



Up-Island Council on Aging

508-693-2896



October 2018						Nov
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 10:30 Yoga 5:00 Qi Gong	2 8:30 & 9:30 Strength Training 9:30 Discussion 11:15 Writing Group 3:00 Dance Free!	3 8:15 Balletics 10:30 Yoga (DVD) 1:00 Mah Jong	4 8:30 & 9:30 Strength Training 12:30 Lunch 1:30 Mah Jong	5 8:15 Balletics 10:30 Yoga 1:00 Watercolor	6
7	8  CLOSED 	9 8:30 & 9:30 Strength Training 9:30 Discussion 10:30-12:00 Blood Pressure & Wellness Clinic 11:15 Writing Group 3:00 Dance Free!	10 8:15 Balletics 10:30 Yoga (DVD) 1:00 Mah Jong	11 8:30 & 9:30 Strength Training 12:30 Lunch 1:30 Mah Jong	12 8:15 Balletics 10:30 Yoga 1:00 Watercolor Chair Massage 10-12 \$20 20 min session	13
14	15 10:30 Yoga 10:30 Parkinsonians support group 5:00 Qi Gong	16 8:30 & 9:30 Strength Training 9:30 Discussion 11:15 Writing Group 3:00 Dance Free!	17 8:15 Balletics 10:30 Yoga (DVD) 1:00 Mah Jong Patti Mello Legal Clinic (508)477-0267 Falmouth Shopping Trip	18 8:30 & 9:30 Strength Training 12:30 Lunch 1:30 Mah Jong	19 8:15 Balletics 10:30 Yoga 1:00 Watercolor	20
21	22 10:30 Yoga 5:00 Qi Gong PEDI-CARE CLINIC	23 8:30 & 9:30 Strength Training 9:30 Discussion 11:15 Writing Group 3:00 Dance Free!	24 8:15 Balletics 10:30 Yoga 1:00 Mah Jong	25 8:30 & 9:30 Strength Training 12:30 Lunch 1:30 Mah Jong	26 8:15 Balletics 10:30 Yoga 1:00 Watercolor Chair Massage 10-12 \$20 20 min session	27
28	29 10:30 Yoga 5:00 Qi Gong	30 8:30 & 9:30 Strength Training 9:30 Discussion 11:15 Writing Group 1:30-2:30 Belly Dance 3:00 Dance Free!	31 8:15 Balletics 10:30 Yoga 1:00 Mah Jong 	OFFICE HOURS: Mondays-Fridays, 8:30-4:00 (CLOSED HOLIDAYS)		

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.

Chair Massage

Select Fridays 10:00-12:00
20 minute appointments \$20 (Cash only)
Call to make your appointment!

Falmouth Shopping Trips!

Wednesday, October 17th
Stay tuned for dates in November and December!

Cape Cod Lunch Train Trip

Thursday, October 11th
Waitlist Only!

SMILES Dental Clinic

Friday, October 12th
For Up-Island residents over the age of 18 with no dental insurance.
Income guidelines apply. Space limited.

Belly Dance Presentation and Lesson

Tuesday October 30th, 1:30-2:30. Free! Light refreshments. Please sign up in advance.
Join dancer Patricia Szucs in a beautiful belly dance performance and lesson of the artful Arabic origin and tradition of belly dance!

Peabody Essex Museum: Empresses of China's Forbidden City

Saturday, December 8th. Price TBA.
Join us on a trip to Salem, MA for an exhibit that focuses on the impact imperial women of China had in creating what we know as the Qing Dynasty, the era of 1644 to 1912. With almost 200 objects on display, learn the stories of the women who influenced an entire country through art, religion, and politics. If interested call 508-693-2896.

**Please Welcome our new Administrative Clerk,
Diana Braillard!!!!**

Diana is from Vineyard Haven and is joining us after years of working at the Martha's Vineyard Hospital. We are so excited to have her as part of our team.

WELCOME DIANA!!!!