



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

May 2016						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 10:00 Gentle Pilates 11:15 Yoga 2:00 Presentation CaptionCall: Life is Calling 5:00 Qi Gong	3 8:30 & 9:30 Strength Training 9:30 Discussion Group 10:00 Writing Group 3:00-4:00 Dance Free	4 8:15 Balletics 10:30 Yoga 1:00 Mah Jong	5 8:30 & 9:30 Strength Training 12:30 Lunch 1:00 Scrabble 1:30 Mah Jong 1:30 Bridge	6 8:15 Balletics 10:30 Yoga 1:00-3:00 Water Color	7
8	9 10:00 Gentle Pilates 11:15 Yoga 5:00 Qi Gong  <b>10:30 Vineyard Isle Parkinsonians Support Group</b> 	10 8:30 & 9:30 Strength Training 9:30 Discussion Group 10:00 Writing Group 3:00-4:00 Dance Free  <b>BP &amp; Wellness Clinic 11:00-1:00</b>	11 8:15 Balletics 10:30 Yoga 1:00 Mah Jong  <b>Patti Mello Legal Clinic (508)477-0267</b> 	12 8:30 & 9:30 Strength Training 12:30 Lunch 1:00 Scrabble 1:30 Mah Jong 1:30 Bridge	13 8:15 Balletics 10:30 Yoga 1:00-3:00 Water Color  <b>Chair Massage with Eclipse Massage 508-693-2896 For appointment!</b>  <b>SMILES Dental Clinic 508-693-2896 to register.</b>	14
15	16 10:00 Gentle Pilates 11:15 Yoga  <b>1:30 MV Museum "Gale Huntington: The Man, The Music, The Fiddle"</b> 5:00 Qi Gong  7-8 Sound Healing w/ Valerie Sonnenthal	17 8:30 & 9:30 Strength Training 9:30 Discussion Group 10:00 Writing Group 3:00-4:00 Dance Free  	18 8:15 Balletics 10:30 Yoga 1:00 Mah Jong  <b>Falmouth Shopping Trip</b>	19 8:30 & 9:30 Strength Training 12:30 Lunch 1:00 Scrabble 1:30 Mah Jong 1:30 Bridge	20 8:15 Balletics 10:30 Yoga 1:00-3:00 Water Color  	21
22	23 10:00 Gentle Pilates 11:15 Yoga 5:00 Qi Gong  <b>Pedi Care Clinic 508-693-2896</b>	24 8:30 & 9:30 Strength Training 9:30 Discussion Group 10:00 Writing Group 3:00-4:00 Dance Free  	25 8:15 Balletics 10:30 Yoga 1:00 Mah Jong  <b>Public Health Nurse 1pm-3pm</b>	26 8:30 & 9:30 Strength Training 12:30 Lunch 1:00 Scrabble 1:30 Mah Jong 1:30 Bridge	27 8:15 Balletics 10:30 Yoga 1:00-3:00 Water Color  <b>Chair Massage with Eclipse Massage 508-693-2896 For appointment!</b>	28
29	30  <b>Office Closed</b> Memorial Day	31 8:30 & 9:30 Strength Training 9:30 Discussion Group 10:00 Writing Group 3:00-4:00 Dance Free	<p><b>Coming May 16th:</b> Peaked Hill Studio owner Valerie Sonnenthal will offer a 1-hour Restorative Sound Bath using Tibetan Singing Bowls, a Monochord, and chimes.</p> <p>The resonant vibrational healing qualities of the instruments can help to alleviate pain and discomfort, inviting deep relaxation and relief. This enables the body to make the shifts necessary for healing to take place on all levels.</p>			

## 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.

-Sound Healing with Valerie Sonnenthal  
Wednesday, June 29th 7:30-8:30

-MV Museums Presentations! The **3<sup>rd</sup> Monday of every month.**

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