

# UP ISLAND COUNCIL ON AGING 508-693-2896

## JULY 2023

W

SUN	MON	TUE	WED	THU	FRI	SAT
	OPEN MONDAY – FRIDAY 8:30 AM – 4:00PM	CLOSED HOLIDAYS	LEGEND HH – HOWES HOUSE			1
2	3 9:30 YOGA W/MARTHA ABBOTT - HYBRID 9 & 9:35 STRENGTH & FITNESS W/KATRYN*	4 <b>CLOSED</b> 	5 9:30 YOGA W/MARTHA ABBOTT* 10A FITNESS W/MARGARITA AT HH	6 9 & 9:35 STRENGTH & FITNESS W/KATRYN* 12:30 WEEKLY BROWN BAG LUNCH AT THE HH	7 9:30 YOGA W/MARTHA ABBOTT - HYBRID 9 & 9:35 STRENGTH & FITNESS W/KATRYN* 1P WATERCOLOR	8
9	10 9:30 YOGA W/MARTHA ABBOTT - HYBRID 9 & 9:35 STRENGTH & FITNESS W/KATRYN* PARKINSON'S SUPPORT GROUP IN PERSON AT THE HOWES HOUSE 1:00	11 9AM QIGONG W/NAN DOTY 9 & 9:35 STRENGTH & FITNESS W/KATRYN* 11:30 YOGA W/KANTA* 1:30-3 DISCUSSION GROUP ON THE PATIO BRIDGE 2-5 IGI MOBILE MARKET 3-5PM	12 9:30 YOGA W/MARTHA ABBOTT* 10A FITNESS W/MARGARITA AT HH 2PM CHILMARK LIBRARY UP ISLAND COA INFO W/ SUSAN MERRILL, OUTREACH COORDINATOR CONNI BAKER LEGAL CLINIC 508-477-0267	13 9 & 9:35 STRENGTH & FITNESS W/KATRYN* 12:30 WEEKLY BROWN BAG LUNCH AT THE HH	14 9:30 YOGA W/MARTHA ABBOTT - HYBRID 9 & 9:35 STRENGTH & FITNESS W/KATRYN* 1P WATERCOLOR	15
16	17 9:30 YOGA W/MARTHA ABBOTT - HYBRID 9 & 9:35 STRENGTH & FITNESS W/KATRYN*	18 9AM QIGONG W/NAN DOTY 9 & 9:35 STRENGTH & FITNESS W/KATRYN* 11:30 YOGA W/KANTA* 1:30-3 DISCUSSION GROUP ON THE PATIO BRIDGE 2-5 AUDIOLOGY CLINIC BY APPOINTMENT* IGI MOBILE MARKET 3-5PM	19 9:30 YOGA W/MARTHA ABBOTT* 10A FITNESS W/MARGARITA AT HH 1:30-2:30 ProCRAFTINATORS	20 9 & 9:35 STRENGTH & FITNESS W/KATRYN* 11A POMPEII WITH AN ARCHITECT ZOOM LUVE WALKING TOUR 12:30 WEEKLY BROWN BAG LUNCH AT THE HH	21 9:30 YOGA W/MARTHA ABBOTT - HYBRID 9 & 9:35 STRENGTH & FITNESS W/KATRYN*	22
23	24 9:30 YOGA W/MARTHA ABBOTT - HYBRID 9 & 9:35 STRENGTH & FITNESS W/KATRYN* PEDI CARE CLINIC BY APPOINTMENT	25 9AM QIGONG W/NAN DOTY 9 & 9:35 STRENGTH & FITNESS W/KATRYN* 11:30 YOGA W/KANTA* 1:30-3 DISCUSSION GROUP ON THE PATIO BRIDGE 2-5 IGI MOBILE MARKET 3-5PM	26 9:30 YOGA W/MARTHA ABBOTT* 10A FITNESS W/MARGARITA AT HH	27 9 & 9:35 STRENGTH & FITNESS W/KATRYN* 12:30 WEEKLY BROWN BAG LUNCH AT THE HH 1:30 TRAILS MV INFO	28 9:30 YOGA W/MARTHA ABBOTT - HYBRID 9 & 9:35 STRENGTH & FITNESS W/KATRYN* 1P WATERCOLOR	29
30	31 9 & 9:35 STRENGTH & FITNESS W/KATRYN* 9:30 YOGA W/MARTHA ABBOTT - HYBRID					

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 OR HYBRID (IN PERSON AT THE HOWES HOUSE OR VIA ZOOM) THROUGH ZOOM OR GOOGLE MEETING:

\*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

\*YOGA W/MARTHA ABBOTT – MONDAY (HYBRID IN PERSON/OR ZOOM AT THE HOWES HOUSE), WEDNESDAY (ZOOM) AND FRIDAY (HYBRID IN PERSON/OR ZOOM AT THE HOWES HOUSE), 9:30 (VIRTUAL DOORS OPEN AT 9) EMAIL [SPIRITMOVESYOU@GMAIL.COM](mailto:SPIRITMOVESYOU@GMAIL.COM) FOR LOG IN INFO

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

#### HOWES HOUSE EVENTS:

- TUESDAYS AT 9AM QIGONG WITH NAN DOTY AT THE HOWES HOUSE
- WEDNESDAYS 10A FITNESS WITH MARGARITA AT HOWES HOUSE
- 2PM CHILMARK LIBRARY- UP ISLAND COA INFO WITH SUSAN MERRILL, OUTREACH COORDINATOR
- JULY 20<sup>TH</sup> 11AM-12PM POMPEII WITH AN ARCHAEOLOGIST!  
LIVE GUIDED WALKING TOUR AVAILABLE VIA ZOOM OR ON THE BIG SCREEN AT THE HOWES HOUSE.
- JULY 27<sup>TH</sup> 1:30PM TRAILS MV PRESENTATION
- DISCUSSION GROUP IN PERSON ON THE PATIO (WEATHER PERMITTING) TUESDAYS 1:30-3
- BRIDGE AT THE HOWES HOUSE TUESDAYS 2-5 (BRING A PARTNER) MUST EMAIL [BEAPHEAR2@GMAIL.COM](mailto:BEAPHEAR2@GMAIL.COM) TO REGISTER
- WEEKLY BRING A BROWN BAG LUNCH AT THE HOWES HOUSE THURSDAYS AT 12:30 PM – WE PROVIDE DESSERT & GREAT COMPANY ... PREREGISTER REQUIRED EACH WEEK BY TUESDAY 508-693-2896
- THE PROCRAFTINATORS 3<sup>RD</sup> WEDNESDAY OF EVERY MONTH 1:30-2:30PM
- IGI MOBILE MARKET TUESDAYS 3-5PM JULY 11<sup>TH</sup> – SEPTEMBER 26<sup>TH</sup>