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

|  | **AUGUST 2022** | | | | |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Sun** | **Mon** | **Tue** | **Wed** | **Thu** | **Fri** | **Sat** |
|  | 1  9 & 9:30 Strength & Fitness w/Katryn\*  10:30 Yoga w/Martha Abbott\* | **2**  9 & 9:30 Strength & Fitness w/Katryn\*  11:30 Yoga w/Kanta\* | 3  Writers Group 2-3  (call Jeff 917-602-5855 to register) | 4 | 5  9 & 9:35 Strength & Fitness w/Kathryn\*  10:30 Yoga w/Martha Abbott  1:00 Watercolor | 6 |
| 7  SKIPPERS RETIREMENT PARTY 4PM AT THE L&W TREE FARM ON PANHANDLE ROAD | 8  9 & 9:35 Strength & Fitness w/Katryn\*  10:30 Yoga w/MarthaAbbott\*  **Parkinson’s Support Group 10:30AM** | 9  9 & 9:35 Strength & Fitness w/Katryn\*  11:30 Yoga w/Kanta\* | 10  Patti Mello (Connie)  Legal Clinic  508-477-0267  Writers Group 2-3  (call Jeff 917-602-5855 to register) | 11  9 & 9:35 Strength & Fitness w/Kathryn\* | 12  9 & 9:35 Strength & Fitness w/Katryn\*  10:30 Yoga w/Martha Abbott\*  **HOWES HOUSE ANNUAL PICNIC AT NOON** | 13 |
| 14 | 15  9 & 9:35 Strength & Fitness w/Katryn\*  10:30 Yoga w/Martha Abbott\* | 16  9 & 9:35 Strength & Fitness w/Katryn\*  11:30 Yoga w/Kanta\*  **HYBRID WALKING TOUR OF EGYPT “SAILING THE NILE RIVER” AT THE HOWES HOUSE OR VIA ZOOM 10-11AM** | 17  Writers Group 2-3  (call Jeff 917-602-5855 to register) | 18  9 & 9:35 Strength & Fitness w/Katryn\* | 19  9 & 9:35 Strength & Fitness w/Katryn\*  10:30 Yoga w/Martha Abbott\*  1:00 Watercolor | 20 |
| 21 | 22  9 & 9:35 Strength & Fitness w/Katryn\*  10:30 Yoga w/Martha Abbott\*  **PEDICARE CLINIC BY APPOINTMENT** | 23  9 & 9:35 Strength & Fitness w/Katryn\*  11:30 Yoga w/Kanta\*  **AUDIOLOGY CLINIC BY APPOINTMENT** | 24  Writers Group 2-3  (call Jeff 917-602-5855 to register) | 25  9 & 9:35 Strength & Fitness w/Katryn\* | 26  9 & 9:35 Strength & Fitness w/Katryn\*  10:30 Yoga w/Martha Abbott\*  1:00 Watercolor | 27 |
| 28 | 29  9 & 9:35 Strength & Fitness w/Katryn\*  10:30 Yoga w/Martha Abbott | 30  9 & 9:35 Strength & Fitness w/Katryn\*  11:30 Yoga w/Kanta\* | 31  Writers Group 2-3  (call Jeff 917-602-5855 to register) |  |  |  |

Office Hours: Monday-Friday 8:30-4:00 Closed Holidays

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/$10, Strength Training $8 (Prices subject to change without notice

**Ongoing Services:**

* Outreach - Lifeline and Be Safer At Home
* Fuel Assistance - Durable Medical Equipment
* SNAP (formerly Food Stamps) - Telephone Reassurance Calls
* Government Surplus Food Distribution - File of Life
* Notary Services - SHINE (Insurance Specialists)

**AT HOME COVID TEST KITS: The COA has a limited amount of COVID test kits. We serve the communities of Aquinnah, Chilmark and West Tisbury first. Please check with with us for availability.**

**THE FOLLOWING PROGRAMS ARE VIRTUAL THROUGH ZOOM OR GOOGLE MEETING: \*Strength + Fitness w/Katryn**- Mon, Tues, Thurs, Fri- 9 and 9:35am- Google meeting

**\*Yoga w/Martha Abbott – Monday and Friday 10:30 (doors open at 10)**

**\*Kanta’s Gentle Yoga** – Tuesdays @11:30 Zoom

Please email coa-clerk@westtisbury-ma.gov for sign up information.

**AUGUST SPECIAL EVENTS AT THE HOWES HOUSE:**

**LYME CENTER of Martha's Vineyard - Lyme Support Group MEETS at Howes House**August 2nd, 6:30 pm - Dr Enid Haller, (508) 560-1893

September 6th, 6:30 pm – Dr Enid Haller, (508) 560-1893 ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~~ ~ ~ ~ ~  
Martha's Vineyard Film Festival brand new Lyme documentary

**“The Quiet Epidemic”** Director & Producer – Lindsey Keys - August 3 & 4 <https://tmvff.org/>

For more information, Dr Enid Haller Lyme Center of Martha's Vineyard (508) 560-1893

Join us on a tour overseas!

The Up-Island Council on Aging is excited to offer monthly guided virtual tours of exciting locations around the globe! Now with **TWO** viewing options available, join remotely from the comfort of your own home OR join us here at Howes House for music, refreshments & to view the tour on our big screen!

**Call the Up-Island COA to register! 508-693-2896**

**Live Walking Tour of Egypt**

**“Sailing the Nike River”**

Tuesday August 16th 10:00AM-11AM



\*\*This program is brought to you **FREE** of charge\*\* by the Friends of the Up-Island COA.