

**UP ISLAND COUNCIL ON AGING 508-693-2896**  
**NOVEMBER 2022**

SUN	MON	TUE	WED	THU	FRI	SAT
<b>OFFICE HOURS</b>	<b>MONDAY - FRIDAY</b>	<b>8:30-4:00 CLOSED HOLIDAYS</b>				
		1 9 & 9:35 STRENGTH & FITNESS W/KATRYN* 11:30 YOGA W/KANTA* 10:30 FIRE SAFETY WITH CHILMARK FIRE CHIEF JEREMY BRADSHAW – IN PERSON AT THE HOWES HOUSE	2	3 9 & 9:35 STRENGTH & FITNESS W/KATHRYN*	4 9 & 9:35 STRENGTH & FITNESS W/KATRYN* 10:30 YOGA W/MARTHA ABBOTT* 1P WATERCOLOR	5
6 	7 9 & 9:35 STRENGTH & FITNESS W/KATRYN* 10:30 YOGA W/MARTHA ABBOTT* PARKINSON'S SUPPORT GROUP 10:30	8 9 & 9:35 STRENGTH & FITNESS W/KATRYN* 11:30 YOGA W/KANTA* 10-11AM VENETIAN LAGOON: GLASS BLOWING EXPERIENCE ON MURANO ISLAND A LIVE WALKING TOUR	9 10AM FITNESS WITH MARGARITA AT THE HOWES HOUSE PATTI MELLO LEGAL CLINIC 508-477-0267 3PM LEARN TO TANGO	10 9 & 9:35 STRENGTH & FITNESS W/KATRYN*	11 <b>COA CLOSED</b> 	12
13	14 9 & 9:35 STRENGTH & FITNESS W/KATRYN* 10:30 YOGA W/MARTHA ABBOTT*	15 9 & 9:35 STRENGTH & FITNESS W/KATRYN* 11:30 YOGA W/KANTA*	16 10 AM FITNESS W/MARGARITA AT HOWES HOUSE  3PM LEARN TO TANGO	17 9 & 9:35 STRENGTH & FITNESS W/KATRYN* FRIENDSGIVING LUNCHEON 12 NOON	18 9 & 9:35 STRENGTH & FITNESS W/KATRYN* 10:30 YOGA W/MARTHA ABBOTT* 1:00 WATERCOLOR	19
20	21 9 & 9:35 STRENGTH & FITNESS W/KATRYN* 10:30 YOGA W/MARTHA ABBOTT*	22 9 & 9:35 STRENGTH & FITNESS W/KATRYN* 11:30 YOGA W/KANTA* AUDIOLOGY CLINIC BY APPOINTMENT	23 10 AM FITNESS W/MARGARITA AT THE HOWES HOUSE	24 <b>COA CLOSED</b> 	25 <b>COA CLOSED</b> 	26
27	28 9 & 9:35 STRENGTH & FITNESS W/KATRYN* 10:30 YOGA W/MARTHA ABBOTT* PEDICARE CLINIC BY APPOINTMENT	29 9 & 9:35 STRENGTH & FITNESS W/KATRYN* 11:30 YOGA W/KANTA*	30 10 AM FITNESS W/MARGARITA AT THE HOWES HOUSE  3PM LEARN TO TANGO			

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
- 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: THE COA HAS COVID TEST KITS!

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 AND FRIDAY 10:30 (DOORS OPEN AT 10) EMAIL [SPIRITMOVESYOU@GMAIL.COM](mailto:SPIRITMOVESYOU@GMAIL.COM) FOR LOG IN INFO
- \*KANTA'S GENTLE YOGA – TUESDAYS @11:30 ZOOM MEETING ID 824 4775 7861 PASSCODE 709904

#### NOVEMBER SPECIAL EVENTS AT THE HOWES HOUSE:

TUESDAY NOVEMBER 8<sup>TH</sup> 10-11AM VENETIAN LAGOON: GLASS BLOWING EXPERIENCE ON MURANO ISLAND A LIVE WALKING TOUR – WATCH VIA ZOOM OR COME IN TO THE HOWES HOUSE AND WATCH IT ON THE BIG SCREEN

WEDNESDAYS NOV. 9<sup>TH</sup>, 16<sup>TH</sup>, 30<sup>TH</sup> & DEC 7<sup>TH</sup> – COME LEARN TO TANGO AT THE HOWES HOUSE 3-4P



THURSDAY NOVEMBER 17<sup>TH</sup>

12 NOON AT THE HOWES HOUSE

The Up-Island Police Departments (Aquinnah, Chilmark & West Tisbury) have joined forces to host a FRIENDSGIVING LUNCHEON Please RSVP 508-693-2896

