

UP ISLAND COUNCIL ON AGING DECEMBER 2023 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 9:15 YOGA W/MARTHA ABBOTT - HYBRID 9 & 9:35 STRENGTH & FITNESS W/KATRYN* 1P WATERCOLOR	2
3	4 9:15 YOGA W/MARTHA ABBOTT - HYBRID 9 & 9:35 STRENGTH & FITNESS W/KATRYN* 7-9 KNITTERS GROUP	5 9 & 9:35 STRENGTH & FITNESS W/KATRYN* 11:30 YOGA W/KANTA* 2-5 BRIDGE	6 FALMOUTH SHOPPING TRIP 9:15 YOGA W/MARTHA ABBOTT* 10A FITNESS W/MARGARITA AT HH	7 9 & 9:35 STRENGTH & FITNESS W/KATRYN * 12:30 WEEKLY LUNCH SIGN UP BY MONDAY AT NOON 	8 9:15 YOGA W/MARTHA ABBOTT - HYBRID 9 & 9:35 STRENGTH & FITNESS W/KATRYN* 1P WATERCOLOR	9
10	11 9:15 YOGA W/MARTHA ABBOTT - HYBRID 9 & 9:35 STRENGTH & FITNESS W/KATRYN* 1PM PARKINSON'S SUPPORT GROUP 7-9 KNITTERS GROUP	12 9 & 9:35 STRENGTH & FITNESS W/KATRYN* 11:30 YOGA W/KANTA* 2-5 BRIDGE	13 9:15 YOGA W/MARTHA ABBOTT* 10A FITNESS W/MARGARITA AT HH SOUP & CHARADES 12 NOON CONNI BAKER LEGAL CLINIC 508-477-0267	14 9 & 9:35 STRENGTH & FITNESS W/KATRYN * 12:30 WEEKLY LUNCH SIGN UP BY MONDAY AT NOON	15 9:15 YOGA W/MARTHA ABBOTT - HYBRID 9 & 9:35 STRENGTH & FITNESS W/KATRYN* 1P WATERCOLOR	16
17	18 9:15 YOGA W/MARTHA ABBOTT – HYBRID PEDI CARE CLINIC BY APPOINTMENT 9 & 9:35 STRENGTH & FITNESS W/KATRYN* 7-9 KNITTERS GROUP	19 9 & 9:35 STRENGTH & FITNESS W/KATRYN* 11:30 YOGA W/KANTA* 2-5 BRIDGE AUDIOLOGY CLINIC BY APPOINTMENT*	20 9:15 YOGA W/MARTHA ABBOTT* 10A FITNESS W/MARGARITA AT HH 1:30P PROCRAFTINATORS WILL BE GIFT WRAPPING!	21 9 & 9:35 STRENGTH & FITNESS W/KATRYN * 12:30 WEEKLY LUNCH SIGN UP BY MONDAY AT NOON	22 CLOSE AT NOON 	23
24 31	25 CLOSED 	26 9 & 9:35 STRENGTH & FITNESS W/KATRYN* 11:30 YOGA W/KANTA* 2-5 BRIDGE 	27 9:15 YOGA W/MARTHA ABBOTT* 10A FITNESS W/MARGARITA AT HH	28 9 & 9:35 STRENGTH & FITNESS W/KATRYN * 12:30 WEEKLY LUNCH SIGN UP BY MONDAY AT NOON	29 9:15 YOGA W/MARTHA ABBOTT - HYBRID 9 & 9:35 STRENGTH & FITNESS W/KATRYN* 1P WATERCOLOR	30

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:

*STRENGTH + FITNESS W/KATRYN- MON, TUES, THURS, FRI- 9 AND 9:35AM- GOOGLE MEETING – EMAIL KATRYNYERDON@PRODIGY.NET FOR MEETING INFO

*KANTA'S GENTLE YOGA – TUESDAYS @11:30 EMAIL KANTALIPSKY@GMAIL.COM FOR MEETING INFO

HOWES HOUSE EVENTS:

- YOGA W/MARTHA ABBOTT – MONDAY, WEDNESDAY AND FRIDAY ZOOM 9:15 (VIRTUAL DOORS OPEN AT 9) EMAIL SPIRITMOVESYOU@GMAIL.COM FOR LOG IN INFO
- WEDNESDAYS 10AM FIT FUN FITNESS WITH MARGARITA AT THE HOWES HOUSE
- DISCUSSION GROUP IS ON HIATUS
- PARKINSON'S SUPPORT GROUP - 2ND AND 4TH MONDAY OF EVERY MONTH AT 1:00 PM
- BRIDGE AT THE HOWES HOUSE MONDAYS 2-5PM (BRING A PARTNER) PLEASE MAIL BEAPHEAR2@GMAIL.COM TO REGISTER
- MAH JONG (AMERICAN AND CHINESE) WEDNESDAYS AT 1:30PM
- WEEKLY LUNCH AT THE HOWES HOUSE THURSDAYS AT 12:30PM – PREREGISTER EACH WEEK BY MONDAYS BY 10A 508-693-2896 – SUGGESTED WEEKLY VOLUNTARY DONATION \$4