

# UP ISLAND COUNCIL ON AGING 508-693-2896

## MAY 2023

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* 9:30 YOGA W/MARTHA ABBOTT* PEDI CARE CLINIC RESCHEDULED FROM 4/24	2 9 & 9:35 STRENGTH & FITNESS W/KATRYN* 11:30 YOGA W/KANTA* 9:30-11:30 MATTER OF BALANCE AT HH 2-5 BRIDGE	3 9:30 YOGA W/MARTHA ABBOTT* 10A FITNESS W/MARGARITA AT HH 11A YOGA W/KAT AT THE HH	4 9 & 9:35 STRENGTH & FITNESS W/KATRYN* COAST TO COAST MOBILE HAIRCUTS BY APPT 9:30-3	5  9 & 9:35 STRENGTH & FITNESS W/KATRYN* 9:30 YOGA W/MARTHA ABBOTT* 1PM WATERCOLOR	6
7	8 9 & 9:35 STRENGTH & FITNESS W/KATRYN* 9:30 YOGA W/MARTHA ABBOTT* PARKINSONS SUPPORT GROUP IN PERSON AT THE HOWES HOUSE 1PM	9 9 & 9:35 STRENGTH & FITNESS W/KATRYN* 11:30 YOGA W/KANTA* VOLUNTEER FAIR 1-3 NO BRIDGE TODAY	10 9:30 YOGA W/MARTHA ABBOTT* 10A FITNESS W/MARGARITA HH 11A YOGA W/KAT AT THE HH CONNI BAKER LEGAL CLINIC 508-477-0267	11 9 & 9:35 STRENGTH & FITNESS W/KATRYN* 12:30 BRING A BROWN BAG LUNCH AT THE HOWES HOUSE	12 9 & 9:35 STRENGTH & FITNESS W/KATRYN* 9:30 YOGA W/MARTHA ABBOTT* 1PM WATERCOLOR	13
14 	15 9 & 9:35 STRENGTH & FITNESS W/KATRYN* 9:30 YOGA W/MARTHA ABBOTT* 9-10:30 FRIENDS COFFEE & CONVERSATION WITH BETHANY HAMMOND AT THE CHILMARK LIBRARY	16 9 & 9:35 STRENGTH & FITNESS W/KATRYN* 11:30 YOGA W/KANTA* 9:30-11:30 MATTER OF BALANCE AT HH 2-5 BRIDGE	17 9:30 YOGA W/MARTHA ABBOTT* 10A FITNESS W/MARGARITA HH 11A YOGA W/KAT AT THE HH CONNI BAKER LEGAL CLINIC 508-477-0267	18 9 & 9:35 STRENGTH & FITNESS W/KATRYN* 10-11 THE GREAT PYRAMIDS BY CAMEL ZOOM @HH 12:30 BRING A BROWN BAG LUNCH @HH	19 9 & 9:35 STRENGTH & FITNESS W/KATRYN* 9:30 YOGA W/MARTHA ABBOTT* 1PM WATERCOLOR	20 
21	22 9 & 9:35 STRENGTH & FITNESS W/KATRYN* 9:30 YOGA W/MARTHA ABBOTT* PEDI CARE CLINIC BY APPOINTMENT 1-3 STEAMSHIP AUTHORITY PRESENTATION	23 9 & 9:35 STRENGTH & FITNESS W/KATRYN* 11:30 YOGA W/KANTA* 9:30-11:30 MATTER OF BALANCE AT HH 2-5 BRIDGE AUDIOLOGY CLINIC BY APPOINTMENT	24 9:30 YOGA W/MARTHA ABBOTT* 10A FITNESS W/MARGARITA HH 11A YOGA W/KAT AT THE HH	25 9 & 9:35 STRENGTH & FITNESS W/KATRYN* 12:30 BRING A BROWN BAG LUNCH AT THE HOWES HOUSE	26 9 & 9:35 STRENGTH & FITNESS W/KATRYN* 9:30 YOGA W/MARTHA ABBOTT* 1PM WATERCOLOR	27
28	29  CLOSED MEMORIAL DAY	30 9 & 9:35 STRENGTH & FITNESS W/KATRYN* 11:30 YOGA W/KANTA* 9:30-11:30 MATTER OF BALANCE AT HH 2-5 BRIDGE AUDIOLOGY CLINIC BY APPOINTMENT	31 9:30 YOGA W/MARTHA ABBOTT* 10A FITNESS W/MARGARITA HH 11A YOGA W/KAT AT THE HH		LEGEND HH = HOWES HOUSE	

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](mailto: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](mailto:SPIRITMOVESYOU@GMAIL.COM) FOR LOG IN INFO – EXCITING  
ANNOUNCEMENT --- STARTING JUNE 2<sup>ND</sup> MARTHA WILL BE HOLDING HER MONDAY & FRIDAY  
CLASSES HYBRID FROM THE HOWES HOUSE

\*KANTA'S GENTLE YOGA – TUESDAYS @11:30 EMAIL [KANTALIPSKY@GMAIL.COM](mailto:KANTALIPSKY@GMAIL.COM) FOR  
MEETING INFO

### UPCOMING SPECIAL EVENTS AT THE HOWES HOUSE:

- MATTER OF BALANCE CLASSES TUESDAYS 9:30-11:30 MAY 2, 16, 23 & 30
- BRIDGE IS BACK AT THE HOWES HOUSE TUESDAY 2-5
- WEEKLY LUNCHEONS ARE BACK AT THE HOWES HOUSE THURSDAYS AT 12:30 PM –  
PREREGISTER REQUIRED EACH WEEK BY TUESDAY 508-693-2896
- MAY 4<sup>TH</sup> COAST TO COAST MOBILEHAIRCUTSIS RETURNING TO THE HOWES HOUSE – BASIC  
HAIRCUTS \$25 – BY APPOINTMENT ONLY 508-693-2896
- MAY 9<sup>TH</sup> VOLUNTEER FAIR AT THE HOWES HOUSE 1:00-3:00
- MAY 18<sup>TH</sup> A LIVE GUIDED WALKING TOUR OF THE GREAT PYRAMIDS BY CAMEL 10-11AM – VIA  
ZOOM OR IN PERSON ON THE BIG SCREEN AT THE HOWES HOUSE
- MAY 22<sup>ND</sup> STEAMSHIP AUTHORITY PROGRAM 1-3 PM