



Up Island Council on Aging 508-693-2896

February 2020



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	Office Hours: Monday- Friday 8:30-4:00 Closed on Holidays			**Please be aware that while most of our classes and programs are free, there may be a minimal charge for a specialty class. Yoga /\$10, Balletics/ \$12, Strength Training/\$8** Prices subject to change without notice**		1
2	3 9:00-10:00 Mindfulness Meditation with Ed Merck Call to sign up 10:30 Yoga	4 8:30 & 9:30 Strength Training 9:30 Discussion 11:15-1:15 Writers Group 2-3 Chilmark Library Clinic 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 3:30-4:30 IGI Mobile Market	7 8:15 Balletics 10:30 Yoga 1:00 Watercolor	8
9	10 9:00-10:00 Mindfulness Meditation with Ed Merck Call to sign up 10:30 Parkinson's Support Group 10:30 Yoga	11 8:30 & 9:30 Strength Training Blood Pressure Clinic 10:30-11:30 9:30 Discussion 11:15-1:15 Writers Group 3:00 Dance Free!	12 8:15 Balletics 10:30 Yoga 1:00 Mah Jong Patti Mello Legal Clinic 508-477-0267	13 8:30 & 9:30 Strength Training 12:30 Lunch 1:30 Mah Jong 3:30-4:30 IGI Mobile Market	14 8:15 Balletics 10:30 Yoga 1:00 Watercolor 	15
16	17 CLOSED 	18 8:30 & 9:30 Strength Training 9:30 Discussion 11:15-1:15 Writers Group 3:00 Dance Free!	19 8:15 Balletics 10:30 Yoga 1:00 Mah Jong **Last Day to RSVP for the Winter Social!**	20 8:30 & 9:30 Strength Training 12:30 Lunch 1:30 Mah Jong 3:30-4:30 IGI Mobile Market	21 8:15 Balletics 10:30 Yoga 1:00 Watercolor	22
23	24 9:00-10:00 Mindfulness Meditation with Ed Merck Call to sign up 10:30 Yoga Pedicare Clinic Please call ahead	25 8:30 & 9:30 Strength Training 9:30 Discussion 11:15-1:15 Writers Group 12:00 Howes House Winter Social! 3:00 Dance Free!	26 8:15 Balletics 10:30 Yoga 1:00 Mah Jong	27 8:30 & 9:30 Strength Training 12:30 Lunch 1:30 Mah Jong 3:30-4:30 IGI Mobile Market	28 8:15 Balletics 10:30 Yoga 1:00 Watercolor	29

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 Discussion group is on Haitus until the Spring

Howes House Winter Social - Tuesday 2/25. 12pm. Free!

Come in from the cold for cozy afternoon of food, fun games, and friends! Bring your favorite game or use one of ours. We will be serving a hot soup lunch (vegan option will be available). All ages welcome! RSVP by Wednesday 2/19. 508-693-2896

Police Luncheon with the West Tisbury Police! Tuesday March 10 @ 12:00p Free!

Join us for an afternoon of great food and conversation as members of our West Tisbury Police Department host a community lunch! Our local men and women in blue will be preparing AND serving a delicious meal and are looking forward to getting a chance to introduce themselves! PLEASE RSVP BY MARCH 3RD 508-693-2896

Island Grown Initiative Mobile Market- Starting Jan. 9- Feb. 27- Thursday's 3:30- 4:30

The mobile market brings affordable, locally grown fruits, vegetables, and other foods to various locations on the Island and they are coming to the Howes House! Local food is purchased from a variety of farms and greenhouses and sold at cost. ***All ages and incomes welcome! SNAP EBT HIP benefits will be accepted!***

Mindful Meditation – Monday's 9am-10am

Mindfulness Meditation with Ed Merck

-FREE and open to all experience levels.

Please sign up in advance-space is limited

Happy
VALENTINE'S
DAY