

Up Island Council on Aging (508) 693-2896

May 2018						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 8:30 & 9:30 Strength Training 9:30 Discussion 11:15 Writing Group	2 8:15 Balletics 10:30 Yoga 1:00 Mah Jong	3 8:30 & 9:30 Strength Training 12:30 Lunch 1:30 Mah Jong	4 8:15 Balletics 1:00 Bridge Lessons cminkiewicz@verizon.net 10:30 Yoga 1:00 Watercolor	5
6	7 10:30 Yoga 5:00 Qi Gong 	8 8:30 & 9:30 Strength Training 9:30 Discussion 11:15 Writing Group 2:00 Intro to The Study of Bird Language 11:00-1:00 Blood Pressure & Wellness Clinic	9 8:15 Balletics 10:30 Yoga 1:00 Mah Jong Patti Mello Legal Clinic (508)477-0267	10 8:30 & 9:30 Strength Training 12:30 Lunch 1:30 Mah Jong 	11 8:15 Balletics 10-12 CHAIR MASSAGE! 1:00 Bridge Lessons cminkiewicz@verizon.net 10:30 Yoga 1:00 Watercolor	12
13	14 10:30 Yoga 10:30 Vineyard Isle Parkinsonians Support Group 508-693-2896 5:00 Qi Gong	15 8:30 & 9:30 Strength Training 9:30 Discussion 11:15 Writing Group	16 8:15 Balletics 10:30 Yoga 1:00 Mah Jong Falmouth Shopping Trip with Ellen	17 8:30 & 9:30 Strength Training 12:30 Lunch 1:30 Mah Jong	18 8:15 Balletics 1:00 Bridge Lessons cminkiewicz@verizon.net 10:30 Yoga 1:00 Watercolor	19
20	21 10:30 Yoga 1:30 MV Museum Presentation 5:00 Qi Gong Pedicare Clinic 	22 8:30 & 9:30 Strength Training 9:30 Discussion 11:15 Writing Group 12:00 Free Reiki Clinic	23 8:15 Balletics 10:30 Yoga 1:00 Mah Jong	24 8:30 & 9:30 Strength Training 12:30 Lunch 1:30 Mah Jong	25 8:15 Balletics 10-12 CHAIR MASSAGE! 1:00 Bridge Lessons cminkiewicz@verizon.net 10:30 Yoga 1:00 Watercolor	26
27	28 CLOSED 	29 8:30 & 9:30 Strength Training 9:30 Discussion 11:15 Writing Group	30 8:15 Balletics 10:30 Yoga 1:00 Mah Jong Cambridge Museum Trip	31 8:30 & 9:30 Strength Training 12:30 Lunch 1:30 Mah Jong	Office Hours Monday-Friday 8:30am – 4:00pm	

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.

Chair Massage

Select Fridays 10:00-12:00
20 minute appointments \$20 (Cash only)
Call to make your appointment!

Falmouth Shopping Trips!

On hiatus until September

Reiki at Howes House

On hiatus until fall. Be sure to check back in!

MV Museum Presentations

On hiatus until fall.

SMILES Free Dental Clinic!

June 1st!

Call to sign up and for more information

Providence theater trip to see *Miss Saigon*

Saturday September 29th 2018

Call to reserve you spot!