

Up Island Council on Aging 508-693-2896

June 2019

| Sun | Mon  | Tue   | Wed  | Thu   | Fri  | Sat |
|-----|--|---|--|---|--|-----|
|     | Office Hours:<br>Monday – Friday<br>8:30a- 4:00p<br>Closed Holidays  |   |  |   |  | 1   |
| 2   | 3<br>10:30 Yoga<br><br>5:00 Qi Gong   | 4<br>8:30 & 9:30<br>Strength Training<br>9:30 Discussion<br>11:15-1:15 Writers<br>Group<br>3:00 Dance Free!   | 5<br>8:15 Balletics<br>10:30 Yoga<br>1:00 Mah Jong   | 6<br>8:30 & 9:30<br>Strength Training<br><br>12:30 Lunch<br>1:30 Mah Jong    | 7<br>8:15 Balletics<br><br>10:30 Yoga<br>1:00 Watercolor                            | 8   |
| 9   | 10<br>10:30 Yoga<br>10:30<br><b>Parkinson's<br/>                     Support Group</b><br>5:00 Qi Gong<br>  | 11 8:30 & 9:30<br>Strength Training<br>Blood Pressure Clinic<br>9:30 Discussion<br>11:15-1:15 Writers<br>Group<br>3:00 Dance Free!<br><b>POLLY HILL PICNIC<br/>                     RSVP 508-693-2896</b> | 12<br>8:15 Balletics<br>10:30 Yoga<br>1:00 Mah Jong<br><b>Patti Mello Legal<br/>                     Clinic<br/>                     508-477-0267</b>          | 13<br>8:30 & 9:30<br>Strength Training<br>12:30 Lunch<br><br>1:30 Mah Jong | 14<br>8:15 Balletics<br>10:30 Yoga<br>1:00 Watercolor<br>                         | 15  |
| 16  | 17<br>10:30 Yoga<br>Pedicare Clinic<br><br>5:00 Qi Gong   | 18<br>8:30 & 9:30<br>Strength Training<br>9:30 Discussion<br>11:15-1:15 Writers<br>Group<br>3:00 Dance Free!  | 19<br>8:15 Balletics<br>10:30 Yoga<br>1:00 Mah Jong  | 20<br>8:30 & 9:30<br>Strength Training<br>12:30 Lunch<br>1:30 Mah Jong  | 21<br>8:15 Balletics<br>10:30 Yoga<br>1:00 Watercolor<br>                         | 22  |
| 23  | 24<br>10:30 Yoga<br>American Cancer<br>Society<br>Presentation<br>1:00pm<br>5:00 Qi Gong   | 25<br>8:30 & 9:30<br>Strength Training<br>9:30 Discussion<br>11:15-1:15 Writers<br>Group<br>3:00 Dance Free!  | 26 8:15 Balletics<br>10:30 Yoga<br><br>1:00 Mah Jong<br>2:00 Pop Up Origami | 27<br>8:30 & 9:30<br>Strength Training<br>12:30 Lunch<br>1:30 Mah Jong  | 28<br>8:15 Balletics<br>10:30 Yoga<br><del>1:00 Watercolor</del><br><b>WATERCOLOR ART<br/>                     SHOW 12-4 AND<br/>                     SATURDAY 9-2</b> | 29  |
| 30  | **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, Qi Gong/\$12, Strength Training/\$8** Prices subject to change without notice |   |  |   |  |     |

## 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.**

### Spring Picnic and Polly Hill Arboretum Tour - Tuesday, June 11 @ 12:00pm

(Rain Date June 12)

Join us for a provided brown-bag picnic and tour of one of West Tisbury's greatest treasures. Free, but participants are strongly encouraged to give the suggested donation upon entrance. Sponsored by the Friends of UPICOA and Polly Hill Arboretum. RSVP required by Friday June 8<sup>th</sup>. Space limited. Call 506-693-2896.

### Origami- select Wednesdays 2:00pm

Back by popular demand! We will be doing a pop-up origami club on select Wednesdays in the upcoming months. Our next date will be **Wednesday June 26**. Stayed tuned for future dates!

### American Cancer Society Presentation - Monday June 24<sup>th</sup> 1:00pm

Michele Dilley, Program Manager of the American Cancer Society Northeast Region is visiting Howes House to share and educate us about services available to Martha's Vineyard Residents such as advocacy, transportation, lodging, and much more. This presentation is designed for professionals, patients, and the general public.

### Water Color Group Art Show - Friday June 28<sup>th</sup>, 12p-4p and Saturday June 29<sup>th</sup>, 9a-2p

Join us to view the works of the members of the Friday painting group. Nancy Cabot, group facilitator promises a varied and exciting show including still life and landscape.

Friday June 28<sup>th</sup>, 12-4p and Saturday June 29<sup>th</sup>, 9-2pm

### Chilmark Library: Meet Your Staff Information Clinic Tuesday, 7/2. 2pm-3pm

Staff members of the UPICOA will be available at the Chilmark Public Library for general information or to meet confidentially to discuss questions or concerns. Drop in or by appointment.

We look forward to seeing you!

### Jersey Boys the Musical at the North Shore Music Theatre- August. Details TBA.

*"They were just four guys from Jersey, until they sang their very first note. They had a sound nobody had ever heard... and the radio just couldn't get enough of. But while their harmonies were perfect on stage, off stage it was a very different story -- a story that has made them an international sensation all over again"*

Trips include show tickets, round trip motor coach, buffet luncheon, and gratuities. Please call if interested. 508-693-2896

### Reverse Mortgages: 101 - Monday September 23<sup>rd</sup>, 12pm

Presented and Sponsored by South Coastal Counties Legal Services, Inc. and The Friends of the Up Island Council on Aging.

Join us for an informational talk with the lawyer from South Coastal Counties Legal Services, Inc. about Reverse Mortgages. Learn what they are and have any questions answered by a qualified professional.

Please RSVP to 508-693-2896