

MAY 2020

Up Island Council On Aging 508-693-2896

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|---|---|---|--|--|-----|
| | Office Hours: Monday - Friday 8:30a-4:00p Closed Holidays | NOTICE: Due to the spread of COVID-19 we have temporarily suspended all up coming events. This is to serve as a template for some of our services. To find out if a program is happening please visit our facebook page or call 508-693-2896 | | | 1 8:15 Balletics 10:30 Yoga 1:00 Watercolor | 2 |
| 3 | 4 9:00-10:00 Mindfulness Meditation with Ed Merck Call to sign up 10:30 Yoga | 5 8:30 & 9:30 Strength Training 9:30 Discussion 11:15-1:15 Writers Group 3:00 Dance Free! | 6 8:15 Balletics 10:30 Yoga 1:00 Mah Jong | 7 8:30 & 9:30 Strength Training 12:30 Lunch 1:30 Mah Jong | 8 8:15 Balletics 10:30 Yoga 1:00 Watercolor | 9 |
| 10 | 11 9:00-10:00 Mindfulness Meditation with Ed Merck Call to sign up 10:30 Yoga | 12 8:30 & 9:30 Strength Training 10:30-11:30 Blood Pressure Clinic 11:15-1:15 Writers Group 3:00 Dance Free! | 13 8:15 Balletics 10:30 Yoga 1:00 Mah Jong Patti Mello Legal Clinic 508-477-0267 | 14 8:30 & 9:30 Strength Training 12:30 Lunch 1:30 Mah Jong | 15 8:15 Balletics 10:30 Yoga 1:00 Watercolor | 16 |
| 17 | 18 9:00-10:00 Mindfulness Meditation with Ed Merck Call to sign up 10:30 Yoga | 19 8:30 & 9:30 Strength Training 9:30 Discussion 11:15-1:15 Writers Group 3:00 Dance Free! | 20 8:15 Balletics 10:30 Yoga 1:00 Mah Jong | 21 8:30 & 9:30 Strength Training 12:30 Lunch 1:30 Mah Jong | 22 8:15 Balletics 10:30 Yoga 1:00 Watercolor | 23 |
| 24 | 25 CLOSED MEMORIAL DAY  | 26 8:30 & 9:30 Strength Training 9:30 Discussion 11:15-1:15 Writers Group 3:00 Dance Free! | 27 8:15 Balletics 10:30 Yoga 1:00 Mah Jong 2:00 Origami | 28 8:30 & 9:30 Strength Training 12:30 Lunch 1:30 Mah Jong | 29 8:15 Balletics 10:30 Yoga 1:00 Watercolor | 30 |
| 31 | <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</i></p> <p><i>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)

NOTICE:

Due to the spread of COVID-19 we have temporarily suspended all upcoming events. This is to serve as a template for some of our services. To find out if a program is happening please visit our facebook page or call 508-693-2896

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**

Due to COVID-19 we have had to cancel the comedy act: Mabel and Jerry, we are hoping to Reschedule soon.

Special Presentation with Linsey Lee: Vineyard Voices Author and M.V. Museum Oral History Curator

**Due to Covid 19 we have had to cancel this Presentation we will reschedule soon
Tuesday, April 28th — 1:00pm -FREE**

Join us to discuss and learn about the importance of collecting stories from neighbors, family and friends and how you can join the effort to collect or to tell your stories. To inspire you, Ms. Lee will also share videos - edited from oral history interviews—that will make you laugh, make you cry and remind you what is so special about our Island. Sponsored by the Martha's Vineyard Museum.

**Trip to visit Plimoth Plantation and/or surrounding area!
Wednesday, September 30th - Price TBD**

On this trip we are letting you decide how it goes! Do you want to visit the historic mayflower? Or visit the "pilgrims" at Plimoth Plantation? Maybe seeing plimoth rock and shopping interests you instead? Head over to our facebook page (search: [Up Island Council on Aging](#)) and click on the plimoth plantation visit poll. Or you can find the poll by clicking [HERE](#)

Email Blast!!

Do you love being the first to know about upcoming events and exciting news? Yes?! Then sign up for the Howes House Email Blast Mailing List! You will occasionally receive emails from our staff letting you know about upcoming events, presentations, and other information that you may find helpful! You will also receive our newsletter and a copy of our monthly calendar so you will always be up-to-date on all of our activities. The schedule can change frequently (an instructor going away, class cancellation etc) so please call if you are unsure about a class.

