

October 2019						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 8:30 & 9:30 Strength Training 9:30 Discussion 11:15-1:15 Writers Group 1:30 Mah Jong 2:00 Chilmark Library Clinic 3:00 Dance Free!	2 8:15 NO Balletics 10:30 Yoga DVD 1:00 Mah Jong	3 8:30 & 9:30 Strength Training 12:30 Lunch 1:30 Mah Jong	4 8:15 Balletics  10:30 Yoga 1:00 Watercolor	5
6	7 10:30 Yoga 10:30 Parkinson's Support Group 1:00-3:30 MV Vegan Society Food Distribution	8 8:30 & 9:30 Strength Training Blood Pressure Screening 10:30- 11:30 9:30 Discussion 11:15-1:15 Writers Group 1:30 Mah Jong 3:00 Dance Free!	9 8:15 Balletics 10:30 Yoga DVD 1:00 Mah Jong Patti Mello Legal Clinic 508-477-0267	10 8:30 & 9:30 Strength Training 12:30 Lunch 1:30 Mah Jong	11 8:15 Balletics 10:30 Yoga 1:00 Watercolor	12
13	14 CLOSED  	15 8:30 & 9:30 Strength Training 9:30 Discussion 11:15-1:15 Writers Group 1:30 Mah Jong 3:00 Dance Free!	16 7:30am Falmouth Shopping Trip Call to sign up 8:15 Balletics 10:30 Yoga 1:00 Mah Jong	17 8:30 & 9:30 Strength Training 12:30 Lunch 1:30 Mah Jong	18 8:15 Balletics 10:30 Yoga 1:00 Watercolor	19
20	21 9:00-10:00 Mindfulness Meditation with Ed Merck Call to sign up 10:30 Yoga Pedicare Clinic 10:30- 11:30	22 8:30 & 9:30 Strength Training 9:30 Discussion 11:15-1:15 Writers Group 1:30 Mah Jong 3:00 Dance Free!	23 8:15 Balletics 10:30 Yoga 1:00 Mah Jong 2:00 Origami	24 8:30 & 9:30 Strength Training 12:30 Lunch 1:30 Mah Jong	25 8:15 Balletics 10:30 Yoga 1:00 Watercolor	26
27	28 10:30 Yoga ★12:00 Fall Fling Potluck RSVP ★	29 8:30 & 9:30 Strength Training 9:30 Discussion 11:15-1:15 Writers Group 1:30 Mah Jong 3:00 Dance Free	30 8:15 Balletics 10:30 Yoga 1:00 Mah Jong	31 8:30 & 9:30 Strength Training 12:30 Lunch 1:30 Mah Jong 	Office Hours: Monday – Friday 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.

Notice: Please Note that Mah Jong is now Tuesday Wednesday Thursday 1:00.

Falmouth Shopping Trip Wednesday October 16, 2019

Call to sign up

Pop-Up Origami- 4th Wednesdays of the month 2:00pm

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

Wednesday Yoga with Kanta- Kanta will be away until October 16th- Class will still be held with use of a DVD

Chilmark Library-Meet your staff Information Clinic-1st Tuesday of the month October 10, 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-Monday October 7, 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.**

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**

Fall Fling Potluck- Monday October 28, 2019 Join us in celebration of autumn with fabulous food and friends. Please bring a dish to share! **Please RSVP**

"COME FROM AWAY" At Providence Performing Arts Center. Saturday December 7, 2019 Round trip motor-coach and buffet luncheon included. Price TBD.

