 STRENGTH & FITNESS W/KATRYN* 10:30 YOGA W/MARTHA ABBOTT*	NOV 1 10:30 FIRE SAFETY WITH CHILMARK FIRE CHIEF JEREMY BRADSHAW	NOV 2 10AM ALL NEW IN PERSON FITNESS CLASSES WITH MARGARITA KELLY			

PROGRAMS MARKED WITH A \* ARE VIRTUAL \*\*PLEASE BE AWARE THAT WHILE MOST OF OUR CLASSES ARE FREE, SPECIALTY CLASSES MAY CHARGE A MINIMAL FEE. YOGA/\$10, STRENGTH TRAINING \$8 (PRICES SUBJECT TO CHANGE WITHOUT NOTICE)

### ONGOING SERVICES:

- OUTREACH
- FUEL ASSISTANCE
- SNAP (FORMERLY 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 SPECIALISTS)

AT HOME COVID TEST KITS: THE COA HAS COVID TEST KITS. WE SERVE THE COMMUNITIES OF AQUINNAH, CHILMARK AND WEST TISBURY FIRST. PLEASE CHECK WITH US FOR AVAILABILITY.

### THE FOLLOWING PROGRAMS ARE VIRTUAL THROUGH ZOOM OR GOOGLE MEETING:

\*STRENGTH + FITNESS W/KATRYN- MON, TUES, THURS, FRI- 9 AND 9:35AM- GOOGLE MEETING – EMAIL [KATRYNYERDON@PRODIGY.NET](mailto:KATRYNYERDON@PRODIGY.NET) FOR MEETING INFO

\*YOGA W/MARTHA ABBOTT – MONDAY AND FRIDAY 10:30 (DOORS OPEN AT 10) EMAIL [SPIRITMOVESYOU@GMAIL.COM](mailto:SPIRITMOVESYOU@GMAIL.COM) FOR LOG IN INFO

\*KANTA'S GENTLE YOGA – TUESDAYS @11:30 ZOOM MEETING ID 824 4775 7861  
PASSCODE 709904

### OCTOBER SPECIAL EVENTS AT THE HOWES HOUSE:

WEDNESDAY OCTOBER 19<sup>TH</sup> 2PM CIDER WALK AT POLLY HILL ARBORETUM  
MEET AT THE PARKING LOT

TUESDAY OCTOBER 25<sup>TH</sup> 2:00-3:00PM ECUADOR: A LIVE WALKING TOUR  
THROUGH THE WILD ORCHID BOTANICAL GARDENS (ZOOM)

WEDNESDAY OCTOBER 26<sup>TH</sup> 3:00-4:00PM ALL NEW IN PERSON TANGO CLASS  
RUNNING 4 WEDNESDAYS 10/26, 11/2, 11/9 & 11/16

DERBY FISH DISTRIBUTION AT THE HOWES HOUSE MONDAY OCT 3;  
THURSDAY OCT 6; TUESDAY OCT 11; THURSDAY OCT 13

### PREVIEW OF NOVEMBER HAPPENINGS

TUESDAY NOV 1<sup>ST</sup> 10:30AM - FIRE SAFETY WITH CHILMARK FIRE CHIEF  
JEREMY BRADSHAW

WEDNESDAY NOV 2<sup>ND</sup> NEW IN PERSON FITNESS CLASSES WITH  
MARGARITA KELLY