

# UP ISLAND COUNCIL ON AGING APRIL 2024 508-693-2896

SUN	MON	TUE	WED	THU	FRI	SAT
	OPEN MONDAY – FRIDAY 8:30 AM – 4:00PM	CLOSED HOLIDAYS	LEGEND HH – HOWES HOUSE			
	1 *9 & 9:35 STRENGTH & FITNESS W/KATRYN *9:15 YOGA W/MARTHA ABBOTT 7-9 KNITTERS GROUP	2 *9 & 9:35 STRENGTH & FITNESS W/KATRYN 10-11am Hooked on Crochet – All levels welcome *11:30 YOGA W/KANTA 2-5 BRIDGE	3 OFF ISLAND SHOPPING TRIP – Call to sign up *9:15 YOGA W/MARTHA ABBOTT 10A FITNESS W/MARGARITA AT HH 10-11AM HULA FLOW W/SHANTA GABRIEL	4 *9 & 9:35 STRENGTH & FITNESS W/KATRYN * 12:30 WEEKLY LUNCH SIGN UP BY MONDAY AT NOON	5 *9:15 YOGA W/MARTHA ABBOTT *9 & 9:35 STRENGTH & FITNESS W/KATRYN 9:30-11:30 CRYSTAL BALANCING INDIVIDUAL 30 MIN SESSIONS 1P WATERCOLOR	6
7 S I M F O N I E T T A 2-3:30	8 *9 & 9:35 STRENGTH & FITNESS W/KATRYN* *9:15 YOGA W/MARTHA ABBOTT 1PM PARKINSON'S SUPPORT GROUP 7-9 KNITTERS GROUP	9 *9 & 9:35 STRENGTH & FITNESS W/KATRYN 10-11am Hooked on Crochet – All levels welcome *11:30 YOGA W/KANTA 2-5 BRIDGE	10 *9:15 YOGA W/MARTHA ABBOTT 10A FITNESS W/MARGARITA AT HH ~10-11AM HULA FLOW W/SHANTA GABRIEL ~12 Noon SOUP LUNCHEON ~CONNI BAKER LEGAL CLINIC 508-477-0267	11 *9 & 9:35 STRENGTH & FITNESS W/KATRYN * 11AM SMART PHONE HELP 12:30 WEEKLY LUNCH SIGN UP BY MONDAY AT NOON	12 *9:15 YOGA W/MARTHA ABBOTT *9 & 9:35 STRENGTH & FITNESS W/KATRYN CPR TRAINING 9-12 9:30-11:30 CRYSTAL BALANCING INDIVIDUAL 30 MIN SESSIONS 1P WATERCOLOR	13
14 S I M F O N I E T T A 2-3:30	15 *9 & 9:35 STRENGTH & FITNESS W/KATRYN* *9:15 YOGA W/MARTHA ABBOTT 7-9 KNITTERS GROUP	16 9 & 9:35 STRENGTH & FITNESS W/KATRYN* 10 SAMARITANS PRESENTATION 10-11am Hooked on Crochet – All levels welcome 11:30 YOGA W/KANTA* 2-5 BRIDGE	17 9:15 YOGA W/MARTHA ABBOTT 10A FITNESS W/MARGARITA ~10-11AM HULA FLOW W/SHANTA GABRIEL ~1:30P PROCRAFTINATORS HANDMADE CARDS	18 *9 & 9:35 STRENGTH & FITNESS W/KATRYN * 11AM SMART PHONE HELP 12:30 WEEKLY LUNCH SIGN UP BY MONDAY AT NOON	19 *9:15 YOGA W/MARTHA ABBOTT *9 & 9:35 STRENGTH & FITNESS W/KATRYN* 9:30-11:30 CRYSTAL BALANCING INDIVIDUAL 30 MIN SESSIONS 1P WATERCOLOR	20
21 S I M F O N I E T T A 2-3:30	22 *9 & 9:35 STRENGTH & FITNESS W/KATRYN* *9:15 YOGA W/MARTHA ABBOTT 1PM PARKINSON'S SUPPORT GROUP PEDICARE CLINIC BY APPOINTMENT* 7-9 KNITTERS GROUP	23 *9 & 9:35 STRENGTH & FITNESS W/KATRYN* *11:30 YOGA W/KANTA 10-11am Hooked on Crochet – All levels welcome 2-5 BRIDGE AUDIOLOGY CLINIC BY APPOINTMENT*	24 *9:15 YOGA W/MARTHA ABBOTT 10A FITNESS W/MARGARITA AT HH 10-11AM HULA FLOW W/SHANTA GABRIEL	25 *9 & 9:35 STRENGTH & FITNESS W/KATRYN 11AM SMART PHONE HELP 12:30 WEEKLY LUNCH SIGN UP BY MONDAY AT NOON	26 *9:15 YOGA W/MARTHA ABBOTT *9 & 9:35 STRENGTH & FITNESS W/KATRYN 9:30-11:30 CRYSTAL BALANCING INDIVIDUAL 30 MIN SESSIONS 1P WATERCOLOR	27 C O M P A N Y
28 S I M F O N I E T T A 2-3:30	29 *9:15 YOGA W/MARTHA ABBOTT **9 & 9:35 STRENGTH & FITNESS W/KATRYN 7-9 KNITTERS GROUP	30 *9 & 9:35 STRENGTH & FITNESS W/KATRYN *11:30 YOGA W/KANTA 10-11am Hooked on Crochet – All levels welcome 2-5 BRIDGE				

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)
- MONTHLY GOVERNMENT 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:

YOGA W/MARTHA ABBOTT – MONDAY, WEDNESDAY AND FRIDAY 9:15 (VIRTUAL DOORS OPEN AT 9) EMAIL [SPIRITMOVESYOU@GMAIL.COM](mailto:SPIRITMOVESYOU@GMAIL.COM) FOR LOG IN INFO

\*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

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

#### HOWES HOUSE EVENTS:

- Wednesdays 10-11 Hula Flow
- 1<sup>ST</sup> Wednesday of the month the Off-Island Shopping Trips
- 2<sup>nd</sup> Wednesday of the month @ 12 Noon Soup & Table Games
- 3<sup>rd</sup> Wednesday of the month @1:30 proCRAFTinators
- Weekly luncheon Thursdays at 12:30 Suggested donation \$4 -sign up Monday by noon ☺
- Crystal Balancing (30-minute private sessions) Fridays 9:30-11:30am
- Fun Fitness with Margarita 10am Wednesdays
- Bridge Tuesdays 2-5
- Knitting Mondays 7pm
- Sinfonietta Orchestra Sundays 2-3:30pm

#### Preview of Upcoming Events – Call to sign up 508-693-2896

- WRITING THROUGH in collaboration with the Chilmark Public Library – May 15, 17, 22, 29 11am – 1pm with the final session TBD – sign up required
- A MATTER OF BALANCE We are excited to be hosting the next series here at the UPICOA in May and June – Dates TBD – Sign up required

MAY SPECIAL EVENTS ARE LISTED ON THE CALENDAR IN RED