




Up Island Council on Aging 508-693-2896

March 2017						
	Mon	Tue	Wed	Thu	Fri	
			<b>1</b> 8:15 Balletics  9:00 AARP Tax Prep 508-693-2896  10:00 Rug Hooking 10:30 Yoga  1:00 Mah Jong  <b>2:00-4:00</b> <b>Chair Massage</b> 508-693-2896	<b>2</b> 8:30 & 9:30 Strength Training  12:30 Lunch  1:00 Mah Jong  	<b>3</b> 8:15 Balletics  10:30 Yoga  1:00-3:00 Water Color  <b>2:00-4:00</b> <b>Chair Massage</b> 508-693-2896	<b>4</b>
<b>5</b>	<b>6</b> 10:00 Pilates  11:15 Yoga  	<b>7</b> 8:30 & 9:30 Strength Training  9:30 Discussion  <b>1:00 MELT</b>  3:00 Dance Free	<b>8</b> 8:15 Balletics 10:00 Rug Hooking 10:30 Yoga <b>10:45 Balance</b> <b>Workshop with Kanta</b> 1:00 Mah Jong  <b>2:00-4:00</b> <b>Chair Massage</b> 508-693-2896  <b>Patti Mello</b> <b>Legal Clinic</b> (508)477-0267	<b>9</b> 8:30 & 9:30 Strength Training  12:30 Lunch  1:00 Mah Jong  	<b>10</b> 8:15 Balletics  10:30 Yoga  1:00-3:00 Water Color  <b>2:00-4:00</b> <b>Chair Massage</b> 508-693-2896	<b>11</b>
<b>12</b>	<b>13</b> 10:00 Pilates <b>10:00 My Life</b> <b>My Health</b> 508-693-2896  <b>10:30</b> <b>Vineyard Isle</b> <b>Parkinsonians</b> <b>Support Group</b> 508-693-2896  11:15 Yoga	<b>14</b> 8:30 & 9:30 Strength Training  9:30 Discussion  <b>BP &amp; Wellness</b> <b>Clinic</b> <b>11:00-1:00</b>  <b>1:00 MELT</b>  3:00 Dance Free	<b>15</b> 8:15 Balletics 10:00 Rug Hooking  10:30 Yoga  1:00 Mah Jong  <b>2:00-4:00</b> <b>Chair Massage</b> 508-693-2896  	<b>16</b> 8:30 & 9:30 Strength Training  12:30 Lunch  1:00 Mah Jong	<b>17</b> 8:15 Balletics  10:30 Yoga  1:00-3:00 Water Color  <b>2:00-4:00</b> <b>Chair Massage</b> 508-693-2896	<b>18</b>
<b>19</b>	<b>20</b> 10:00 Pilates <b>10:00 My Life</b> <b>My Health</b> 508-693-2896  11:15 Yoga <b>1:30 MV</b> <b>Museum:</b> <b>Hollywood &amp;</b> <b>Broadway</b>	<b>21</b> 8:30 & 9:30 Strength Training  9:30 Discussion  <b>1:00 MELT</b>  3:00 Dance Free  	<b>22</b> 8:15 Balletics 10:00 Rug Hooking <b>10:00 Memoir Writing</b> 508-693-2896  10:30 Yoga  1:00 Mah Jong <b>2:00-4:00</b> <b>Chair Massage</b> 508-693-2896	<b>23</b> 8:30 & 9:30 Strength Training  12:30 Lunch  1:00 Mah Jong	<b>24</b> 8:15 Balletics  10:30 Yoga  1:00-3:00 Water Color  <b>2:00-4:00</b> <b>Chair Massage</b> 508-693-2896  	<b>25</b>
<b>26</b>	<b>27</b> 10:00 Pilates <b>10:00 My Life</b> <b>My Health</b> 508-693-2896  11:15 Yoga  <b>Pedi-Care</b> 508-693-2896	<b>28</b> 8:30 & 9:30 Strength Training  9:30 Discussion  3:00 Dance Free  	<b>29</b> 8:15 Balletics 10:00 Rug Hooking <b>10:00 Memoir Writing</b> 508-693-2896 9:00 AARP Tax Prep 508-693-2896  10:30 Yoga  1:00 Mah Jong <b>2:00-4:00</b> <b>Chair Massage</b> 508-693-2896	<b>30</b> 8:30 & 9:30 Strength Training  12:30 Lunch  1:00 Mah Jong  	<b>31</b> 8:15 Balletics  10:30 Yoga  1:00-3:00 Water Color  <b>2:00-4:00</b> <b>Chair Massage</b> 508-693-2896	

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.

MV Museum Presentations are held at the Howes House typically on the 3rd Monday of every month!



**Chair Massage** has returned! Fridays & Wednesdays 2:00-4:00  
Call to make your appointment!

Memoir Writing with Moira Silva has returned!  
4 Wednesdays, March 22<sup>nd</sup> –April 12<sup>th</sup>, 10:00 -11:30  
\$25. Pre-registration required



**“My Life My Health”** 6 session class!  
MV Partnership for Health is providing this program on chronic disease self-management. Wednesdays March 1<sup>st</sup> –April 17<sup>th</sup> from 10:00-12:30  
Pre registration require, 508-939-9358 ext 114

Massage and Balance Workshop Series with Kanta Lipsky  
11:45 am

**March 8<sup>th</sup>** Balance workshop, a combination of Tai Chi and stretching  
**April 12<sup>th</sup>** Giving and receiving shoulder massage workshop

\*Workshops will begin with a light lunch of soup and bread.  
**Space limited to 20. Please RSVP at 508-693-2896.**

This series is free and made possible by the MA Board of Library Commissioners LSTA Grant, the West Tisbury Library Foundation, and the Friends of the West Tisbury Library.

The Massachusetts Senior Medicare Patrol Program Presents:



Protect Yourself From Medicare Fraud!

Tuesday, April 11<sup>th</sup>, 2pm.

Participate in a discussion on how to prevent, detect, and report healthcare errors, fraud and abuse. We all can have an active role in protecting Medicare for ourselves and future generations. Light refreshments. Pre-registration requested.

SMILES DENTAL CLINIC June 16<sup>th</sup> 2017

Free dental cleanings available to qualified candidates.

Call for more information and sign up

