

MAY 2026 NEWSLETTER

UP ISLAND COUNCIL ON AGING

at the HOWES HOUSE

1042A STATE ROAD, WEST TISBURY MA 02575

PHONE: (508) 693-2896 FAX: (508) 693-1447

Bethany Hammond, Director

Susan Merrill, Assistant Director

Rocy Turner, Outreach Coordinator

Jennie Gadowski, Administrative Assistant

MONDAY THRU FRIDAY 8:30AM – 4:00PM

CLOSED MONDAY MAY 25, 2026



SPECIAL EVENT HIGHLIGHTS:

LUNCH & LEARN WITH TOM DRESSER MONDAY 5/1

@ 11/30 "HISTORIC STORMS OF MV"

KENTUCKY DERBY PARTY FRIDAY 5/1 @ 3

NEW!!! CHAIR YOGA THURSDAYS @ 2:30



ON GOING SERVICES

~ OUTREACH ~

LIFELINE & BE SAFER

AT HOME ~ FUEL

ASSISTANCE ~

DURABLE MEDICAL

EQUIPMENT ~ SNAP

(FORMERLY FOOD

STAMPS) - TELEPHONE

REASSURANCE CALLS

- MONTHLY FOOD

PANTRY~ FILE OF LIFE

~ NOTARY SERVICES ~

SHINE (INSURANCE

SPECIALISTS) ~

PERSONAL CARE

PRODUCTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>FREE door-to-door Shuttles for Up-Island residents! <u>Saturdays</u>: Shopping <u>Thursdays</u>: Lunch at COA</p> <p>SHUTTLE </p> <p>Call the COA to register and schedule your ride!</p>		<p><i>PROUDLY SERVING THE COMMUNITIES OF AQUINNAH, CHILMARK, AND WEST TISBURY</i></p> <p>* INDICATES VIRTUAL PROGRAM</p>	<p>MAY 2026</p>	<p>1</p> <p>*9:15 YOGA *9 & 9:35 STRENGTH 10 KEEPING THE BALANCE 10:30 FITNESS W/MARGARITA 11:30 LUNCH & LEARN 1 WATERCOLOR 3 KENTUCKY DERBY PARTY</p>
<p>4</p> <p>9 BALLETTICS *9:15 YOGA *9 & 9:35 STRENGTH 11:30 BOWLING & LUNCH</p>	<p>5</p> <p>*9 & 9:35 STRENGTH 1 DUPLICATE BRIDGE</p>	<p>6</p> <p>*9:15 YOGA 10 FITNESS W/MARGARITA 10 AGING GREATFULLY 1 MAH JONG</p>	<p>7</p> <p>*9 & 9:35 STRENGTH 9 BALLETTICS 11 TECH PRO 12:30 WEEKLY LUNCH 2:30 CHAIR YOGA</p>	<p>8</p> <p>*9:15 YOGA *9 & 9:35 STRENGTH 10:30 FITNESS W/MARGARITA 1 WATERCOLOR</p>
<p>11</p> <p>9 BALLETTICS *9:15 YOGA *9 & 9:35 STRENGTH 11:30 BOWLING & LUNCH 1 PARKINSONS SUPPORT GRP</p>	<p>12</p> <p>*9 & 9:35 STRENGTH 10 KEEPING THE BALANCE 1 DUPLICATE BRIDGE</p>	<p>13</p> <p><i>CONNIE BAKER, ESQ BY APPT 508-477-4502</i></p> <p>*9:15 YOGA 10 FITNESS W/MARGARITA 12 SOUP SOCIAL 1 MAH JONG</p>	<p>14</p> <p>*9 & 9:35 STRENGTH 9 BALLETTICS 12:30 WEEKLY LUNCH 2:30 CHAIR YOGA</p>	<p>15</p> <p>*9:15 YOGA *9 & 9:35 STRENGTH 10 KEEPING THE BALANCE 10 :30 FITNESS W/MARGARITA 10:30 OUTREACH OFFICE HOURS @ CHILMARK LIB 1 WATERCOLOR</p>
<p>18</p> <p>9 BALLETTICS *9:15 YOGA *9 & 9:35 STRENGTH 11:30 BOWLING & LUNCH</p>	<p>19</p> <p>*9 & 9:35 STRENGTH 10 KEEPING THE BALANCE 1 DUPLICATE BRIDGE</p>	<p>20</p> <p>*9:15 YOGA 10 FITNESS W/MARGARITA 10 AGING GREATFULLY 10:30 OUTREACH OFFICE HOURS @ WAMPANOAG TRIBE 1 MAH JONG</p>	<p>21</p> <p>*9 & 9:35 STRENGTH 9 BALLETTICS 11 TECH PRO 12:15-1:15 WELLES CLINIC w/ PHN 12:30 WEEKLY LUNCH 2:30 CHAIR YOGA</p>	<p>22</p> <p>*9:15 YOGA *9 & 9:35 STRENGTH 10 KEEPING THE BALANCE 10:30 FITNESS W/MARGARITA 1 WATERCOLOR</p>
<p>25</p> <p>OFFICE CLOSED</p>	<p>26</p> <p>*9 & 9:35 STRENGTH 10 KEEPING THE BALANCE 1 DUPLICATE BRIDGE</p>	<p>27</p> <p>*9:15 YOGA 10 FITNESS W/MARGARITA 12 AQUINNAH LUNCH 1 MAH JONG</p>	<p>28</p> <p>*9 & 9:35 STRENGTH 9 BALLETTICS 12:30 WEEKLY LUNCH 2:30 CHAIR YOGA</p>	<p>29</p> <p>*9:15 YOGA *9 & 9:35 STRENGTH 10 KEEPING THE BALANCE 10 :30 FITNESS W/MARGARITA 1 WATERCOLOR</p>

Sign Up by Monday at Noon 508-693-2896

TRANSPORTATION TO LUNCH NOW AVAILABLE 1 WEEK NOTICE REQUIRED

WEEKLY LUNCHES

MAY 2026

THUR. 7TH

SHRIMP & ORZO SALAD W/ KALAMATA OLIVES,
SUNDRIED TOMATO & VEGGIES OVER
MESCLUN GREENS
DINNER ROLL
FRESH GRAPES

694 CALS; 614 MG SODIUM

THUR. 14TH

BBQ PULLED PORK
WEDGE POTATOES
BLACK BEAN & CORN SALAD
CHEF ROLL
PEACHES

735 CALS; 868 MG SODIUM

THUR. 21ST

YANKEE POT ROAST
WHIPPED POTATO
PRINCE EDWARD VEGGIES
MULTI GRAIN BREAD
PEARS

878 CALS ; 868 MG SODIUM

THUR. 28TH

BEEF SOFT TACO
CHEDDAR & JACK CHEESE
LETTUCE
PICO DE GALLO
TUMERIC RICE
BLACK BEANS
FRESH APPLE

809 CALS; 950 MG SODIUM



HEALTHY LUNCH
& FRIENDLY
CONVERSATION

LUNCH SERVED AT
UP-ISLAND COA
1042 STATE RD, WT

THURSDAYS
@ 12:30

SIGN UP
REQUIRED BY
12PM MONDAY OF
THAT WEEK.
CALL 508-693-2896
TO REGISTER.



Kentucky Derby Party!



Join us for Mint Julep mocktails and appetizers~ wear a fun hat and pick your horse!

WHERE: Up- Island COA

WHEN: Friday, May 1st at 3:00



1042 State Road, West Tisbury. 508-693-2896

Lunch & Learn

HISTORIC STORMS OF MARTHA'S VINEYARD

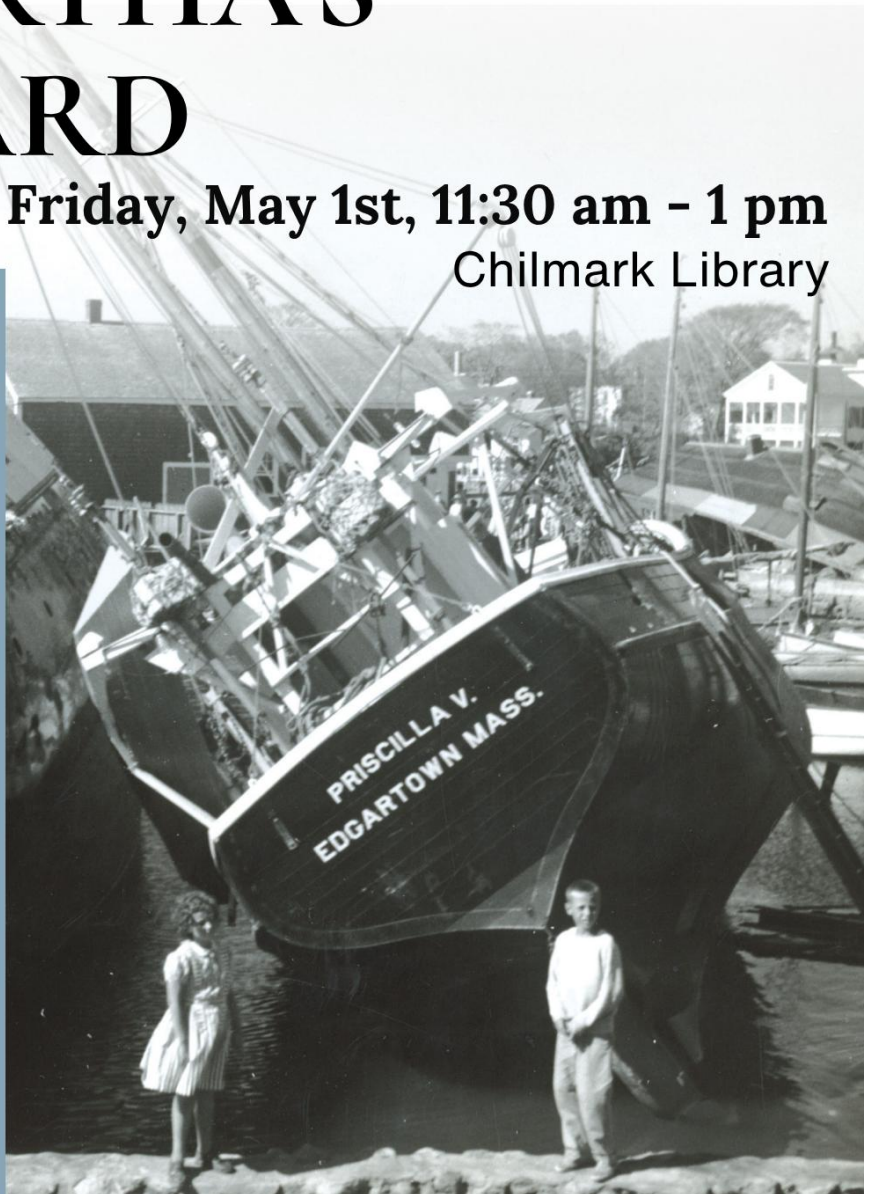
Friday, May 1st, 11:30 am - 1 pm
Chilmark Library



with Tom Dresser
Author & Historian

Join us to welcome Tom Dresser as he speaks about his new book featuring storms of the past two centuries and their impacts on the island.

Soup and bread will be served.



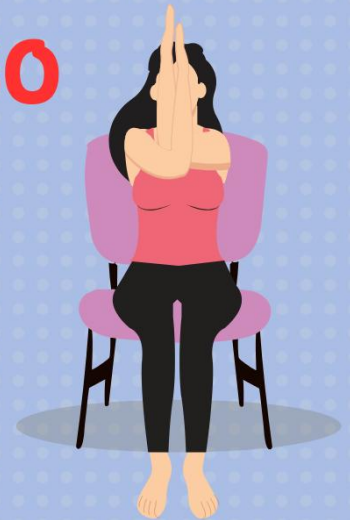
New!



Chair Yoga!

Thursdays @ 2:30

\$5 per class



Up Island COA
1042 State Road West Tisbury
508-693-2896

Tech Pro support!



Questions about your computer?
cell phone? tablet?

 **Ask the Tech Pro!**

1st and 3rd THURSDAYS
@ The Up Island COA 11:00-1:00

1042 State Rd, West Tisbury~508-693-2896



Special thanks to
HAMV for making
this program
possible and free to
the public!



DROP IN TECH HELP – WHAT WE DO!

- **USING A SMARTPHONE, TABLET, OR COMPUTER**
- **EMAIL AND VIDEO CALLS (ZOOM, FACETIME, HOSPITAL PORTALS, ETC.)**
 - **INTERNET AND WI-FI QUESTIONS**
- **ONLINE SAFETY AND AVOIDING SCAMS PRINTING, SCANNING, AND BASIC TROUBLESHOOTING**
- **SETTING UP NEW DEVICES WHO IT'S FOR OLDER ADULTS AND SENIORS (AGE 55+)**
- **BEGINNERS WELCOME — NO TECH EXPERIENCE NEEDED**
 - **WHY USE TECH PRO?**
 - **FREE AND LOCAL**
 - **PATIENT,**
 - **EASY-TO UNDERSTAND**
 - **HELP**
 - **NO PRESSURE, NO JARGON**
- **LEARN SAFELY AND CONFIDENTLY**
- **1ST & 3RD WEEK OF THE MONTH**
- **TUESDAYS 11:30AM TO 1:00PM AT TISBURY COUNCIL ON AGING**
- **THURSDAYS 11:00 TO 1:00 AT UP ISLAND COUNCIL ON AGING**
- **FRIDAYS 11:00 TO 1:00 AT OAK BLUFFS COUNCIL ON AGING**

Office hours with Rocy!



- *medicare questions?
- *home health care needed?
- *need help with utilities/ food?
- *other questions or concerns?

WHEN: Friday, May 15th @ 10:30

WHERE: Chilmark Library

AND

WHEN: Wed. May 20th @ 10:30

WHERE: Wampanoag Tribe

Call for appointment ~ 508-693-2896

Wellness clinic

Meet with VNA nurse Cheryl Kram

- **Blood pressure check**
 - **Health questions or concerns**
- **Medication questions**



The third Thursday of each month @
Howes House ~ 12:15-1:15



For more info, call the Up Island COA
508-693-2896

Bowling and Lunch!



*Up-Island Residents 55-plus

**Enjoy a round of bowling
and a delicious lunch for \$10 !!**

When : Mondays from 11:30-1:30

Where: The Barn, Bowl, and Bistro
13 Uncas Ave, Oak Bluffs

- Upon arrival, let them know you are with the Up-Island COA to get the discount!

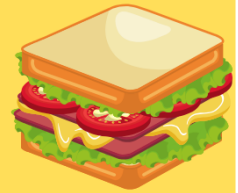
Questions? Call: 508-693-2896

TIME FOR LUNCH!

LUNCHESES AT AQUINNAH TOWN HALL



Join us for a FREE luncheon
hosted by the
Up-Island Council on Aging!



Salads ~ Sandwiches ~ Soup ~ Community

WHEN: Wednesday, May 27th at noon

WHERE: Aquinnah Town Hall
955 State Rd.



Please call **508-693-2896** to sign up and
for more event / menu information.

*This event is graciously sponsored by the
Friends of the Up-Island Council On Aging*

Soup Social

at the Howes House



Warm soup and great company!!



WHEN: *The second Wednesday of the month @ noon*

****NOTE:** *May 13th is the last Soup Social until October!*

1042 State Rd West Tisbury. 508-693-2896



Vineyard Isle Parkinsonians

Parkinson's Support Group

For anyone affected by Parkinson's
Disease

share * learn * connect

Where: Up Island Council on Aging

When: Second and Fourth Mondays @ 1:00

508-693-2896

1042 State Rd. West Tisbury



Aging GREATfully

Coffee Chat

Wednesdays @ 10:00

April 1st & 15th

May 6th & 20th



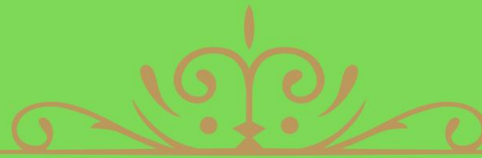
Up Island COA (Howes House)

1042 State Rd West Tisbury

508-693-2896 for more info

LAST CALL

Theatre trip!



June 6, 2026 at The Providence
Performing Arts Center

\$150 per person

*Includes motor coach, lunch at Blake's Tavern,
and the show



Call to sign up: 508-693-2896





GET FIT at.... UP ISLAND COUNCIL ON AGING

Mondays
Tuesdays
Thursdays
Fridays

Strength & Fitness w/ Katryn
9 & 9:35 ** VIRTUAL CLASS**
Info: Katrynyerdon@prodgy.net

Mondays
Wednesdays
Fridays

Yoga w/ Martha Abbot
9:15 ** VIRTUAL CLASS**
Info: spiritmovesyou@gmail.com

Mondays
Thursdays

Balletics w/ Karen Cullinan
9:00

Tuesdays
Fridays

Keeping the Balance
w/ Marni and Stevie
10:00

Wednesdays
Fridays

Fitness with Margarita
10 (Wed.) 10:30 (Fri.)

ALL CLASSES ARE IN PERSON AND AT THE COA
(1042 STATE RD, WEST TISBURY) UNLESS OTHERWISE NOTED.
CALL 508-693-2896 FOR MORE INFORMATION.

OTHER HAPPENINGS AT THE HOWES HOUSE

MONDAYS

- **7PM KNITTER'S GROUP – All are welcome! Contact Suzan Bellincampi at suzabell6@hotmail.com**

SATURDAYS

- **9-3 SHOPPING SHUTTLE CALL 508-693-2896 FOR INFO**

SUNDAYS

- **SINFONIETTA ORCHESTRA 2:00 – 3:30**

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**THE FOLLOWING PROGRAMS ARE VIRTUAL THROUGH ZOOM OR GOOGLE MEETING:-YOGA WITH MARTHA ABBOTT – MONDAY, WEDNESDAY & FRIDAY 9:15 (VIRTUAL DOORS OPEN AT 9) EMAIL [SPIRITMOVESYOU@GMAIL.COM](mailto:SPIRITMOVESYOU@GMAIL.COM) FOR LOG IN INFO - -STRENGTH & FITNESS WITH KATRYN – MONDAY, TUESDAY, THURSDAY & FRIDAY 9 & 9:35 – GOOGLE MEETING - EMAIL [KATRYNERDON@PRODEGY.NET](mailto:KATRYNERDON@PRODEGY.NET) FOR MEETING INFO - PROGRAMS MARKED WITH A \* ARE VIRTUAL. PLEASE BE AWARE THAT WHILE MOST OF OUR CLASSES ARE FREE, SPECIALTY CLASSES MAY CHARGE A MINIMAL FEE: YOGA, STRENGTH TRAINING, FITNESS. (PRICES SUBJECT TO CHANGE)**

#### TRANSPORTATION SERVICES

**ON THE GO SAFE RIDES FOR OLDER ADULTS – SPONSORED BY HEALTHY AGING MV**

#### GO GO GRANDPARENT

GoGo Grandparent is a concierge program that schedules Lyft and Uber rides for Older Adults. You can also schedule rides in advance to and from anywhere on the Island. No phone app is required. Call Healthy Aging Martha's Vineyard at 508-240-4929 to discuss your transportation needs and complete an application. Once registered, you will receive a toll-free number to order a ride when you need it.

#### MV CONNECT

MV Connect is Healthy Aging Martha's Vineyard's transportation program designed to provide transportation to medical appointments, shopping trips, social activities and more with the help of volunteer drivers! Call us to register and schedule your rides at 508-693-2896 or online at <https://www.hamv.org/transportation-workgroup>.

#### MEDIVAN (VTA)

To participate in the Medivan program, those interested must submit a one-time application through the MVTA. Applications do not require a doctor's note if passenger is over the age of 60. The Medivan holds 12 passengers and provides service on a first come, first served basis. The van picks up passengers every Tuesday from either the Vineyard Haven Park & Ride at 6:15AM or at the SSA dock. It goes to all hospitals within Boston. Doctor's appointments must be made between 10:00 and 1:00 for a 2:00ish pick-up. Fee is \$40.00 round trip, including boat.

**Medivan to Ophthalmic Consultants of Boston in Sandwich – One Tuesday per month 508-693-7900 ext. 455 or 800-635-0489 (OCB Sandwich office)**

#### VTA SENIOR BUS PASSES FREE **BUS RIDES FOR ALL**

#### FOOD RESOURCES:

**MONTHLY FOOD DISTRIBUTION** the UICOA distributes food sponsored by the Commonwealth of Massachusetts Department of Agriculture. The food to be distributed varies; financial guidelines apply. We try to order a variety of produce and dry goods. Currently our program reaches about 20-25+ senior households in the up-island communities. If you find yourself facing food insecurity, please reach out 508-693-2896

**FREE NOTARY SERVICES** - All Staff are Notary Publics. Please call 508-693-2896 to schedule

**LAMINATION** - We can laminate certain documents (cards, hunting/fishing licenses etc.) \*unfortunately we are unable to laminate your Medicare card – but we can provide a non-sealed laminate pocket for it.

**SHINE COUNSELING (Serving Health Information Needs of Everyone)** - The objective of SHINE is to ensure that Massachusetts elders have access to objective information, counseling, and assistance on health insurance and health benefit options through a network of trained health benefits counselors, free of charge. Call to schedule an appointment (Open enrollment dates October 15<sup>th</sup> – December 7<sup>th</sup>)

**VINEYARD ISLE PARKINSONIANS SUPPORT GROUP** - A Support group for both people suffering from Parkinson's disease and their caregivers. This group meets on the 2<sup>nd</sup> and 4<sup>th</sup> Monday of every month at 1:00pm Call the Up Island COA 508-693-2896 for more information.

**SNAP (Supplemental Nutrition Assistance Program – Formerly Food Stamps)** - Call the Up Island COA 508-693-2896 to set up an appointment to meet with a staff member to assist with completing an application.

**FILE OF LIFE** – We have file of life cards available for pick up. File of life cards are where you can list medication specifics, allergies and other important information that Emergency Personnel are trained to look for. It can make all the difference in frantic situations. It's best to keep it on your person and a copy on your fridge- personnel are trained to check these places for medication info!

**DURABLE MEDICAL EQUIPMENT LOANS**- We have equipment available for loaning out. standard aluminum walkers, rollators, crutches, canes, transport wheelchairs, standard wheelchairs, commodes and other items. Please check with us - we are happy to lend you what you will need

**PERSONAL CARE PRODUCTS:** If you or a loved one needs undergarments or incontinence products please reach out. We have both men's and women's that are donated to us. Availability varies as does size, please call ahead to verify we have what you need.