

UP ISLAND COUNCIL ON AGING 508-693-2896
DECEMBER 2022

SUN	MON	TUE	WED	THU	FRI	SAT
	OFFICE HOURS MONDAY – FRIDAY 8:30-4:00 CLOSED HOLIDAYS					
				1 9 & 9:35 STRENGTH & FITNESS W/KATRYN*	2 9 & 9:35 STRENGTH & FITNESS W/KATRYN* 9:30 YOGA W/MARTHA ABBOTT* 1P WATERCOLOR	3
4	5 9 & 9:35 STRENGTH & FITNESS W/KATRYN* 9:30 YOGA W/MARTHA ABBOTT*	6 9 & 9:35 STRENGTH & FITNESS W/KATRYN* 11:30 YOGA W/KANTA* 10AM NORWAY HOLIDAY LIGHTS LIVE WALKING TOUR	7 9:30 YOGA W/MARTHA ABBOTT* 10AM FITNESS W/MARGARITTA KELLY 3PM LEARN TO TANGO	8 9 & 9:35 STRENGTH & FITNESS W/KATRYN* COAST TO COAST MOBILE HAIRCUTS THE HOWES HOUSE	9 9 & 9:35 STRENGTH & FITNESS W/KATRYN* 9:30 YOGA W/MARTHA ABBOTT* 1P WATERCOLOR	10
11	12 9 & 9:35 STRENGTH & FITNESS W/KATRYN* 9:30 YOGA W/MARTHA ABBOTT* 10:30 PARKINSON'S SUPPORT GROUP	13 9 & 9:35 STRENGTH & FITNESS W/KATRYN* 11:30 YOGA W/KANTA*	14 9:30 YOGA W/MARTHA ABBOTT* 10AM FITNESS W/MARGARITTA KELLY PATTI MELLO LEGAL CLINIC 508-477-0267	15 9 & 9:35 STRENGTH & FITNESS W/KATRYN*	16 9 & 9:35 STRENGTH & FITNESS W/KATRYN* 9:30 YOGA W/MARTHA ABBOTT* 1P WATERCOLOR	17
18 	19 9 & 9:35 STRENGTH & FITNESS W/KATRYN* 9:30 YOGA W/MARTHA ABBOTT* PEDI CARE CLINIC BY APPOINTMENT	20 9 & 9:35 STRENGTH & FITNESS W/KATRYN* 11:30 YOGA W/KANTA*	21 9:30 YOGA W/MARTHA ABBOTT* 10AM FITNESS W/MARGARITTA KELLY	22 9 & 9:35 STRENGTH & FITNESS W/KATRYN*	23 COA CLOSING AT NOON	24
25 	26 COA CLOSED 	27 9 & 9:35 STRENGTH & FITNESS W/KATRYN* 11:30 YOGA W/KANTA*	28 9:30 YOGA W/MARTHA ABBOTT* 10AM FITNESS W/MARGARITTA KELLY	29 9 & 9:35 STRENGTH & FITNESS W/KATRYN*	30 9 & 9:35 STRENGTH & FITNESS W/KATRYN* 9:30 YOGA W/MARTHA ABBOTT* 1P WATERCOLOR	31

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, FITNESS \$12 (PRICES SUBJECT TO CHANGE WITHOUT NOTICE)

ONGOING SERVICES:

- OUTREACH
- FUEL ASSISTANCE
- SNAP (FORMERLY FOOD STAMPS)
- GOVERNMENT SURPLUS FOOD DISTRIBUTION
- NOTARY SERVICES
- LIFELINE AND BE SAFER AT HOME
- DURABLE MEDICAL EQUIPMENT
- TELEPHONE REASSURANCE CALLS
- FILE OF LIFE
- SHINE (INSURANCE SPECIALISTS)

AT HOME COVID TEST KITS AVAILABLE AT THE HOWES HOUSE

THE FOLLOWING PROGRAMS ARE VIRTUAL THROUGH ZOOM OR GOOGLE MEETING:

*STRENGTH + FITNESS W/KATRYN- MON, TUES, THURS, FRI- 9 AND 9:35AM- GOOGLE MEETING – EMAIL KATRYNYERDON@PRODIGY.NET FOR MEETING INFO

*YOGA W/MARTHA ABBOTT – MONDAY, WEDNESDAY AND FRIDAY 9:30 (VIRTUAL DOORS OPEN AT 9) EMAIL SPIRITMOVESYOU@GMAIL.COM FOR LOG IN INFO

*KANTA'S GENTLE YOGA – TUESDAYS @11:30 ZOOM MEETING ID 824 4775 7861
PASSCODE 709904

DECEMBER SPECIAL EVENTS AT THE HOWES HOUSE:

TUESDAY DECEMBER 6TH – 10AM NORWAY HOLIDAY LIGHTS LIVE WALKING TOUR VIA ZOOM OR COME IN AND WATCH IT AT THE HOWES HOUSE ON THE BIG SCREEN



JUST IN TIME FOR THE HOLIDAYS! DECEMBER 8TH

MOBILE HAIRCUTS AT THE HOWES HOUSE BY APPOINTMENT ONLY \$25



Try Transit

We Got You Covered!



Try Transit on us this holiday season!

November 25, 2022 – December 31, 2022



Fare has been prepaid by the MA legislation