




**NOVEMBER 2025 NEWSLETTER OPEN MONDAY-FRIDAY 8:30AM - 4:00PM CLOSED HOLIDAYS**  
 DIRECTOR: BETHANY HAMMOND; ASSISTANT DIRECTOR SUSAN MERRILL; OUTREACH COORDINATOR ROCY TURNE R; ADMINISTRATIVE ASSISTANT JENNIE GADOWSKI

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
						1 S H O P P I N G 9-3 S H U T T L E
2 S I N F O N I E T T A 2-3:30	3 *9 & 9:35 STRENGTH & FITNESS W/KATR YN* *9:15 YOGA W/MARTHA 9 BALLETTICS 7PM KNITTERS GROUP	4 *9 & 9:35 STRENGTH & FITNESS W/KATRYN* 10-11 KEEPING THE BALANCE 1-4 DUPLICATE BRIDGE	5 *9:15 YOGA W/MARTHA 10 FITNESS W/MARGARITA 10 AGING GREATFULLY 1-3 MAJ JJONG	6 IGI MEALS & SOUPS *9 & 9:35 STRENGTH & FITNESS W/KATRYN* 9 BALLETTICS 12:30 BLOOD RESSURE CLINIC 12:30 WEEKLY LUNCH	7 *9:15 YOGA W/MARTHA *9 & 9:35 STRENGTH & FITNESS W/KATRYN* 10-11 KEEPING THE BALANCE 10:30 FITNESS W/MARGARITA 11:30-1 LUNCH & LEARN W/NORAH VAN RIPER AT THE CHILMARK LIBRARY 1 WATERCOLOR ART GROUP	8 S H O P P I N G 9-3 S H U T T L E
9 S I N F O N I E T T A 2-3:30	10 *9 & 9:35 STRENGTH & FITNESS W/KATRYN* *9:15 YOGA W/MARTHA 9-10 BALLETTICS 1 PARKINSONS SUPPORT GROUP 7-9 KNITTERS GROUP	11 	12 9:15 YOGA W/MARTHA 10 FITNESS W/MARGARITA 12 SOUP SOCIAL W/END OF LIFE DULA LIZ GREGG 1-3 MAH JONG	13 IGI MEALS & SOUPS 9 & 9:35 STRENGTH & FITNESS W/KATRYN* 9 BALLETTICS 12:30 WEEKLY LUNCH	14 *9:15 YOGA W/MARTHA *9 & 9:35 STRENGTH & FITNESS W/KATRYN* 10-11 KEEPING THE BALANCE 10:30 FITNESS W/MARGARITA 11-12:30 OUTREACH OFFICE HOURS CHILMARK LIBRARY W/ ROCY TURNE R 1 WATERCOLOR ART GROUP	15 S H O P P I N G 9-3 S H U T T L E
16 S I N F O N I E T T A 2-3:30	17 *9 & 9:35 STRENGTH & FITNESS W/KATRYN* *9:15 YOGA W/MARTHA 9 BALLETTICS 7-9 KNITTERS GROUP	18 *9 & 9:35 STRENGTH & FITNESS W/KATRYN* 10-11 KEEPING THE BALANCE 1:30-3:30 AUDIOLOGY CLINIC 1-4 DUPLICATE BRIDGE	19 *9:15 YOGA W/MARTHA 10 FITNESS W/MARGARITA 10 AGING GREATFULLY 12 AQUINNAH LUNCHEON 1 PROCRAFTINATORS 1-3 MAH JONG	20 IGI MEALS & SOUPS *9 & 9:35 STRENGTH & FITNESS W/KATRYN 9-10 BALLETTICS 12 FRIENDSGIVING LUNCHEON AT THE CHILMARK COMMUNITY CENTER	21 *9:15 YOGA W/MARTHA *9 & 9:35 STRENGTH & FITNESS W/KATRYN 10-11 KEEPING THE BALANCE 10 :30 FITNESS W/MARGARITA 1 WATERCOLOR ART GROUP	22 S H O P P I N G 9-3 S H U T T L E
23 S I N F O N I E T T A 2-3:30	24 9 & 9:35 STRENGTH & FITNESS W/KATRYN* *9:15 YOGA W/MARTHA 1 PARKINSON'S SUPPORT GROUP 7-9 KNITTERS GROUP	25 *9 & 9:35 STRENGTH & FITNESS W/KATRYN* 10-11 KEEPING THE BALANCE 1-4 DUPLICATE BRIDGE	26 *9:15 YOGA W/MARTHA 10 FITNESS W/MARGARITA 1-3 MAH JONG	27 CLOSED 	28 CLOSED 	29 S H O P P I N G 9-3 S H U T T L E
30 S I N F O N I E T T A 2-3:30						

**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)**


ONGOING SERVICES:

- ~ OUTREACH
- ~ FUEL ASSISTANCE
- ~ SNAP (FORMERLY FOOD STAMPS) CALLS MONTHLY
- ~ GOVERNMENT FOOD DISTRIBUTION
- ~ NOTARY SERVICES SPECIALISTS)
- ~ PERSONAL CARE PRODUCTS AVAILABLE

- ~ LIFELINE AND BE SAFER AT HOME
- ~ DURABLE MEDICAL EQUIPMENT
- ~ TELEPHONE REASSURANCE
- ~ FILE OF LIFE
- ~ SHINE (INSURANCE
- ~ AT HOME COVID TEST KITS

THE FOLLOWING PROGRAMS ARE VIRTUAL THROUGH ZOOM OR GOOGLE MEETING:

- YOGA W/MARTHA ABBOTT - MONDAY, WEDNESDAY AND FRIDAY 9:15 (VIRTUAL DOORS OPEN AT 9) EMAIL [SPIRITMOVESYOU@GMAIL.COM](mailto:SPIRITMOVESYOU@GMAIL.COM) FOR LOG IN INFO
- STRENGTH + FITNESS W/KATRYN- MON, TUES, THURS, FRI- 9 AND 9:35AM- GOOGLE MEETING - EMAIL [KATRYNYERDON@PRODIGY.NET](mailto:KATRYNYERDON@PRODIGY.NET) FOR MEETING INFO



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

Mondays Tuesdays Thursdays Fridays	<b>Strength &amp; Fitness w/ Katryn 9 &amp; 9:35 ** VIRTUAL CLASS** Info: <a href="mailto:Katrynyerdon@prodgy.net">Katrynyerdon@prodgy.net</a></b>
Mondays Wednesdays Fridays	<b>Yoga w/ Martha Abbot 9:15 ** VIRTUAL CLASS** Info: <a href="mailto:spiritmovesyou@gmail.com">spiritmovesyou@gmail.com</a></b>
Mondays Thursdays	<b>Balletics w/ Karen Cullinan 9:00</b>
Tuesdays Fridays	<b>Keeping the Balance w/ Marni and Stevie 10:00</b>
Wednesdays Fridays	<b>Fitness with Margarita 10 (Wed.) 10:30 (Fri.)</b>

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