

UP ISLAND COUNCIL ON AGING 508-693-2896
APRIL 2023

SUN	MON	TUE	WED	THU	FRI	SAT
	OFFICE HOURS MONDAY – FRIDAY 8:30-4:00	CLOSED HOLIDAYS				1 APRIL FOOLS DAY
2 PALM SUNDAY	3 9 & 9:35 STRENGTH & FITNESS w/KATRYN* 9:30 YOGA w/MARTHA ABBOTT*	4 9 & 9:35 Strength & Fitness w/Katryn* 11:30 Yoga w/Kanta* 9:30-11:30 MATTER OF BALANCE AT HH BRIDGE 2-5	5 PASSOVER BEGINS 9:30 Yoga w/Martha Abbott* 10A Fitness w/Margarita at HH 11A Yoga w/Kat HH	6 9 & 9:35 Strength & Fitness w/Katryn * 12:30 TENTATIVE WEEKLY LUNCHEON AT THE HOWES HOUSE	7 GOOD FRIDAY 9 & 9:35 Strength & Fitness w/Katryn* 9:30 Yoga w/Martha Abbott* 1P Watercolor	8
9 EASTER SUNDAY	10 9 & 9:35 Strength & Fitness w/Katryn* 9:30 Yoga w/Martha Abbott* PARKINSONS SUPPORT GROUP IN PERSON AT THE HOWES HOUSE 1:00 (NEW TIME)	11 9 & 9:35 Strength & Fitness w/Katryn* 11:30 Yoga w/Kanta* 9:30-11:30 MATTER OF BALANCE AT HH BRIDGE 2-5	12 9:30 Yoga w/Martha Abbott* 10A Fitness w/Margarita at HH 11A Yoga w/Kat HH Conni Baker Legal Clinic 508-477-0267	13 9 & 9:35 Strength & Fitness w/Katryn * 12:30 TENTATIVE WEEKLY LUNCHEON AT THE HOWES HOUSE	14 9 & 9:35 Strength & Fitness w/Katryn* 9:30 Yoga w/Martha Abbott* 1P Watercolor	15
16	17 COA CLOSED  PATRIOT DAY	18 TAX DAY 9 & 9:35 Strength & Fitness w/Katryn* 11:30 Yoga w/Kanta* 9:30-11:30 MATTER OF BALANCE AT HH BRIDGE 2-5	19 9:30 Yoga w/Martha Abbott* 10A Fitness w/Margarita at HH 11A Yoga w/Kat HH	20 9 & 9:35 Strength & Fitness w/Katryn * 12:30 TENTATIVE WEEKLY LUNCHEON AT THE HOWES HOUSE	21 9 & 9:35 Strength & Fitness w/Katryn* 9:30 Yoga w/Martha Abbott* 1P Watercolor	22 EARTH DAY Six!
23	24 9 & 9:35 Strength & Fitness w/Katryn* 9:30 Yoga w/Martha Abbott* PEDI CARE CLINIC BY APPOINTMENT	25 9 & 9:35 Strength & Fitness w/Katryn* 11:30 Yoga w/Kanta* 9:30-11:30 MATTER OF BALANCE AT HH AUDIOLOGY CLINIC BY APPOINTMENT BRIDGE 2-5	26 9:30 Yoga w/Martha Abbott* 10A Fitness w/Margarita at HH 11A Yoga w/Kat HH	27 9 & 9:35 Strength & Fitness w/Katryn * 12:30 TENTATIVE WEEKLY LUNCHEON AT THE HOWES HOUSE	28 9 & 9:35 Strength & Fitness w/Katryn* 9:30 Yoga w/Martha Abbott* 1P Watercolor	29
30					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 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 EMAIL KANTALIPSKY@gmail.com FOR MEETING INFO

UPCOMING SPECIAL EVENTS AT THE HOWES HOUSE:

- MATTER OF BALANCE CLASSES TUESDAYS 9:30-11:30 APRIL 4, 11, 18, 25 & MAY 2, 16, 23 & 30 PRE-REGISTRATION REQUIRED 508-693-2896
- BRIDGE IS BACK AT THE HOWES HOUSE TUESDAYS FROM 2-5
- WEEKLY LUNCHEONS ARE BACK AT THE HOWES HOUSE BEGINNING APRIL 6TH AT 12:30 PM – PREREGISTER REQUIRED EACH WEEK BY TUESDAY 508-693-2896
- APRIL 9TH EASTER MEAL DELIVERED TO YOUR DOOR – MUST ORDER BY MONDAY APRIL 3RD 508-693-2896
- APRIL 22ND WE'RE GOING BACK TO THE THEATER! SIX THE MUSICAL AT THE PROVIDENCE PERFORMING ART CENTER – 508-693-2896
- MAY 4TH COAST TO COAST MOBILEHAIRCUTSIS RETURNING TO THE HOWES HOUSE – BASIC HAIRCUTS \$25 – BY APPOINTMENT ONLY 508-693-2896
- MAY 9TH VOLUNTEER FAIR AT THE HOWES HOUSE 1:00-3:00
- MAY 18TH A LIVE GUIDED WALKING TOUR OS THE GREAT PYRAMIDS BY CAMEL 10-11AM – VIA ZOOM OR IN PERSON ON THE BIG SCREEN AT THE HOWES HOUSE