

UP ISLAND COUNCIL ON AGING JANUARY 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 CLOSED 	2 9 & 9:35 STRENGTH & FITNESS W/KATRYN* 11:30 YOGA W/KANTA* 2-5 BRIDGE	3 9:15 YOGA W/MARTHA ABBOTT* 10A FITNESS W/MARGARITA AT HH OFF ISLAND SHOPPING TRIP	4 9 & 9:35 STRENGTH & FITNESS W/KATRYN* 12:30 WEEKLY LUNCH SIGN UP BY MONDAY AT NOON 2-3:30 LIVE TO 100: SECRETS OF THE BLUE ZONE	5 9:15 YOGA W/MARTHA ABBOTT* 9 & 9:35 STRENGTH & FITNESS W/KATRYN* 1P WATERCOLOR	6
7	8 9:15 YOGA W/MARTHA ABBOTT* 9 & 9:35 STRENGTH & FITNESS W/KATRYN* 1PM PARKINSON'S SUPPORT GROUP 7-9 KNITTERS GROUP	9 9 & 9:35 STRENGTH & FITNESS W/KATRYN* 11:30 YOGA W/KANTA* 2-5 BRIDGE	10 9:15 YOGA W/MARTHA ABBOTT CONNI BAKER LEGAL CLINIC 508-477-0267 10A FITNESS W/MARGARITA AT HH 12 NOON SOUP & games	11 9 & 9:35 STRENGTH & FITNESS W/KATRYN* 12:30 WEEKLY LUNCH SIGN UP BY MONDAY AT NOON 2-3:30 LIVE TO 100: SECRETS OF THE BLUE ZONE	12 9:15 YOGA W/MARTHA ABBOTT* 9 & 9:35 STRENGTH & FITNESS W/KATRYN* 1P WATERCOLOR	13
14	15 CLOSED 	16 9 & 9:35 STRENGTH & FITNESS W/KATRYN* 11:30 YOGA W/KANTA* 2-5 BRIDGE	17 9:15 YOGA W/MARTHA ABBOTT 10A FITNESS W/MARGARITA 1:30P PRO-CRAFTINATORS	18 9 & 9:35 STRENGTH & FITNESS W/KATRYN* 12:30 WEEKLY LUNCH SIGN UP BY MONDAY AT NOON 2-3:30 LIVE TO 100: SECRETS OF THE BLUE ZONE	18 9:15 YOGA W/MARTHA ABBOTT* 9 & 9:35 STRENGTH & FITNESS W/KATRYN* 1P WATERCOLOR	20
21	22 9:15 YOGA W/MARTHA ABBOTT* PEDI-CARE CLINIC ON HIATUS 9 & 9:35 STRENGTH & FITNESS W/KATRYN* 1PM PARKINSON'S SUPPORT GROUP 7-9 KNITTERS GROUP	23 9 & 9:35 STRENGTH & FITNESS W/KATRYN* 11:30 YOGA W/KANTA* 2-5 BRIDGE AUDIOLOGY CLINIC BY APPOINTMENT*	24 9:15 YOGA W/MARTHA ABBOTT 10A FITNESS W/MARGARITA AT HH	25 9 & 9:35 STRENGTH & FITNESS W/KATRYN* 12:30 WEEKLY LUNCH SIGN UP BY MONDAY AT NOON 2-3:30 LIVE TO 100: SECRETS OF THE BLUE ZONE	26 9:15 YOGA W/MARTHA ABBOTT* 9 & 9:35 STRENGTH & FITNESS W/KATRYN* 1P WATERCOLOR	27
28	29 9 & 9:35 STRENGTH & FITNESS W/KATRYN* 9:15 YOGA W/MARTHA ABBOTT* 10AM TRI PRESENTATION 7-9 KNITTERS GROUP	30 9 & 9:35 STRENGTH & FITNESS W/KATRYN* 11:30 YOGA W/KANTA* 2-5 BRIDGE	31 9:15 YOGA W/MARTHA ABBOTT* 10A FITNESS W/MARGARITA AT HH CONNI BAKER LEGAL CLINIC 508-477-0267			

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 FOR LOG IN INFO

*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:

- WEDNESDAYS 10AM FIT FUN FITNESS WITH MARGARITA AT THE HOWES HOUSE
- BRIDGE AT THE HOWES HOUSE MONDAYS 2-5PM (BRING A PARTNER) MUST EMAIL BEAPHEAR2@GMAIL.COM TO REGISTER
- 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
- SPECIAL EVENTS LISTED ON THE CALENDAR IN RED