

Up Island Council on Aging 508-693-2896

JULY 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
6y6y					1 9 & 9:30 Strength & Fitness w/Katryn* 10:30 Yoga w/Martha Abbott 1:00 Watercolor	2
3	4  COA CLOSED	5 9 & 9:30 Strength & Fitness w/Katryn* 11:30 Yoga w/Kanta* 1:30-3:30 PM Discussion Group	6 Writers Group 2-3	7 9 & 9:30 Strength & Fitness w/Katryn*	8 9 & 9:30 Strength & Fitness w/Katryn* 10:30 Yoga w/Martha Abbott* 1:00 Watercolor	9
10	11 9 & 9:30 Strength & Fitness w/Katryn* 10:30 Parkinson's Group 10:30 Yoga w/Martha Abbott*	12 9 & 9:30 Strength & Fitness w/Katryn* 11:30 Yoga w/Kanta* 1:00-2:00PM Adult Movement Class 1:30-3:30 PM Discussion Group	13 Patti Mello (Connie) Legal Clinic 508-477-0267 Writers Group 2-3	14 9 & 9:30 Strength & Fitness w/Katryn* HYBRID WALKING TOUR OF BRUGES, BELGIUM AT THE HOWES HOUSE OR VIA ZOOM 3-4PM	15 9 & 9:30 Strength & Fitness w/Katryn* 10:30 Yoga w/Martha Abbott*	16
17	18 9 & 9:30 Strength & Fitness w/Katryn* 10:30 Yoga w/Martha Abbott*	19 9 & 9:30 Strength & Fitness w/Katryn* 11:30 Yoga w/Kanta* 1:30-3:30 PM Discussion Group	20 Writers Group 2-3	21 9 & 9:30 Strength & Fitness w/Katryn*	22 9 & 9:30 Strength & Fitness w/Katryn* 10:30 Yoga w/Martha Abbott*	23
24	25 9 & 9:30 Strength & Fitness w/Katryn* 10:30 Yoga w/Martha Abbott ESTATE PLANNING & MEDICARE BASICS (Meg) 10-11am PEDI CARE CLINIC BY APPOINTMENT	26 9 & 9:30 Strength & Fitness w/Katryn* 11:30 Yoga w/Kanta* 1:30-3:30 PM Discussion Group AUDIOLOGY CLINIC BY APPOINTMENT	27 Writers Group 2-3	28 9 & 9:30 Strength & Fitness w/Katryn*	29 9 & 9:30 Strength & Fitness w/Katryn* 10:30 Yoga w/Martha Abbott*	30

Office Hours: Monday-Friday 8:30-4:00 Closed Holidays

Programs marked with a * are virtual **Please be aware that while most of our classes are free, specialty classes may charge a minimal fee. Yoga/\$10, Strength Training \$8 (Prices subject to change without notice)

Ongoing Services:

- Outreach
- Fuel Assistance
- SNAP (formerly 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 Specialists)

AT HOME COVID TEST KITS: The COA has a limited amount of COVID test kits. We serve the communities of Aquinnah, Chilmark and West Tisbury first. Please check with us for availability.

THE FOLLOWING PROGRAMS ARE VIRTUAL THROUGH ZOOM OR GOOGLE MEETING:

*Strength + Fitness w/Katryn- Mon, Tues, Thurs, Fri- 9 and 9:35am- Google meeting

*Yoga w/Martha Abbott – Monday and Friday 10:30 (doors open at 10)

*Kanta's Gentle Yoga – Tuesdays @11:30 Zoom

Please email coa-clerk@westtisbury-ma.gov for sign up information.

JULY SPECIAL EVENTS AT THE HOWES HOUSE:

LYME CENTER of Martha's Vineyard - Lyme Support Group MEETS at Howes House

July 5th class will be ZOOM only

August 2nd, 6:30 pm - Dr Enid Haller, (508) 560-1893

September 6th, 6:30 pm – Dr Enid Haller, (508) 560-1893

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Martha's Vineyard Film Festival brand new Lyme documentary

**"The Quiet Epidemic"** Director & Producer – Lindsey Keys - August 3 & 4 <https://tmvff.org/>

For more information, Dr Enid Haller Lyme Center of Martha's Vineyard (508) 560-1893

**NAOMI GOLDBERG-HAAS will be conducting an  
ADULT MOVEMENT CLASS FOR ALL ABILITIES  
at the Howes House on Tuesday July 12<sup>th</sup> 1:00-2:00 PM**

*Join us on a tour overseas!*

The Up-Island Council on Aging is excited to offer monthly guided virtual tours of exciting locals around the globe! Now with **TWO** viewing options available, join remotely from the comfort of your own home OR join us here at Howes House for music, refreshments & to view the tour on our big screen!

**Call the Up-Island COA to register! 508-693-2896**

**Live Walking Tour of Bruges, Belgium**

**"The Venice of the North"**

**Thursday July 14<sup>th</sup> 3:00PM-4:00PM**



**\*\*This program is brought to you FREE of charge\*\* by the Friends of the Up-Island COA.**