

# Up Island Council on Aging 508 693-2896

## September 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>Office Hours</b> <b>Monday- Friday</b> <b>8:30am- 4:00pm</b> <b>Closed Holiday</b>		<b>1</b> 10:30 Yoga zoom*	<b>2 <u>YOGA</u></b> <b><u>W/SHANTA</u></b> <b><u>GABRIEL 9:30</u></b>  11:00am Writers Group!	<b>3</b> 10:30 Yoga zoom*  1:00 Watercolor	<b>4</b>
<b>5</b>	<b>6</b> <b><u>CLOSED</u></b> 	<b>7</b> 11:30 Gentle Yoga via Zoom* 1:30 Discussion 2:45- IGI MOBILE MKT 3:00 Dance Free!	<b>8</b> 10:30 Yoga zoom*  Patti Mello Legal Clinic 508-477-0267	<b>9 <u>YOGA</u></b> <b><u>W/SHANTA</u></b> <b><u>GABRIEL 9:30</u></b>  11:00am Writers Group!	<b>10</b> 10:30 Yoga zoom*  1:00 Watercolor	<b>11</b> Patriot Day
<b>12</b>	<b>13</b> 9:00-10:00 Mindfulness Meditation via ZOOM*  10:30 Parkinson's Group*  10:30 Yoga zoom*	<b>14</b> 11:30 Gentle Yoga via Zoom* 1:30 Discussion 2:45- IGI MOBILE MKT 3:00 Dance Free!	<b>15</b> 10:30 Yoga zoom*  	<b>16 <u>YOGA</u></b> <b><u>W/SHANTA</u></b> <b><u>GABRIEL 9:30</u></b>  11:00am Writers Group! <b>DERBY FISH!</b> 	<b>17</b> 10:30 Yoga zoom*  1:00 Watercolor	<b>18</b>
<b>19</b>	<b>20</b> 9:00-10:00 Mindfulness Meditation with Ed Merck via ZOOM*  10:30 Yoga zoom*	<b>21</b> 11:30 Gentle Yoga via Zoom* 1:30 Discussion 2:45- IGI MOBILE MKT 3:00 Dance Free!	<b>22</b> 10:30 Yoga zoom*   Patti Mello Legal Clinic 508-477-0267	<b>23 <u>YOGA W/SHANTA</u></b> <b><u>GABRIEL 9:30</u></b>  11:00am Writers Group! <b>DERBY FISH!</b> 	<b>24</b> 10:30 Yoga zoom*  1:00 Watercolor	<b>25</b>
<b>26</b>	<b>27</b> 9:00-10:00 Mindfulness Meditation with Ed Merck via ZOOM  10:30 Yoga zoom  <b>9:30am Pedi Care Clinic</b>	<b>28</b> 11:30 Gentle Yoga via Zoom* 1:30 Discussion <b>Audiology Clinic @ Vineyard Audiology</b> <b>1:30-4p</b> 2:45- IGI MOBILE MKT 3:00 Dance Free!	<b>29</b> 10:30 Yoga zoom*  	<b>30 <u>YOGA W/SHANTA</u></b> <b><u>GABRIEL 9:30</u></b>  11:00am Writers Group!  <b>DERBY FISH!</b> 	Please be aware that while most of our classes and programs are free, there may be a minimal charge for a specialty class.	

MORE VIRTUAL/ZOOM CLASSES ON THE 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.

**Writers Group!** Thursdays @ 11am- Our writers group is BACK (seasonally), Join us on Thursdays at 11am for our writers group led by author, Jeff Scheuer.

### NEW YOGA CLASS!!

**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.

**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.**

**THE DERBY IS BACK!** The 76<sup>th</sup> Striped Bass & Bluefish Derby starts on September 13<sup>th</sup>! **Our fish day will be Thursday!** 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. \*Please note that you must wear a mask in any town building.

**\*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](mailto:coa-clerk@westtisbury-ma.gov) for sign up information.

