

Up Island Council on Aging - 508-693-2896

March 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	<p>2 9:00-10:00 Mindfulness Meditation with Ed Merck Call to sign up</p> <p>10:30 Yoga</p> <p>DAYLIGHT SAVINGS TIME BEGINS 3/8! Spring Forward!</p>	<p>3 8:30 & 9:30 Strength Training 9:30 Discussion 11:15-1:15 Writers Group 2:00-3:00 Chilmark Library Clinic</p> <p>Last Day to RSVP for Police Lunch!!</p> <p>3:00 Dance Free!</p>	<p>4 8:15 Balletics</p> <p>10:30 Yoga</p>  <p>1:00 Mah Jong</p>	<p>5 8:30 & 9:30 Strength Training</p> <p>12:30 Lunch</p> <p>1:30 Mah Jong</p>	<p>6 8:15 Balletics</p> <p>10:30 Yoga</p> <p>1:00 Watercolor</p>	7
8	<p>9 9:00-10:00 Mindfulness Meditation with Ed Merck Call to sign up</p> <p>10:30- Parkinson's Support Group</p> <p>10:30 Yoga (Downstairs)</p>	<p>10 8:30 & 9:30 Strength Training 10:30-11:30 Blood Pressure Clinic 11:15-1:15 Writers Group</p> <p>12:00 POLICE LUNCH- RSVP REQ'D</p> <p>3:00 Dance Free!</p>	<p>11 8:15 Balletics</p> <p>10:30 Yoga</p> <p>1:00 Mah Jong</p> <p>Patti Mello Legal Clinic 508-477-0267</p>	<p>12 8:30 & 9:30 Strength Training</p> <p>12:30 Lunch</p> <p>1:30 Mah Jong</p>	<p>13 8:15 Balletics</p> <p>10:30 Yoga</p>  <p>1:00 Watercolor</p>	14
15	<p>16 9:00-10:00 Mindfulness Meditation with Ed Merck Call to sign up</p> <p>10:30 Yoga (Downstairs)</p> <p>AARP TAX CLINIC 9AM</p>	<p>17 8:30 & 9:30 Strength Training 11:15-1:15 Writers Group</p> <p>Info Forum with Dr Lesley Segal – Vineyard Audiologist- 1pm</p> <p>3:00 Dance Free!</p> 	<p>18 8:15 Balletics</p> <p>10:30 Yoga</p> <p>1:00 Mah Jong</p>	<p>19 8:30 & 9:30 Strength Training</p> <p>12:30 Lunch</p> <p>1:30 Mah Jong</p>	<p>20 8:15 Balletics</p> <p>10:30 Yoga</p> <p>1:00 Watercolor</p> 	21
22	<p>23 9:00-10:00 Mindfulness Meditation with Ed Merck Call to sign up</p> <p>10:30 Yoga</p> <p>AARP TAX CLINIC 9AM</p>	<p>24 8:30 & 9:30 Strength Training 9:30 Discussion 11:15-1:15 Writers Group</p> <p>3:00 Dance Free!</p>	<p>25 8:15 Balletics</p> <p>10:30 Yoga</p> <p>1:00 Mah Jong</p> <p>2:00 Origami</p>	<p>26 8:30 & 9:30 Strength Training</p> <p>12:30 Lunch</p> <p>1:30 Mah Jong</p>	<p>27 8:15 Balletics</p> <p>10:30 Yoga</p> <p>1:00 Watercolor</p>	28
29	<p>30 9:00-10:00 Mindfulness Meditation with Ed Merck Call to sign up</p> <p>Pedicare Clinic</p> <p>10:30 Yoga</p>	<p>31 8:30 & 9:30 Strength Training 9:30 Discussion 11:15-1:15 Writers Group</p> <p>3:00 Dance Free!</p>	<p>Office Hours: Monday – Friday 8:30am- 4:00pm Closed Holidays</p> <p><i>**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**</i></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)

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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 Hiatus until the spring
Thursday Mah Jong is also on Hiatus until the spring***

**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**

**Information forum with Audiologist Dr. Lesley Segal
Tuesday March 17th- 1:00PM- FREE**

**This session will focus on hearing loss and communication, hearing aids, and other issues related to hearing loss.
*In addition to this forum we will now be hosting a Hearing Aid Clinic the 3rd Tuesday of the Month at 1pm.***

Comedy Act: Mabel and Jerry by Steven Henderson–

Monday April 20th at 1:00pm – Free and Open to the Public

This could be the most hilarious blind date ever! Jerry and Mabel are two hysterically comical people with a lust for life, determined to find excitement, humor and especially love any way they can. Think Romeo and Juliet meets Burns and Allen and you will be on the right track.

Special Presentation by Linsey Lee of the MV Museum –

Tuesday April 28th at 1:30pm- FREE

Join us on Tuesday April 28th at 1:30 for a special Oral History Presentation by MV Museum's Oral History Curator, Linsey Lee, and Sponsored by the MV Museum. More info to come!