




February 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					<b>1 8:15 Balletics</b> 10- 12 Chair Massage 20mins \$20 10:30 Yoga 1:00 Watercolor	2
3	4 10:30 Yoga  5:00 Qi Gong	58:30 & 9:30 Strength Training 9:30 Discussion 2:00- 3:30 Open Studio w/Steve Engley \$8 3:00 Dance Free!	6 8:15 Balletics 10:30 Yoga 1:00 Mah Jong	7 8:30 & 9:30 Strength Training 12:30 Lunch 1:30 Mah Jong	8 8:15 Balletics 10:30 Yoga 1:00 Watercolor 	9
10	11 10:30 Yoga 10:30 Parkinsons Support Group 5:00 Qi Gong	128:30 & 9:30 Strength Training 9:30 Discussion Blood Pressure Clinic 2:00- 3:30 Open Studio w/Steve Engley \$8 3:00 Dance Free!	13 8:15 Balletics 10:30 Yoga 1:00 Mah Jong Patty Mello Legal Clinic (508)477-0267	14 8:30 & 9:30 Strength Training 12:30 Lunch 1:30 Mah Jong 	15 8:15 Balletics 10-12 Chair Massage 20mins \$20 10:30 Yoga 1:00 Watercolor	16
17	18 <b>CLOSED</b> 	19 8:30 & 9:30 Strength Training 9:30 Discussion 2:00- 3:30 Open Studio w/Steve Engley \$8 3:00 Dance Free!	20 8:15 Balletics 10:30 Yoga 1:00 Mah Jong	21 8:30 & 9:30 Strength Training  12:30 Lunch 1:30 Mah Jong	22 8:15 Balletics 10:30 Yoga 1:00 Watercolor	23
24	25 10:30 Yoga 12:00 Lunch with the West Tisbury Police Dept. *Pls RSVP BY 2/20* PEDI Care Clinic  5:00 Qi Gong	26 8:30 & 9:30 Strength Training 9:30 Discussion 2:00- 3:30 Open Studio w/Steve Engley \$8 3:00 Dance Free!	27 8:15 Balletics 10:30 Yoga 1:00 Mah Jong	28 8:30 & 9:30 Strength Training 12:30 Lunch  1:30 Mah Jong	Office Hours: Monday - Friday 8:30a-4:00p Closed Holidays	

## 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.**

### Chair Massage

Select Fridays 10:00-12:00

20 minute appointments \$20 (Cash only)

Call to make your appointment!

### Luncheon Hosted by The West Tisbury Police Department

Monday, February 25<sup>th</sup>. Free.

Join us for a lunch prepared and served by our West Tisbury Police Dept. Question and answer session to follow. Please call for details. RSVP required by Wednesday, February 20<sup>th</sup>.

### AARP Tax Prep

Get help filing your taxes this year! Dates are March 3<sup>RD</sup> and March 14<sup>th</sup>

Call us to get your name on the waiting list!

508-693-2896

### Open Studio Tuesdays w/Stephen Engley (Formally Drawing and Coffee)

#### Tuesdays- suggested donation \$8

Artists and Craftspeople! Bring your unfinished project or your unrealized vision to Howe's house to bring it to that next level. Howe's house Open Studio Tuesdays has tons of crafts projects to do as well including birthday and holiday card making. Every class will include a FREE themed guided instruction by the studio monitor, Stephen Engley, January + February will be a portrait workshop. All advertised projects have supplies provided, suggested donation 8\$, every tuesday from 2-3:30.

### Mabel and Jerry 2: Obstacles to the altar by Steve Henderson

April 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! 508-693-2896

### Up Coming Theatre Trip

We are still taking names for a spring trip to the Providence Performing Arts Center. The choices are "Jersey Boys" (May 11) or "Waitress" (June 1). Please call if you're interested. 508-693-2896