

Council on Aging (508)693-2896

August 2018

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----------|---|---|---|--|--|-----------|
| | <u>Office Hours:</u> Monday-Friday 8:30am-4:00pm | | 1 8:15 Balletics 10:30 Yoga 1:00 Mah Jong | 2 8:30 & 9:30 Strength Training 12:30 Lunch 1:30 Mah Jong 2:00 Tech Help with Everett (appt. needed) | 3 8:15 Balletics 9:30 Bridge 10:30 Yoga 1:00 Watercolor 10-12 CHAIR MASSAGE! (appt. needed) | 4 |
| 5 | 6 10:30 Yoga 1:00 Movement class w/ The Yard (Please RSVP) 5:00 Qi Gong | 7 8:30 & 9:30 Strength Training 9:30 Discussion 11:15 Writing Group 3:00 Dance Free! | 8 8:15 Balletics 10:30 Yoga 1:00 Mah Jong Patti Mello Legal Clinic (508)477-0267 | 9 8:30 & 9:30 Strength Training 12:30 Lunch 1:30 Mah Jong 2:00 Tech Help with Everett (appt. needed) | 10 8:15 Balletics 9:30 Bridge 10:30 Yoga Annual Howes House Cookout 508-693-2896 | 11 |
| 12 | 13 10:30 Yoga 10:30 Vineyard Isle Parkinsonians Support Group 508-693-2896 1:00 Movement class w/ The Yard (Please RSVP) 5:00 Qi Gong | 14 8:30 & 9:30 Strength Training 9:30 Discussion 11:15 Writing Group 10:30-12:00 Blood Pressure & Wellness Clinic 3:00 Dance Free! | 15 8:15 Balletics 10:30 Yoga 1:00 Mah Jong | 16 8:30 & 9:30 Strength Training 12:30 Lunch 1:30 Mah Jong 2:00 Tech Help with Everett (appt. needed) | 17 8:15 Balletics 9:30 Bridge 10:30 Yoga 1:00 Watercolor 10-12 CHAIR MASSAGE! (appt. needed) | 18 |
| 19 | 20 10:30 Yoga 1:00 Movement class w/ The Yard (Please RSVP) 5:00 Qi Gong Pedi-Care Clinic (appt. needed) | 21 8:30 & 9:30 Strength Training 9:30 Discussion 11:15 Writing Group 3:00 Dance Free! | 22 8:15 Balletics 10:30 Yoga 1:00 Mah Jong | 23 8:30 & 9:30 Strength Training 12:30 Lunch 1:30 Mah Jong 2:00 Tech Help with Everett (appt. needed) | 24 8:15 Balletics 9:30 Bridge 10:30 Yoga 1:00 Watercolor | 25 |
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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.

Chair Massage

Select Fridays 10:00-12:00
20 minute appointments \$20 (Cash only)
Call to make your appointment!

Falmouth Shopping Trips!

On hiatus until September

Reiki at Howes House

On hiatus until fall. Be sure to check back in!

MV Museum Presentations

On hiatus until fall.

Providence theater trip to see *Miss Saigon*

Saturday September 29th 2018

Call to reserve you spot!

Annual Lobster Picninc in Menemsha

September 10th 12:00

Space Limited, call to sign up!!