



# Island Community House

## May 2026



Sunday      Monday      Tuesday      Wednesday      Thursday      Friday      Saturday

<p>26 9-10am: Yoga</p> <p>5-6pm: Sound Bath</p>	<p>27 8-9am: Yoga*</p> <p>1-4pm: Games</p> <p>1-3pm: Bingo- Chincoteague Center</p>	<p>28</p> <p>6pm: Needlepoint Class 1</p>	<p>29 8-9am: Yoga*</p> <p>1-3pm: Sit n Stitch</p> <p>6pm: 500 Piece Puzzle Race</p>	<p>30</p> <p>1-4pm: Games</p>	<p>May 1 8-9am: Yoga*</p> <p>9-10am: Walk &amp; Talk</p> <p>4-4:45pm: Chair Yoga</p>	<p>2</p>
<p>3 10-11am: Yoga</p> <p>11am- 12:15pm: Yoga with Massage Assist</p>	<p>4 8-9am: Yoga*</p> <p>1-4pm: Games</p>	<p>5</p> <p>6pm: Needlepoint Class 2</p>	<p>6 8-9am: Yoga*</p> <p>1-3pm: Sit n Stitch</p>	<p>7</p> <p>1-4pm: Games</p>	<p>8 8-9am: Yoga*</p> <p>9-10am: Walk &amp; Talk</p> <p>4-4:45pm: Chair Yoga</p>	<p>9</p>
<p>10 10-11am: Yoga</p>	<p>11 8-9am: Yoga*</p> <p>1-4pm: Games</p>	<p>12 10am: BOD Meeting</p> <p>1pm: Glass Painting Class</p> <p>6pm: needle point class 3</p>	<p>13 8-9am: Yoga*</p> <p>1-3pm: Sit n Stitch</p>	<p>14 11am-12pm: Aging and Driving: A 'We Need to Talk' Seminar</p> <p>1-4pm: Games</p>	<p>15 8-9am: Yoga*</p> <p>9-10am: Walk &amp; Talk</p>	<p>16</p>
<p>17 10-11am: Yoga</p>	<p>18 8-9am: Yoga*</p> <p>1-4pm: Games</p> <p>1-3pm: Bingo- Chincoteague Center</p>	<p>19 10am-12pm: VN Coffee Talk</p> <p>3-4pm: Spanish Conversation Group</p> <p>6pm: Board of Directors Interest Meeting</p>	<p>20 8-9am: Yoga*</p> <p>1-3pm: Sit n Stitch</p> <p>10am-4pm: Yard Sale Donations Accepted →</p>	<p>21 1-4pm: Games</p>	<p>22 8-9am: Yoga*</p> <p>9-10am: Walk &amp; Talk</p>	<p>23</p>
<p>24 10-11am: Yoga*</p> <p>31 10-11am: Yoga</p>	<p>25 8-9am: Yoga*</p> <p>11am-8pm: Blackfin Gives Back Fundraiser</p> <p>Closed for Memorial Day.</p>	<p>26</p> <p>6pm: 500 Piece Puzzle Race</p>	<p>27 8-9am: Yoga*</p> <p>1-3pm: Sit n Stitch</p> <p>5:30-8:30pm: Community Game night</p>	<p>28 11am-12:30pm: Community Luncheon</p> <p>1-4pm: Games</p>	<p>29 8-9am: Yoga*</p> <p>9-10am: Walk &amp; Talk</p> <p>4-4:45pm: Chair Yoga</p>	<p>30</p>

**Yard & Bake Sale**

12-4pm | 8am-12pm

\*at Robert Reed Park

**Our Mission: Providing an accessible space, where all persons can gather for programs to enrich social, emotional, physical, and intellectual needs.**

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6246 Mumford Street  
Chincoteague Island, VA 23336

## **FREE Weekly Community Programs**

**Drop in or become a regular!**

### **Afternoon Games**

#### **Mondays & Thursdays, 1-4pm**

Try a new game or play an old favorite, come ready to meet new people, or bring a friend or two! Snacks welcome.

### **Sit n' Stich · Wednesdays, 1-3pm**

Bring your handheld project and join us for an afternoon of casual crafting and community. Ask project advice or show off your latest creation!

### **Walk & Talk · Fridays, 9-10am**

Get your steps in! Meet outside shortly before 9am for a 1.5-mile walk around downtown Chincoteague.

## **Paid Programs**

### **Gentle Vinyasa Yoga · \$20**

#### **Sundays, 10-11am**

A slow, supportive flow linking movement with breath. Expect simple sequences and plenty of options. Designed to feel grounding, easeful, and accessible. No experience necessary. For payment, please bring cash or pay your instructor directly via Venmo.

### **Chair Yoga · \$20**

#### **Select Fridays, 4-4:45pm**

Explore the benefits of a chair Yoga class. Ideal for beginners, seniors, or those with limited ability. For payment, please bring cash or pay via Venmo.

### **Needlepoint Class Series · \$65**

#### **Tuesdays, April 28, May 5, & 12, 6-8pm**

Learn how to needlepoint and make your own watermelon can cozy! Participants are registered for all three classes. All materials are provided! Advanced registration required. Call or sign up via Facebook.

### **Yoga with Massage Assist · \$55**

#### **Sunday, May 3, 11am-12:15pm**

Join Chincoteague Yoga Collective for a gentle class designed to melt away tension through slow, mindful movement, with massage assists throughout! We'll end in stillness, where touch will help the nervous system unwind. Sign up: <https://tinyurl.com/ICH-yoga>.

### **Glass Painting Class**

#### **\$10 with advance RSVP, \$15 day of**

#### **Tuesday, May 12, 1pm**

Paint and personalize a glass frame with guidance from volunteer Karen. Enjoy a relaxed, beginner-friendly session and leave with a piece ready to take home. All materials are provided. Seats are limited! Call or message on Facebook.

### **Bingo at the Chincoteague Center**

#### **\$5 a card or 5 cards for \$20**

#### **Monday, April 27 & May 18, 1-3pm**

6155 Community Dr

Try your luck at Bingo for some great prizes! No daubers needed. 20 games. Refreshments by donation.

### **500 Piece Puzzle Race · \$25/team**

#### **Wednesday, May 26, 6pm**

Compete solo or with a partner to finish a 500-piece puzzle first. The prize is awarded for the fastest solve, and all teams take home their puzzle! Pizza provided! Advanced registration required. Call or sign up via Facebook event.

## **SPOTLIGHT EVENTS!**



### **Board of Directors Interest Meeting**

#### **Tuesday, May 19, 6pm**

Meet and mingle with current board members and ICH representatives to learn what board service looks like and the impact you can make in the community. Ask questions, explore the role, and see if it's a good fit.

### **Yard & Bake Sale**

#### **Friday, May 22, 12-4pm**

#### **Saturday, May 23, 8am-12pm**

Shop a mix of yard sale finds and baked goods. Browse, grab a treasure or treat, and support the community! Item donations may be dropped off on Wednesday and Thursday from 10am-4pm.

### **Blackfin Gives Back Fundraiser**

#### **Memorial Day Monday, May 25, 11am-8pm**

#### **7085 Maddox Boulevard**

Dine at Blackfin Island Grill & Tapas Lounge and enjoy a great meal while giving back. A portion of sales will be donated to support Island Community House programs.

## **FREE & Donation Based Events**

### **Yoga \*at Robert Reed Park**

#### **Mondays, Wednesdays, Fridays, 8-9am**

Led by the Chincoteague Yoga Collective. A steady, breath-linked flow that builds warmth and strength, with time to explore poses and options. Classes are donation-based (suggested \$20). In case of rain, we move inside to the Island Community House. Bring a mat (\$2 rentals available); cash or Venmo accepted.

### **Aging and Driving: A 'We Need to Talk'**

#### **Seminar · Tuesday, May 14, 11am-12pm**

Are you worried about your loved one's driving? It may be time to consider whether they should limit or stop driving. In the free virtual seminar from AARP, you'll get tips to help you assess an older adult's driving skills and tools to help you have these important family conversations on driving.

### **Village Neighbors Coffee Talk with Tidal**

#### **Health · Tuesday, May 19, 10am-12pm**

TidalHealth will present Beat the Heat and Hydration Awareness, a timely look at staying safe and healthy as warmer weather approaches. Enjoy a light snack, coffee or tea, and learn practical tips. This program is hosted by Village Neighbors and is completely FREE. Questions/RSVP: 757-349-9969

### **Grupo de Conversación en Español**

#### **Spanish Conversation Group**

#### **Tuesday, May 19, 3-4pm**

Practice Spanish in a relaxed, low-pressure setting as we continue shaping this new conversation group. Join Village Neighbors at the Island Community House for our next gathering. All are welcome, and participation is completely FREE. Questions/RSVP: 757-349-9969

### **Community Game Night**

#### **Wednesday, May 27, 5:30-8:30pm**

Try a new game or play an old favorite, come ready to meet new people, or bring a friend or two! Snacks welcome.

### **Community Luncheon**

#### **Thursday, May 28, 11am-12:30pm**

Join your community for a meal! Everyone is welcome. Donations encouraged. Valet parking provided by Village Neighbors. RSVP is appreciated but not required.