

Up Island Council on Aging 508-693-2896
FEBRUARY 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	OFFICE HOURS MONDAY – FRIDAY 8:30-4:00	CLOSED HOLIDAYS				
			1 9:30 Yoga w/Martha Abbott* 10A Fitness w/Margarita in person 12:30 The Resource Group (TRI) housing rehabilitation program at the Howes House	2 9 & 9:35 Strength & Fitness w/Katryn	3 9 & 9:35 Strength & Fitness w/Katryn* 9:30 Yoga w/Martha Abbott* 1P Watercolor	4
5	6 9 & 9:35 Strength & Fitness w/Katryn* 9:30 Yoga w/Martha Abbott*	7 9 & 9:35 Strength & Fitness w/Katryn* 11:30 Yoga w/Kanta* 12:30 The Colorful & Lively Fishing Harbor of Mbour, Senegal - Zoom or in person at the Howes House	8 9:30 Yoga w/Martha Abbott* 10A Fitness w/Margarita in person at the Howes House Conni Baker Legal Clinic 508-477-0267	9 9 & 9:35 Strength & Fitness w/Katryn	10 9 & 9:35 Strength & Fitness w/Katryn* 9:30 Yoga w/Martha Abbott* 1P Watercolor	11
12	13 9 & 9:35 Strength & Fitness w/Katryn* Parkinsons Support Group in person at the Howes House 1:30 (new time)	14 9 & 9:35 Strength & Fitness w/Katryn* 11:30 Yoga w/Kanta* STOP BY THE HOWES HOUSE FROM 11-3 FOR SOME VALENTINE CHEER	15 9:30 Yoga w/Martha Abbott* 10A Fitness w/Margarita in person at the Howes House	16 9 & 9:35 Strength & Fitness w/Katryn *	17 9 & 9:35 Strength & Fitness w/Katryn* 9:30 Yoga w/Martha Abbott* 1P Watercolor 1:30-3 Writing Through in person at the Howes House	18
19	20 COA CLOSED 	21 9 & 9:35 Strength & Fitness w/Katryn* 11:30 Yoga w/Kanta*	22 9:30 Yoga w/Martha Abbott* 10A Fitness w/Margarita in person at the Howes House 1:30-3 Writing Through in person at the Howes House	23 9 & 9:35 Strength & Fitness w/Katryn	24 9 & 9:35 Strength & Fitness w/Katryn* 9:30 Yoga w/Martha Abbott* 1P Watercolor 1:30-3 Writing Through in person at the Howes House	25
26	27 9 & 9:35 Strength & Fitness w/Katryn* 11:30 Yoga w/Kanta* 1:30-3 Writing Through in person at the Howes House	28 9 & 9:35 Strength & Fitness w/Katryn* 11:30 Yoga w/Kanta* Audiology Clinic by Appointment				

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

SPECIAL EVENTS AT THE HOWES HOUSE:

Tuesday February 7th 12:30-1:30pm

The Colorful and Lively Fishing Harbor of Mbour, Senegal - A Live Walking Tour

Join us via Zoom or here at The Howes House to watch on the big screen



Our visit to the artisanal fishing port of Mbour starts at the area where artisanal handmade fishing boats called pirogues, are made and represent all the different kinds of fishing boats traditionally used. We will also visit the area for women of the market who transform fresh fish products into dried products to sell. Walk with us in the crowd of fishermen, fish sellers, buyers and all those who are present to seize the many job opportunities offered by the port.

WRITING THROUGH

Sharing Your Thoughts Through Poetry & Prose

Lead by founder Sue Guiney

5 Session Course Wed 2/15; Fri 2/17; Wed 2/22; Fri 2/24 & Mon 2/27 1:30-3:00

Free and Open to the Public – Registration is Required



FEB 14

STOP BY THE HOWES HOUSE 11-3 FOR SOME VALENTINE'S CHEER