

**\*\*UP- ISLAND COUNCIL ON AGING \*\*508-693-2896\*\***

**NOVEMBER 2019**

SUN	MON	TUE	WED	THU	FRI	SAT
	<p><b>OFFICE HOURS: MONDAY- FRIDAY 8:30AM- 4:00PM CLOSED ON HOLIDAYS</b></p>	<p>**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**</p>			<p>1 8:15 Balletics 10:30 Yoga 1:00 Watercolor</p>	2
3	<p>4 9:00-10:00 Mindfulness Meditation with Ed Merck <b>Call to sign up</b> 10:30 Yoga</p>	<p>5 8:30 &amp; 9:30 Strength Training 9:30 Discussion 11:15-1:15 Writers Group 2:00 Chilmark Library Clinic 3:00 Dance Free!</p>	<p>6 8:15 Balletics 10:30 Yoga 1:00 Mah Jong</p>	<p>7 8:30 &amp; 9:30 Strength Training 12:30 Lunch 1:00 Mah Jong</p>	<p>8 8:15 Balletics  10:30 Yoga 1:00 Watercolor</p>	9
10	<p>11 <b>CLOSED</b> </p>	<p>12 8:30 &amp; 9:30 Strength Training 9:30 Discussion Blood Pressure Clinic 11:15-1:15 Writers Group 3:00 Dance Free!</p>	<p>13 8:15 Balletics 10:30 Yoga 1:00 Mah Jong</p>	<p>14 8:30 &amp; 9:30 Strength Training 12:30 Lunch 1:00 Mah Jong</p>	<p>15 8:15 Balletics 10:30 Yoga 1:00 Watercolor</p>	16
17	<p>18 9:00-10:00 Mindfulness Meditation with Ed Merck <b>Call to sign up</b> 10:30 Parkinson's Support Group 10:30 Yoga 10:00 Pedicure Clinic 2-3p Belly Dancing Presentation</p>	<p>19 8:30 &amp; 9:30 Strength Training 9:30 Discussion 11:15-1:15 Writers Group 2:00-3:00 TRI Presentation (RSVP) 3:00 Dance Free!</p>	<p>20 8:15 Balletics 10:30 Yoga 1:00 Mah Jong  <i>FALMOUTH SHOPPING TRIP</i> <b>Patti Mello Legal Clinic (508)477-0267</b></p>	<p>21 8:30 &amp; 9:30 Strength Training 12:30 Lunch 1:00 Mah Jong</p>	<p>22 8:15 Balletics 10:30 Yoga 1:00 Watercolor  </p>	23
24	<p>25 9:00-10:00 Mindfulness Meditation with Ed Merck <b>Call to sign up</b> 10:30 Yoga  1:00-3:30 MV Vegan Society Food Distribution</p>	<p>26 8:30 &amp; 9:30 Strength Training 9:30 Discussion 11:15-1:15 Writers Group 3:00 Dance Free!</p>	<p>27 8:15 Balletics 10:30 Yoga 1:00 Mah Jong 2:00 POP UP Origami</p>	<p>28 <b>CLOSED</b> </p>	<p>29 <b>CLOSED</b> </p>	30

**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.

**NEW CLASS!**

Mindfulness Meditation with Ed Merck, Mondays starting on October 21, 2019  
9am-10am –FREE and open to all experience levels.

**Please sign up in advance-space is limited**

**Falmouth Shopping Trip Wednesday November 20, 2019**

**Call to sign up**

**Pop-Up Origami- 4<sup>th</sup> Wednesday of the month 2:00pm**

*Back by popular demand! We will be doing a pop-up origami club on the 4<sup>th</sup> Wednesday of each month. This is a self-lead class, come enjoy crafting, conversations and company. Origami paper provided.*

**Chilmark Library-Meet your staff Information Clinic-1<sup>st</sup> Tuesday of the month**

**November 5, 2019 2pm-3pm at the Chilmark Library**

- Staff from the UPICOA will be available to provide general Information on our services or to meet confidentially to discuss concerns or questions.  
Drop in Or by appointment..

**Martha's Vineyard Vegan Society Food Distribution-November 25, 2019**

**1pm-3:30pm M.V. Vegan Society wishes to distribute free bags of fruits and vegetables to those in need. Please one bag per family while supplies last.**

**Theater Trip! :"COME FROM AWAY" At Providence Performing Arts Center. Saturday December 7, 2019. This New York Times Critics' Pick takes you into the heart of the remarkable true story of 7,000 stranded passengers and the small town in Newfoundland that welcomed them. Cultures clashed and nerves ran high, but uneasiness turned into trust, music soared into the night, and gratitude grew into enduring friendships. Round trip motor-coach and buffet luncheon included. Sign up with the front desk or call 508-693-2896.**

**Did You Notice Our \*NEW\* Sign?!**

The new sign is the creation of Melissa Patterson, and the framework for the sign was created by Mike Hull. Special thanks to the Friends of the Up-Island Council on Aging for all they do for Howes House, and without whom many things (including our new sign) would not be possible.