

# Up Island Council on Aging 508-693-2896

## September 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>Hours:</b> <b>Monday- Friday</b> <b>8:30a-4:00p</b> <b>Closed Holidays</b>	<b>1 8:30 &amp; 9:30</b> <b>Strength Training</b> 9:30 Discussion 11:15-1:15 Writers Group 3:00 Dance Free!	<b>2 8:15 Balletics</b> 10:30 Yoga (Kanta) 1:00 Mah Jong	<b>3 8:30 &amp; 9:30</b> <b>Strength Training</b> 12:30 Lunch 4:30 Mah Jong	<b>4 8:15 Balletics</b> 10:30 Yoga 1:00 Watercolor	5
6	<b>7</b> <b>CLOSED</b> <b>LABOR DAY</b> 	<b>8 8:30 &amp; 9:30</b> <b>Strength Training</b> 9:30 Discussion 11:15-1:15 Writers Group 3:00 Dance Free!	<b>9 8:15 Balletics</b> 10:30 Yoga (Kanta) 1:00 Mah Jong *Patti Mello Legal Clinic -508-477-0267	<b>10 8:30 &amp; 9:30</b> <b>Strength Training</b> 12:30 Lunch 4:30 Mah Jong	<b>11 8:15 Balletics</b> 10:30 Yoga 1:00 Watercolor	12
13	<b>14 9:00-10:00</b> Mindfulness Meditation with Ed Merck Call to sign up <b>10:30 Parkinsons' Group (via Zoom)</b> 10:30 Yoga	<b>15 8:30 &amp; 9:30</b> <b>Strength Training</b> 9:30 Discussion 11:15-1:15 Writers Group 3:00 Dance Free!	<b>16 8:15 Balletics</b> 10:30 Yoga (Kanta) 1:00 Mah Jong	<b>17 8:30 &amp; 9:30</b> <b>Strength Training</b> 12:30 Lunch 4:30 Mah Jong	<b>18 8:15 Balletics</b> 10:30 Yoga 1:00 Watercolor	19
20	<b>21 9:00-10:00</b> Mindfulness Meditation with Ed Merck Call to sign up 10:30 Yoga	<b>22 8:30 &amp; 9:30</b> <b>Strength Training</b> 9:30 Discussion 11:15-1:15 Writers Group 3:00 Dance Free!	<b>23 8:15 Balletics</b> 10:30 Yoga (Kanta) 1:00 Mah Jong	<b>24 8:30 &amp; 9:30</b> <b>Strength Training</b> 12:30 Lunch 4:30 Mah Jong	<b>25 8:15 Balletics</b> 10:30 Yoga 1:00 Watercolor	26
27	<b>28 9:00-10:00</b> Mindfulness Meditation with Ed Merck Call to sign up 10:30 Yoga	<b>29 8:30 &amp; 9:30</b> <b>Strength Training</b> 9:30 Discussion 11:15-1:15 Writers Group 3:00 Dance Free!	<b>30 8:15 Balletics</b> 10:30 Yoga (Kanta) 1:00 Mah Jong	<b>**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**</b>		

**PER BOARD OF HEALTH WE ARE STILL NOT OFFERING IN-HOUSE PROGRAMMING**

## 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.

### **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.

### **Dance Free!**

Our Dance Free Class (Tuesdays 3:00pm) is still happening as well with our own Jill M and Joanie L. They are hosting it at the Library on the side/children's porch of the WT Library. Big thanks to the Library folks to allowing the class to take place there!

### **Strength Training**

Katryn, the instructor for our strength training, has also switched to the virtual method! She 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 ask that it be given to the Animal Shelter in Edgartown. If you are interested in joining please contact Katryn at [katrynyerdon@prodigy.net](mailto:katrynyerdon@prodigy.net) and she will touch base with info about class time!

### **Medititation with Ed Merck**

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.

Meeting ID: 843 9408 2991

Passcode: 737316

Dial In +1 646 876 9923

### **UPCOMING!!**

October 7<sup>th</sup>, 2020 at 1pm we are going to be having a Zoom presentation from Linsy Lee, author and oral curator for the MV Museum. The presentation will contain some interviews of some of the islands most interesting people. Additonal details to follow!