

# Up Island Council on Aging (508) 693-2896

May 2018						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<b>1</b> 8:30 & 9:30 Strength Training  9:30 Discussion  11:15 Writing Group	<b>2</b> 8:15 Balletics  10:30 Yoga  1:00 Mah Jong	<b>3</b> 8:30 & 9:30 Strength Training  12:30 Lunch  1:30 Mah Jong	<b>4</b> 8:15 Balletics  1:00 Bridge Lessons cminkiewicz@verizon.net  10:30 Yoga  1:00 Watercolor	<b>5</b>
<b>6</b>	<b>7</b> 10:30 Yoga  5:00 Qi Gong  	<b>8</b> 8:30 & 9:30 Strength Training  9:30 Discussion  11:15 Writing Group  2:00 Intro to The Study of Bird Language  11:00-1:00 <b>Blood Pressure &amp;            Wellness Clinic</b>	<b>9</b> 8:15 Balletics  10:30 Yoga  1:00 Mah Jong  Patti Mello Legal Clinic (508)477-0267	<b>10</b> 8:30 & 9:30 Strength Training  12:30 Lunch  1:30 Mah Jong  	<b>11</b> 8:15 Balletics  <b>10-12 CHAIR MASSAGE!</b>  1:00 Bridge Lessons cminkiewicz@verizon.net  10:30 Yoga  1:00 Watercolor	<b>12</b>
<b>13</b>	<b>14</b> 10:30 Yoga  10:30 Vineyard Isle Parkinsonians Support Group 508-693-2896  5:00 Qi Gong	<b>15</b> 8:30 & 9:30 Strength Training  9:30 Discussion  11:15 Writing Group	<b>16</b> 8:15 Balletics  10:30 Yoga  1:00 Mah Jong  <b>Falmouth            Shopping Trip            with Ellen</b>	<b>17</b> 8:30 & 9:30 Strength Training  12:30 Lunch  1:30 Mah Jong	<b>18</b> 8:15 Balletics  1:00 Bridge Lessons cminkiewicz@verizon.net  10:30 Yoga  1:00 Watercolor	<b>19</b>
<b>20</b>	<b>21</b> 10:30 Yoga 1:30 MV Museum Presentation 5:00 Qi Gong  <b>Pedicare Clinic</b>  	<b>22</b> 8:30 & 9:30 Strength Training  9:30 Discussion  11:15 Writing Group  12:00 Free Reiki Clinic	<b>23</b> 8:15 Balletics  10:30 Yoga  1:00 Mah Jong	<b>24</b> 8:30 & 9:30 Strength Training  12:30 Lunch  1:30 Mah Jong	<b>25</b> 8:15 Balletics  <b>10-12 CHAIR MASSAGE!</b>  1:00 Bridge Lessons cminkiewicz@verizon.net  10:30 Yoga  1:00 Watercolor	<b>26</b>
<b>27</b>	<b>28</b>  <b>CLOSED</b>  	<b>29</b> 8:30 & 9:30 Strength Training  9:30 Discussion  11:15 Writing Group	<b>30</b> 8:15 Balletics  10:30 Yoga  1:00 Mah Jong  <b>Cambridge            Museum Trip</b>	<b>31</b> 8:30 & 9:30 Strength Training  12:30 Lunch  1:30 Mah Jong	<b>Office Hours</b> <b>Monday-Friday</b> <b>8:30am – 4:00pm</b>	

## 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.**

### 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.

### SMILES Free Dental Clinic!

June 1<sup>st</sup>!

Call to sign up and for more information

### Providence theater trip to see *Miss Saigon*

Saturday September 29<sup>th</sup> 2018

Call to reserve you spot!