

Up-Island Council on Aging
508-693-2896

September 2018

| ◀ August | | | | | | September 2018 | October ▶ |
|----------|--|--|--|---|--|----------------|-----------|
| Sun | Mon | Tue | Wed | Thu | Fri | Sat | |
| | | | | | | 1 | |
| 2 | 3 CLOSED  | 4 8:30 & 9:30 Strength Training 9:30 Discussion 11:15 Writing Group 3:00 Dance Free! | 5 8:15 Balletics 10:30 Yoga 1:00 Mah Jong | 6 8:30 & 9:30 Strength Training 12:30 Lunch 1:30 Mah Jong 2:00 Tech Help with Everett (appt. needed) | 7 8:15 Balletics 9:30 Bridge 10:30 Yoga 1:00 Watercolor | 8 | |
| 9 | 10 10:30 Yoga 10:00 Parkinsonians support group 5:00 Qi Gong Lobster Picnic | 11 8:30 & 9:30 Strength Training 9:30 Discussion 11:15 Writing Group 3:00 Dance Free! 10:30-12:00 Blood Pressure & Wellness Clinic | 12 8:15 Balletics 10:30 Yoga 1:00 Mah Jong Patti Mello Legal Clinic (508)477-0267 | 13 8:30 & 9:30 Strength Training 12:30 Lunch 1:30 Mah Jong | 14 8:15 Balletics 9:30 Bridge 10:30 Yoga 1:00 Watercolor Chair Massage 10-12 \$20 20 min session | 15 | |
| 16 | 17 10:30 Yoga 5:00 Qi Gong PEDI-CARE CLINIC | 18 8:30 & 9:30 Strength Training 9:30 Discussion 11:15 Writing Group 3:00 Dance Free! | 19 8:15 Balletics 10:30 Yoga 1:00 Mah Jong Falmouth Shopping Trip | 20 8:30 & 9:30 Strength Training 12:30 Lunch 1:30 Mah Jong | 21 8:15 Balletics 9:30 Bridge 10:30 Yoga 1:00 Watercolor | 22 | |
| 23 | 24 10:30 Yoga 1:30 Mass Commission for the Blind 5:00 Qi Gong | 25 8:30 & 9:30 Strength Training 9:30 Discussion 11:15 Writing Group 3:00 Dance Free! | 26 8:15 Balletics 10:30 Yoga 1:00 Mah Jong | 27 8:30 & 9:30 Strength Training 12:30 Lunch 1:30 Mah Jong | 28 8:15 Balletics 9:30 Bridge 10:30 Yoga 1:00 Watercolor Chair Massage 10-12 \$20 20 min session | 29 | |
| 30 | 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, September 19th
Wednesday, October 17th

Presentation by the Mass Commission for the Blind

Monday, September 24th 1:30pm

Who is eligible? What services are available? Equipment to help with daily living will be available to interact with following the presentation!

PLEASE RSVP

Providence theater trip to see *Miss Saigon*

Saturday September 29th 2018

Call to reserve you spot!

Cape Cod Lunch Train Trip

Thursday, October 11th

Space Limited. Make your reservation today!

SMILES Dental Clinic

Friday, October 12th

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