



## We Connect



### *Outreach at Manna Cafe*

On February 6, Island Community House was the proud sponsor of Manna Cafe's free, hot lunch. On the menu that day was spaghetti with bolognese sauce, garlic bread, tossed salad and dessert.

The Manna Team prepared, served and delivered a total of 267 hot lunches, in person and delivered to Chincoteague's homebound.

Team ICH included Katie, Chipper, Island Community House Board Members and Volunteers who enthusiastically answered questions, gathered feedback and provided printed materials regarding Island Community House, Village Neighbors, events and workshops.

Community Outreach is part of Island Community House's overall mission to connect our community through programs, events, workshops.

# Get Inspired

March  
2023



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Feb 26 8:30am Yoga (Donation Based) 1:30pm Bridge at CCA-HSCare	Feb 27 8:30am Yoga (Donation Based) 1:30pm Bridge at CCA-HSCare	Feb 28 8:30am Yoga (Donation Based) 1:30pm Bridge at CCA-HSCare	March 1 8:30am Yoga (Donation Based) 1:30pm Game Day 6:30pm Chess Club	March 2 8:30am Yoga (Donation Based) 1:30pm Game Day 6:30pm Chess Club	March 3 8:30am Yoga (Donation Based) 1:30pm Game Day 6:30pm Chess Club	March 4 8:30am Yoga (Donation Based) 1:30pm Game Day 6:30pm Chess Club
March 5 8:30am Yoga (Donation Based) 1:30pm Game Day 6:30pm Chess Club	March 6 8:30am Yoga (Donation Based) 1:30pm Game Day 6:30pm Chess Club	March 7 8:30am Yoga (Donation Based) 1:30pm Game Day 6:30pm Chess Club	March 8 8:30am Yoga (Donation Based) 1:30pm Game Day 6:30pm Chess Club	March 9 8:30am Yoga (Donation Based) 1:30pm Game Day 6:30pm Chess Club	March 10 8:30am Yoga (Donation Based) 1:30pm Game Day 6:30pm Chess Club	March 11 8:30am Yoga (Donation Based) 1:30pm Game Day 6:30pm Chess Club
March 12 8:30am Yoga (Donation Based) 1:30pm Game Day 6:30pm Chess Club	March 13 8:30am Yoga (Donation Based) 1:30pm Game Day 6:30pm Chess Club	March 14 8:30am Yoga (Donation Based) 1:30pm Game Day 6:30pm Chess Club	March 15 8:30am Yoga (Donation Based) 1:30pm Game Day 6:30pm Chess Club	March 16 8:30am Yoga (Donation Based) 1:30pm Game Day 6:30pm Chess Club	March 17 8:30am Yoga (Donation Based) 1:30pm Game Day 6:30pm Chess Club	March 18 8:30am Yoga (Donation Based) 1:30pm Game Day 6:30pm Chess Club
March 19 8:30am Yoga (Donation Based) 1:30pm Game Day 6:30pm Chess Club	March 20 8:30am Yoga (Donation Based) 1:30pm Game Day 6:30pm Chess Club	March 21 8:30am Yoga (Donation Based) 1:30pm Game Day 6:30pm Chess Club	March 22 8:30am Yoga (Donation Based) 1:30pm Game Day 6:30pm Chess Club	March 23 8:30am Yoga (Donation Based) 1:30pm Game Day 6:30pm Chess Club	March 24 8:30am Yoga (Donation Based) 1:30pm Game Day 6:30pm Chess Club	March 25 8:30am Yoga (Donation Based) 1:30pm Game Day 6:30pm Chess Club
March 26 8:30am Yoga (Donation Based) 1:30pm Game Day 6:30pm Chess Club	March 27 8:30am Yoga (Donation Based) 1:30pm Game Day 6:30pm Chess Club	March 28 8:30am Yoga (Donation Based) 1:30pm Game Day 6:30pm Chess Club	March 29 8:30am Yoga (Donation Based) 1:30pm Game Day 6:30pm Chess Club	March 30 8:30am Yoga (Donation Based) 1:30pm Game Day 6:30pm Chess Club	March 31 8:30am Yoga (Donation Based) 1:30pm Game Day 6:30pm Chess Club	April 1 8:30am Yoga (Donation Based) 1:30pm Game Day 6:30pm Chess Club

## Upcoming events

We've got some great energy coming into the ICH in March! Our activities and events get people together to share common interests (or even spark new ones). Join us for one of our upcoming classes. Download March's calendar [here](#) or visit the [Events](#) page on our website.

If you have an idea for a class or program that would be a good fit for Island Community House, please, reach out to Katie at [info@islandcommunityhouse.org](mailto:info@islandcommunityhouse.org)

## Aging Better Together



### WILL YOU BE OUR VALENTINE?

On February 14, the Island Community House hosted the Village Neighbors Valentine's Day party for members and volunteers. We had a wonderful afternoon of delicious cakes and cookies, of getting to know one another better through team events. The Ocean Bay Chorus provided the afternoons entertainment, a blend of beautiful voices and familiar music favorites. And at the end of the event, each "valentine" was given a rose. We were thrilled to have so many join in the day's festivities.

## NEW SERVICES from

# Village Neighbors in March!

## OFF ISLAND TRANSPORTATION

*We will begin offering off-island transport in March.* The distance must be 60 miles or less, one way, and it will count as two requests, as these trips will require a larger time commitment from our volunteers and provide members with the opportunity for transport to medical specialists and expand their shopping opportunities.

## PHONE BUDDY

A volunteer who accepts this service will be paired with the member for a month, with the volunteer calling to check in 2 or 3 times a month. They will review the calendar of events for the upcoming month and check if there are any service requests the member needs filled. It's a way to keep in touch with our members and to help ensure we're providing the services they need.

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