

Up Island Council on Aging

1042 State Rd, West Tisbury (508) 693-2896

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>Call the COA to register!</p>		<p style="text-align: center;"><i>PROUDLY SERVING THE COMMUNITIES OF AQUINNAH, CHILMARK, AND WEST TISBURY</i></p> <p style="text-align: center;">* INDICATES VIRTUAL PROGRAM</p>	<h1 style="color: red;">MAY 2026</h1>	<p>1</p> <p style="text-align: center;">*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 style="text-align: center;">*9 & 9:35 STRENGTH 1 DUPLICATE BRIDGE</p>	<p>6</p> <p style="text-align: center;">*9:15 YOGA 10 FITNESS W/ MARGARITA 10 AGING GREATFULLY 1 MAH JONG</p>	<p>7</p> <p style="text-align: center;">*9 & 9:35 STRENGTH 9 BALLETTICS 11 TECH PRO 12:30 WEEKLY LUNCH 2:30 CHAIR YOGA</p>	<p>8</p> <p style="text-align: center;">*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 style="text-align: center;">*9 & 9:35 STRENGTH 10 KEEPING THE BALANCE 1 DUPLICATE BRIDGE</p>	<p>13</p> <p style="text-align: center;"><i>CONNIE BAKER, ESQ BY APPT 508-477-4502</i></p> <p style="text-align: center;">*9:15 YOGA 10 FITNESS W/ MARGARITA 12 SOUP SOCIAL 1 MAH JONG</p>	<p>14</p> <p style="text-align: center;">*9 & 9:35 STRENGTH 9 BALLETTICS 12:30 WEEKLY LUNCH 2:30 CHAIR YOGA</p>	<p>15</p> <p style="text-align: center;">*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 style="text-align: center;">*9 & 9:35 STRENGTH 10 KEEPING THE BALANCE 1 DUPLICATE BRIDGE</p>	<p>20</p> <p style="text-align: center;">*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 style="text-align: center;">*9 & 9:35 STRENGTH 9 BALLETTICS 11 TECH PRO 12:15-1:15 WELLESS CLINIC w/ PHN 12:30 WEEKLY LUNCH 2:30 CHAIR YOGA</p>	<p>22</p> <p style="text-align: center;">*9:15 YOGA *9 & 9:35 STRENGTH 10 KEEPING THE BALANCE 10:30 FITNESS W/ MARGARITA 1 WATERCOLOR</p>
<p>25</p> <p style="text-align: center;">OFFICE CLOSED</p>	<p>26</p> <p style="text-align: center;">*9 & 9:35 STRENGTH 10 KEEPING THE BALANCE 1 DUPLICATE BRIDGE</p>	<p>27</p> <p style="text-align: center;">*9:15 YOGA 10 FITNESS W/ MARGARITA 12 AQUINNAH LUNCH 1 MAH JONG</p>	<p>28</p> <p style="text-align: center;">*9 & 9:35 STRENGTH 9 BALLETTICS 12:30 WEEKLY LUNCH 2:30 CHAIR YOGA</p>	<p>29</p> <p style="text-align: center;">*9:15 YOGA *9 & 9:35 STRENGTH 10 KEEPING THE BALANCE 10 :30 FITNESS W/ MARGARITA 1 WATERCOLOR</p>