

Up Island Council on Aging ~ 508-693-2896

April 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<p>1 10:30 Yoga</p> <p>5:00 Qi Gong</p> 	<p>2 8:30 & 9:30 Strength Training</p> <p>9:30 Discussion</p> <p>2:00- 3:30 Open Studio w/Steve \$8</p> <p>3:00 Dance Free!</p>	<p>3 8:15 Balletics</p> <p>10:30 Yoga</p> <p>1:00 Mah Jong</p>	<p>4 8:30 & 9:30 Strength Training</p> <p>12:30 Lunch</p> <p>1:30 Mah Jong</p>	<p>5 8:15 Balletics</p> <p>10:30 Yoga</p> <p>1:00 Watercolor</p>	6
7	<p>8 10:00 Parkinson's Support Group</p> <p>10:30 Yoga</p>  <p>5:00 Qi Gong</p>	<p>9 8:30 & 9:30 Strength Training</p> <p><u>10- 11:30 Blood Pressure Clinic</u></p> <p>9:30 Discussion</p> <p>2:00- 3:30 Open Studio w/Steve \$8</p> <p>3:00 Dance Free!</p>	<p>10 8:15 Balletics</p> <p>10:30 Yoga</p> <p>1:00 Mah Jong</p> 	<p>11 8:30 & 9:30 Strength Training</p> <p>12:30 Lunch</p> <p>1:30 Mah Jong</p>	<p>12 8:15 Balletics</p> <p>10:30 Yoga</p> <p>1:00 Watercolor</p> 	13
14	<p>15 CLOSED</p> 	<p>16 8:30 & 9:30 Strength Training</p> <p>9:30 Discussion</p> <p>2:00- 3:30 Open Studio w/Steve \$8</p> <p>3:00 Dance Free!</p>	<p>17 8:15 Balletics</p> <p>10:30 Yoga</p> <p>1:00 Mah Jong</p> <p><u>2:00 Origami Class</u> Please Sign Up</p> <p>Patti Mello Clinic (508-477-0267)</p>	<p>18 8:30 & 9:30 Strength Training</p> <p>12:30 Lunch</p> <p>1:30 Mah Jong</p>	<p>19 8:15 Balletics</p> <p>SMILES CLINIC</p>  <p>10:30 Yoga</p> <p>1:00 Watercolor</p>	20
21	<p>22 <u>Pedi Care Clinic</u></p> <p>10:30 Yoga</p>  <p><u>1:00 Mabel and Jerry 2: Obstacles to the altar! Free!</u></p> <p>5:00 Qi Gong</p>	<p>23 8:30 & 9:30 Strength Training</p> <p>9:30 Discussion</p> <p>2:00- 3:30 Open Studio w/Steve \$8</p> <p>3:00 Dance Free!</p>	<p>24 8:15 Balletics</p> <p>10:30 Yoga</p> <p>1:00 Mah Jong</p> <p><u>1:30 Meet Your Tri-town Paramedics!</u></p>	<p>25 8:30 & 9:30 Strength Training</p> <p>12:30 Lunch</p> <p>1:30 Mah Jong</p>	<p>26 8:15 Balletics</p> <p>10:30 Yoga</p> <p>1:00 Watercolor</p>	27
28	<p>29 10:30 Yoga</p> <p>5:00 Qi Gong</p>	<p>30 8:30 & 9:30 Strength Training</p> <p>9:30 Discussion</p> <p>2:00- 3:30 Open Studio w/Steve \$8</p> <p>3:00 Dance Free!</p> 	<p>Office Hours: Monday – Friday 8:30am- 4:00pm CLOSED HOLIDAYS</p>			

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.

PLEASE NOTE: The Tuesday Writing group has gone on hiatus until the spring.

Learn the Art of Origami! Wednesday, 4/17. 2pm. Free.

Join Howes House staff in learning the ancient art of Japanese paper folding. Using traditional, vibrantly patterned origami paper, make fun and beautiful objects such as paper cranes. Please RSVP.

Mabel and Jerry 2: Obstacles to the altar by Steve Henderson- Monday, 4/ 22, 1:00 pm.

Free and open to the public

Proposing was never as wonderful, never as fraught with mishaps and false starts and never as hilarious as this! Mabel and Jerry have arrived at UPICOA, each planning to pop the question to each other. Will she said yes? Will he? Join us for this terrific performance! This program is supported in part by a grant from the Martha's Vineyard Cultural Council, a local agency which is supported by the Massachusetts Cultural Council as well as the Friends of the Up Island Council on Aging. 508-693-2896

Meet Your Tri-Town Ambulance Paramedics - Wednesday, 4/24. 1:30pm

Tri-town paramedics Chief Ben Retmier and Belinda Booker are looking forward to meeting members of the community to discuss the importance of the File of Life (medical and contact information you should have readily available on your refrigerator and in your wallet in case of an emergency) and the current end-of-life directives form, the MOLST. Blank Files of Life and MOLST forms will be available. Light refreshments.

Pre Mother's Day Pot Luck- Monday, 5/6. 12:30pm

In this Mother's Day themed potluck, participants are asked to bring a dish that reminds you of your favorite mother figure! Bring a recipe to share! Please RSVP by Wednesday 4/24.

The Howes House Pie Throw-Down! Monday, 5/20. 1:30pm

We are hosting this pie baking contest in anticipation of our trip to see the musical "Waitress". Judges to be announced. Contest rules are as follows: 1.All crusts must be homemade 2.Pies can be either fruit or savory. Call us if you're interested in joining the fun! 508-693-2896

