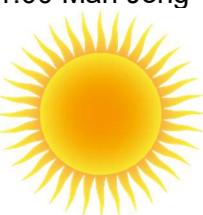


Up-Island Council on Aging
508-693-2896

June 2016						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 8:15 Balletics 10:30 Yoga 1:00 Mah Jong 	2 8:30 & 9:30 Strength Training 12:30 Lunch 1:00 Scrabble 1:30 Mah Jong 1:30 Bridge	3 8:15 Balletics 10:30 Yoga 1:00-3:00 Water Color	4
5	6 10:00 Gentle Pilates 11:15 Yoga 5:00 Qi Gong 	7 8:30 & 9:30 Strength Training 9:30 Discussion Group 10:00 Writing Group 3:00-4:00 Dance Free	8 8:15 Balletics 10:30 Yoga 1:00 Mah Jong Patti Mello Legal Clinic (508)477-0267	9 8:30 & 9:30 Strength Training 12:30 Lunch 1:00 Scrabble 1:30 Mah Jong 1:30 Bridge	10 8:15 Balletics 10:30 Yoga 1:00-3:00 Water Color Chair Massage with Eclipse Massage 508-693-2896 For appointment!	11
12	13 10:00 Gentle Pilates 10:30 Vineyard Isle Parkinsonians Support Group 11:15 Yoga 5:00 Qi Gong	14 8:30 & 9:30 Strength Training 9:30 Discussion Group 10:00 Writing Group BP & Wellness Clinic 11:00-1:00 3:00-4:00 Dance Free	15 8:15 Balletics 10:30 Yoga 1:00 Mah Jong 	16 8:30 & 9:30 Strength Training 12:30 Lunch 1:00 Scrabble 1:30 Mah Jong 1:30 Bridge	17 8:15 Balletics 10:30 Yoga 1:00-3:00 Water Color 	18
19	20 10:00 Gentle Pilates 11:15 Yoga 1:30 MV Museum "Photography, Lighthouses & Lenses" 5:00 Qi Gong	21 8:30 & 9:30 Strength Training 9:30 Discussion Group 10:00 Writing Group 3:00-4:00 Dance Free	22 8:15 Balletics 10:30 Yoga 1:00 Mah Jong 	23 8:30 & 9:30 Strength Training 12:30 Lunch 1:00 Scrabble 1:30 Mah Jong 1:30 Bridge	24 8:15 Balletics 10:30 Yoga 1:00-3:00 Water Color Chair Massage with Eclipse Massage 508-693-2896 For appointment!	25
26	27 10:00 Gentle Pilates 11:15 Yoga 5:00 Qi Gong Pedi Care Clinic 508-693-2896	28 8:30 & 9:30 Strength Training 9:30 Discussion Group 10:00 Writing Group 3:00-4:00 Dance Free	29 8:15 Balletics 10:30 Yoga 1:00 Mah Jong 7:30-8:30 Sound Healing w/ Valerie Sonnenthal 508-693-2896	30 8:30 & 9:30 Strength Training 12:30 Lunch 1:00 Scrabble 1:30 Mah Jong 1:30 Bridge	 Annual Howes House Art Show June 24th 12-4 June 25th 9-2	

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 resumer in September.

- Annual Howes House Art Show
June 24th 12pm-4pm & June 25th 9am-2pm

-Annual Howes House Cookout – August 12th
Pre-registration required as space is limited!

-Annual Lobster Picnic in Menemsha-
September 12th
Pre-registration required as space is limited!