

# Up Island Council On Aging \* 508-693-2896

## December 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
						1	
2 Hanukkah Begins 	3 10:30 Yoga  5:00 Qi Gong	4 8:30 & 9:30 Strength Training  9:30 Discussion  2:00- 3:30 Drawing & Coffee with Steve Engley- \$8  3:00 Dance Free!	5 8:15 Balletics  10:30 Yoga  1:00 Mah Jong	6 8:30 & 9:30 Strength Training  12:30 Lunch  1:30 Mah Jong	7 8:15 Balletics  10:30 Yoga  10:00 Chair Massage 20mins \$20  1:00 Watercolor	8	
9	10 10:30 Yoga  10:30 Parkinsons Support Group  5:00 Qi Gong	11 8:30 & 9:30 Strength Training  9:30 Discussion  10:30-11:30 Blood Pressure Clinic  2:00- 3:30 Drawing & Coffee with Steve Engley- \$8  3:00 Dance Free!	12 8:15 Balletics  10:30 Yoga  1:00 Mah Jong  Patty Mello Legal Clinic (508)477-0267	13 8:30 & 9:30 Strength Training  12:30 Lunch  1:30 Mah Jong	14 8:15 Balletics  10:30 Yoga  1:00 Watercolor	15	
16	17 10:30 Yoga  5:00 Qi Gong  Pedi Care Clinic	18 8:30 & 9:30 Strength Training  9:30 Discussion  2:00- 3:30 Drawing & Coffee with Steve Engley- \$8  3:00 Dance Free!	19 8:15 Balletics  10:30 Yoga  1:00 Mah Jong  FALMOUTH SHOPPING TRIP!	20 8:30 & 9:30 Strength Training  12:30 Lunch  1:30 Mah Jong	21 8:15 Balletics  10:30 Yoga  10:00 Chair Massage 20mins \$20  1:00 Watercolor	22	
23	24 10:30 Yoga  5:00 Qi Gong	25 <b>CLOSED</b> 	26 8:15 Balletics  10:30 Yoga  1:00 Mah Jong  Happy Kwanzaa 	27 8:30 & 9:30 Strength Training  12:30 Lunch  1:30 Mah Jong	28 8:15 Balletics  10:30 Yoga  1:00 Watercolor	29	
30	31 10:30 Yoga   5:00 Qi Gong	<b>OFFICE HOURS:</b>  <b>MONDAY- FRIDAY</b> <b>8:30AM - 4:00PM</b>  <b>Closed Holidays</b>					

## 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 haitus until the spring.**

### Medicare Part D

**October 15, 2018- December 7, 2018**

Open Enrollment is happening now!

Call 508-693-2896 to set up an appointment!

### Chair Massage

Select Fridays 10:00-12:00

20 minute appointments \$20 (Cash only)

Call to make your appointment!

### Falmouth Shopping Trips!

December 19<sup>th</sup> is our next trip!

Perfect for getting any last minute shopping done!

### \*NEW\* Drawing and Coffee w/Steve Engley

(starting Tuesday, November 27th), \$8.00

All skill levels and mediums welcomed. Drawing materials supplied. Light Refreshments. RSVP preferred for planning purposes, but drop-ins welcome!

### Peabody Essex Museum: Empresses of China's Forbidden City

Saturday, December 8<sup>th</sup>. Price \$65.

Join us on a trip to Salem, MA for an exhibit that focuses on the impact imperial women of China had in creating what we know as the Qing Dynasty, the era of 1644 to 1912. With almost 200 objects on display, learn the stories of the women who influenced an entire country through art, religion, and politics. If interested call 508-693-2896.

### Presentation with Cape Light Compact

Monday, December 10<sup>th</sup>, 2pm. Free.

Learn about Cape Light Compact's Home Energy Assesments, renewable power supply options, and tips for how to save on your energy costs this winter!

