

Up Island Council on Aging (508)693-2896

June 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<p>Office Hours Monday-Friday 8:30am – 4:00pm</p>	<p>Our beloved Outreach Coordinator, Ellen Reynolds, has announced she will be retiring in July after 23 years of service. But don't worry, you will still find Ellen visiting farm stands, lying on the beach, taking her photographs, and spending time with her family. For those who are unable to visit Ellen before her last day in the office on June 15th, please join us on Friday, July 13th from 1-3 for light refreshments and to wish Ellen well.</p> 			<p>1 8:15 Balletics 1:00 Bridge Lessons cminkiewicz@verizon.net 10:30 Yoga 1:00 Watercolor SMILES Free Dental Clinic (appt. needed)</p>	2
3	<p>4 10:30 Yoga 5:00 Qi Gong</p> 	<p>5 8:30 & 9:30 Strength Training 9:30 Discussion 11:15 Writing Group</p>	<p>6 8:15 Balletics 10:30 Yoga 1:00 Mah Jong</p> 	<p>7 8:30 & 9:30 Strength Training 12:30 Lunch 1:30 Mah Jong</p>	<p>8 8:15 Balletics 10-12 CHAIR MASSAGE! (appt. needed) 1:00 Bridge Lessons cminkiewicz@verizon.net 10:30 Yoga 1:00 Watercolor</p>	9
10	<p>11 10:30 Yoga 10:30 Vineyard Isle Parkinsonians Support Group 508-693-2896 5:00 Qi Gong</p>	<p>12 8:30 & 9:30 Strength Training 9:30 Discussion 11:15 Writing Group 11:00-1:00 Blood Pressure & Wellness Clinic</p>	<p>13 8:15 Balletics 10:30 Yoga 1:00 Mah Jong Patti Mello Legal Clinic (508)477-0267</p>	<p>14 8:30 & 9:30 Strength Training 12:30 Lunch 1:30 Mah Jong</p>	<p>15 8:15 Balletics 1:00 Bridge Lessons cminkiewicz@verizon.net 10:30 Yoga 1:00 Watercolor</p> 	16
17	<p>18 10:30 Yoga 5:00 Qi Gong</p> 	<p>19 8:30 & 9:30 Strength Training 9:30 Discussion 11:15 Writing Group Polly Hill Arboretum Free Picnic & Tour (call us to sign up)</p>	<p>20 8:15 Balletics 10:30 Yoga 1:00 Mah Jong</p> 	<p>21 8:30 & 9:30 Strength Training 12:30 Lunch 1:30 Mah Jong</p>	<p>22 8:15 Balletics 10-12 CHAIR MASSAGE! (appt. needed) 1:00 Bridge Lessons cminkiewicz@verizon.net 10:30 Yoga 12-4 Annual Art Show</p>	<p>23 9-2 ART SHOW</p>
24	<p>25 10:30 Yoga 5:00 Qi Gong Pedi-Care Clinic (appt. Needed)</p>	<p>26 8:30 & 9:30 Strength Training 9:30 Discussion 11:15 Writing Group</p>	<p>27 8:15 Balletics 10:30 Yoga 1:00 Mah Jong</p>	<p>28 8:30 & 9:30 Strength Training 12:30 Lunch 1:30 Mah Jong</p>	<p>29 8:15 Balletics 1:00 Bridge Lessons cminkiewicz@verizon.net 10:30 Yoga 1:00 Watercolor</p> 	30

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.

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 Howes House Cookout

August 10th 11:30-1:30

Space limited, call to sign up!

Annual Lobster Picninc in Menemsha

September 10th 12:00

Space Limited, call to sign up!!