



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



## MARCH 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<p>Remember Daylight savings time ENDS on March 10<sup>th</sup>!! Time to Spring forward!</p>				<p><b>1</b> 8:15 Balletics 10:30 Yoga 1:00 Watercolor</p>	<p><b>2</b></p>
<b>3</b>	<p><b>4</b> 10:30 Yoga 5:00 Qi Gong </p>	<p><b>5</b> 8:30 &amp; 9:30 Strength Training 9:30 Discussion 2:00- 3:30 Open Studio w/Steve Engley \$8 3:00 Dance Free!</p>	<p><b>6</b> 8:15 Balletics 10:30 Yoga 1:00 Mah Jong</p>	<p><b>7</b> 8:30 &amp; 9:30 Strength Training 12:30 Lunch 1:30 Mah Jong</p>	<p><b>8</b> 8:15 Balletics 10:30 Yoga (DVD) 1:00 Watercolor</p>	<b>9</b>
<b>10</b> 	<p><b>11</b> 10:30 Yoga (DVD) 10:30 Parkinsons Support Group 5:00 Qi Gong</p>	<p><b>12</b> 8:30 &amp; 9:30 Strength Training 9:30 Discussion 2:00- 3:30 Open Studio w/Steve Engley \$8 3:00 Dance Free! <b>BLOOD PRESSURE CLINIC 10-11:30</b></p>	<p><b>13</b> 8:15 Balletics 10:30 Yoga 1:00 Mah Jong <b>Patty Mello Clinic (508)-477-0267</b></p>	<p><b>14</b> 8:30 &amp; 9:30 Strength Training 12:30 Lunch 1:30 Mah Jong  Happy Pi Day!!</p>	<p><b>15</b> 8:15 Balletics 10:30 Yoga (DVD) 1:00 Watercolor</p>	<b>16</b>
<b>17</b> 	<p><b>18</b> 10:30 Yoga (DVD)  5:00 Qi Gong</p>	<p><b>19</b> 8:30 &amp; 9:30 Strength Training 9:30 Discussion 2:00- 3:30 Open Studio w/Steve Engley \$8 3:00 Dance Free!</p>	<p><b>20</b> 8:15 Balletics 10:30 Yoga 1:00 Mah Jong </p>	<p><b>21</b> 8:30 &amp; 9:30 Strength Training 12:30 Lunch 1:30 Mah Jong</p>	<p><b>22</b> 8:15 Balletics 10:30 Yoga (DVD) 1:00 Watercolor</p>	<b>23</b>
<b>24</b>	<p><b>25</b> 10:30 Yoga (DVD) <b>Pedi Care Clinic</b> <b>12:30 Lunch + Fire Safety Presentation</b> 5:00 Qi Gong</p>	<p><b>26</b> 8:30 &amp; 9:30 Strength Training 9:30 Discussion 2:00- 3:30 Open Studio w/Steve Engley \$8 3:00 Dance Free!</p>	<p><b>27</b> 8:15 Balletics 10:30 Yoga  1:00 Mah Jong</p>	<p><b>28</b> 8:30 &amp; 9:30 Strength Training 12:30 Lunch 1:30 Mah Jong</p>	<p><b>29</b> 8:15 Balletics 10:30 Yoga 1:00 Watercolor </p>	<b>30</b>
<b>31</b>	<p><b>Office Hours:</b> <b>Monday – Friday 8:30a- 4:00p</b> <b>Closed Holidays</b></p>					

## 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 – On Hiatus until April**

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, Some March classes will feature a **live portrait model**. All advertised projects have supplies provided, suggested donation 8\$, every Tuesday from 2-3:30.

### Lunch and Fire Safety Presentation

**Monday, 3/25. 12:30 Lunch, 1:30 Presentation. Free**

Join us for a special lunch of Menemsha Fish Market clam chowder, followed by a presentation with Aquinnah Fire Chief, Simon Bollin. In this basic fire safety presentation you will learn the best practices in fire prevention for your home. Lunch RSVP required by Thursday 3/21. Presentation walk-ins welcomed. Co-sponsored by the Aquinnah Fire Department and Menemsha Fish Market.

### 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! This program is supported in part by a grant from the Martha's Vineyard Cultural Council, a local agency which is supported by the Massachusetts Cultural Council as well as the Friends of the Up Island Council on Aging.  
508-693-2896

### Up Coming Theatre Trips

We are ON for "Waitress" (June 1) Trip include show tickets, round trip motor couch, buffet luncheon, and gratuities. Please call for more information or to put yourself on a waitlist 508-693-2896

\*\*Unfortunately we have had to cancel the Jersey Boys Show. If you were on that list and would like to be put on the waitlist for Waitress or a future musical (Jersey Boys or other show) please see the front desk\*\*

