

## Up-Island Council on Aging 508-693-2896



			August 2016			
Sun	Mon	Tue	Wed	Thu	Fri	Sat
Jan	1	2	3	4	5	6
	10:00 Gentle Pilates	8:30 & 9:30 Strength Training	8:15 Balletics 9:15 Tai Chi @	8:30 & 9:30 Strength Training	8:15 Balletics 9:30 Bridge	
	11:15 Yoga	9:30 Discussion Group	the Field Gallery	12:30 Lunch	10:30 Yoga	
	5:00 Qi Gong	10:00 Writing	10:30 Yoga	1:00 Scrabble	1:00-3:00	
		Group	1:00 Mah Jong	1:30 Bridge	Water Color	
		3:00-4:00 Dance Free			Chair Massage with Eclipse Massage 508-693-2896	
7	8 10:00 Gentle Pilates	9 8:30 & 9:30 Strength Training	8:15 Balletics	11 8:30 & 9:30 Strength	<b>12</b> 8:15 Balletics 9:30 Bridge	13
	10:30	9:30 Discussion	9:15 Tai Chi @ the Field Gallery	Training 12:30 Lunch	10:30 Yoga	
	Vineyard Isle Parkinsonians Support Group	Group 10:00 Writing	10:30 Yoga	1:00 Scrabble	ANNUAL HOWES HOUSE COOKOUT	
	Call Ellen for info 508-693-2896	Group	1:00 Mah Jong	1:30 Bridge	<b>12:00</b> (w aitlist only)	
	11:15 Yoga	BP & Wellness Clinic			- Wester	
	5:00 Qi Gong	<b>11:00-1:00</b> 3:00-4:00				
		Dance Free			S. S. W.	
14	15 10:00 Gentle Pilates	16 8:30 & 9:30 Strength Training	<b>17</b> 8:15 Balletics	18 8:30 & 9:30 Strength	19 8:15 Balletics	20
	11:15 Yoga	9:30 Discussion	9:15 Tai Chi @ the Field Gallery	Training	9:30 Bridge	
	5:00 Qi Gong	Group	10:30 Yoga	12:30 Lunch	10:30 Yoga	
		10:00 Writing Group	1:00 Mah Jong	1:00 Scrabble 1:30 Bridge	Chair Massage with Eclipse Massage 508-693-2896	
		3:00-4:00 Dance Free				
21	9:30 MELT	<b>23</b> 8:30 & 9:30	<b>24</b> 8:15 Balletics	<b>25</b> 8:30 & 9:30	26 8:15 Balletics	27
	10:00 Gentle Pilates	Strength Training 9:30 Discussion	9:15 Tai Chi @ the Field Gallery	Strength Training	9:30 Bridge 10:30 Yoga	
	11:15 Yoga	Group	10:30 Yoga	12:30 Lunch	10.00 Toga	
	5:00 Qi Gong	10:00 Writing Group	1:00 Mah Jong	1:00 Scrabble	1:00-3:00 Water Color	
	Pedi Care Clinic 508-693-2896	3:00-4:00 Dance Free		1:30 Bridge		
28	29	30	31	Notes:		
	10:00 Gentle Pilates	8:30 & 9:30 Strength Training	8:15 Balletics	9		
	11:15 Yoga	9:30 Discussion Group	9:15 Tai Chi @ the Field Gallery	E41		
	5:00 Qi Gong	·	10:30 Yoga			
		10:00 Writing Group	1:00 Mah Jong	1	The same of the sa	ß
		3:00-4:00 Dance Free				_

## **Ongoing Services:**

- -Outreach
- -Fuel Assistance
- -SNAP (formerly known as Food Stamps)
- -Government Surplus Food Distribution
- -Notary Services
- -SHINE (insurance specialist)
- -File of Life
- -Telephone Reassurance Calls
- -Durable Medical Equipment
- -Lifeline and Be Safer At Home

**Upcoming Events:** Call 508-693-2896 for additional information and to sign up for the following events.

- -MV Museums Presentations on hiatus for July and August. They will resume in September.
- -Thursday afternoon bridge is on hiatus for the month of August!
- -Annual Lobster Picnic in Menemsha-September 12th Pre-registration required as space is limited!