

**Up Island Council on Aging 508-693-2896**  
**SEPTEMBER 2022**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>SEPTEMBER IS FALLS PREVENTION MONTH</b>				<b>1</b> 9 & 9:35 Strength & Fitness w/Kathryn*	<b>2</b> 9 & 9:35 Strength & Fitness w/Kathryn* 10:30 Yoga w/Martha Abbott* 1:00 Watercolor	<b>3</b>
<b>4</b>	<b>5</b>  <b>COA CLOSED</b>	<b>6</b> 9 & 9:35 Strength & Fitness w/Katryn* 11:30 Yoga w/Kanta*	<b>7</b> <b>9:30 MVH PHYSICAL THERAPY -SAFETY TIPS FOR CANE &amp; WALKER USE</b>	<b>8</b> 9 & 9:35 Strength & Fitness w/Kathryn*	<b>9</b> 9 & 9:35 Strength & Fitness w/Katryn* 10:30 Yoga w/Martha Abbott* 1:00 Watercolor	<b>10</b>
<b>11</b>	<b>12</b> 9 & 9:35 Strength & Fitness w/Katryn* 10:30 Yoga w/Martha Abbott* <b>PARKINSON'S SUPPORT GROUP 10:30</b>	<b>13</b> 9 & 9:35 Strength & Fitness w/Katryn* 11:30 Yoga w/Kanta*	<b>14</b> <b>PATTI MELLO LEGAL CLINIC 508-477-0267</b>	<b>15</b> 9 & 9:35 Strength & Fitness w/Katryn* <b>DERBY FISH DISTRIBUTION 11:00 AM</b>	<b>16</b> 9 & 9:35 Strength & Fitness w/Katryn* 10:30 Yoga w/Martha Abbott* 1:00 Watercolor	<b>17</b>
<b>18</b>	<b>19</b> 9 & 9:35 Strength & Fitness w/Katryn* 10:30 Yoga w/Martha Abbott* <b>DERBY FISH DISTRIBUTION 11:00 AM</b>	<b>20</b> 9 & 9:35 Strength & Fitness w/Katryn* 11:30 Yoga w/Kanta* <b>9-10AM CAMBODIA NIGHT MARKETS VIRTUAL ZOOM WALKING TOUR</b>	<b>21</b>	<b>22</b> 9 & 9:35 Strength & Fitness w/Katryn* <b>DERBY FISH DISTRIBUTION 11:00 AM</b>	<b>23</b> 9 & 9:35 Strength & Fitness w/Katryn* 10:30 Yoga w/Martha Abbott* 1:00 Watercolor	<b>24</b>
<b>25</b>	<b>26</b> 9 & 9:35 Strength & Fitness w/Katryn* 10:30 Yoga w/Martha Abbott* <b>PEDICARE CLINIC BY APPOINTMENT</b>	<b>27</b> 9 & 9:35 Strength & Fitness w/Katryn* <b>10AM MEDICATION &amp; FALLS RISK</b> 11:30 Yoga w/Kanta* <b>AUDIOLOGY CLINIC BY APPOINTMENT</b>	<b>28</b>	<b>29</b> <b>DERBY FISH DISTRIBUTION 11:00 AM</b>	<b>30</b> 9 & 9:35 Strength & Fitness w/Katryn* 10:30 Yoga w/Martha Abbott* 1:00 Watercolor	

**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 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 – Email [katrynyerdon@prodigy.net](mailto:katrynyerdon@prodigy.net) for meeting info**

**\*Yoga w/Martha Abbott – Monday and Friday 10:30 (doors open at 10) Email [spiritmovesyou@gmail.com](mailto:spiritmovesyou@gmail.com) for log in info**

**\*Kanta's Gentle Yoga – Tuesdays @11:30 Zoom Meeting ID 824 4775 7861 Passcode 709904**

**SEPTEMBER SPECIAL EVENTS AT THE HOWES HOUSE:**

**SEPTEMBER 5<sup>th</sup> - HOWES HOUSE CLOSED IN OBSERVANCE OF LABOR DAY**

**SEPTEMBER 6<sup>th</sup> - 6:30pm VIA ZOOM - LYME SUPPORT GROUP WITH DR ENID HALLER, LYME CENTER OF MV 508-560-1893**

**SEPTEMBER 7<sup>th</sup> - 9:30am AT THE HOWES HOUSE - MVH PHYSICAL THERAPY - SAFETY TIPS FOR CANE & WALKER USE PRESENTATION**

**DERBY FISH DISTRIBUTION TUESDAYS 9/15; 9/19; 9/22; 9/29 AT 11:00AM**

**SEPTEMBER 20<sup>th</sup> - 9:00-10:00AM CAMBODIA NIGHT MARKETS VIRTUAL WALKING TOUR VIA ZOOM - CALL 508-693-2896 TO REGISTER**

**SEPTEMBER 27<sup>th</sup> 10am AT THE HOWES HOUSE - MEDICATION & FALLS RISK PRESENTATION**