

UP ISLAND COUNCIL ON AGING 508-693-2896

JUNE 2023

SUN	MON	TUE	WED	THU	FRI	SAT
	OFFICE HOURS MONDAY – FRIDAY 8:30-4:00	CLOSED HOLIDAYS	LEGEND HH = HOWES HOUSE	1 9 & 9:35 Strength & Fitness w/Katryn * 12:30 PM WEEKLY BRING A BROWN BAG LUNCH AT THE HH	2 9 & 9:35 Strength & Fitness w/Katryn* 9:30 Yoga w/Martha Abbott - Hybrid 1P Watercolor	3
4	5 9 & 9:35 Strength & Fitness w/Katryn* 9:30 Yoga w/Martha Abbott - Hybrid	6 9 & 9:35 Strength & Fitness w/Katryn* 11:30 Yoga w/Kanta* 11A QUEER ARGENTINA: LIVE WALKING TOUR DISCUSSION GROUP ON THE PATIO 1:30-3 BRIDGE 2-5	7 9:30 Yoga w/Martha Abbott* 10A Fitness w/Margarita at HH 11A Yoga w/Kat HH	8 9 & 9:35 Strength & Fitness w/Katryn * 12:30 PM WEEKLY BRING A BROWN BAG LUNCH AT THE HH	9 9 & 9:35 Strength & Fitness w/Katryn* 9:30 Yoga w/Martha Abbott - Hybrid 1P Watercolor	10
11 VINEYARD SINFONIETTA CONCERT 2:00PM HOWES HOUSE	12 9 & 9:35 Strength & Fitness w/Katryn* 9:30 Yoga w/Martha Abbott - Hybrid PARKINSONS SUPPORT GROUP IN PERSON AT THE HOWES HOUSE 1:00	13 POLLY HILL SPRING PICNIC & GARDEN TOUR 12 9 & 9:35 Strength & Fitness w/Katryn* 11:30 Yoga w/Kanta* DISCUSSION GROUP ON THE PATIO 1:30-3 BRIDGE 2-5	14 9:30 Yoga w/Martha Abbott* 10A Fitness w/Margarita at HH 11A Yoga w/Kat HH Conni Baker Legal Clinic 508-477-0267	15 9 & 9:35 Strength & Fitness w/Katryn * 12:30 PM WEEKLY BRING A BROWN BAG LUNCH AT THE HH COFFEE & CONVERSATION WITH THE FRIENDS OF THE UP ISLAND COA – 1PM AT THE OUTERMOST INN AQUINNAH	16 9 & 9:35 Strength & Fitness w/Katryn* 9:30 Yoga w/Martha Abbott - Hybrid 1P Watercolor	17
18 	19 CLOSED JUNETEENTH Celebrate Freedom JUNE 19	20 9 & 9:35 Strength & Fitness w/Katryn* 11:30 Yoga w/Kanta* DISCUSSION GROUP ON THE PATIO 1:30-3 BRIDGE 2-5	21  9:30 Yoga w/Martha Abbott* 10A Fitness w/Margarita at HH 11A Yoga w/Kat HH 1:30-2:30 ProCRAFTINATORS	22 9 & 9:35 Strength & Fitness w/Katryn * 12:30 PM WEEKLY BRING A BROWN BAG LUNCH AT THE HH	23 9 & 9:35 Strength & Fitness w/Katryn* 9:30 Yoga w/Martha Abbott* ANNUAL HOWES HOUSE ART SHOW 12-4	24 HOWES HOUSE ART SHOW 10- 2
25	26 9 & 9:35 Strength & Fitness w/Katryn* 9:30 Yoga w/Martha Abbott - Hybrid PEDI CARE CLINIC BY APPOINTMENT	27 9 & 9:35 Strength & Fitness w/Katryn* 11:30 Yoga w/Kanta* AUDIOLOGY CLINIC BY APPOINTMENT DISCUSSION GROUP ON THE PATIO 1:30-3 BRIDGE 2-5	28 9:30 Yoga w/Martha Abbott* 10A Fitness w/Margarita at HH 11A Yoga w/Kat HH	29 9 & 9:35 Strength & Fitness w/Katryn * 12:30 PM WEEKLY BRING A BROWN BAG LUNCH AT THE HH	30 9 & 9:35 Strength & Fitness w/Katryn* 9:30 Yoga w/Martha Abbott - Hybrid 1P Watercolor	

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 FOR MEETING INFO

*Yoga w/Martha Abbott – Monday (**HYBRID IN PERSON/or ZOOM AT THE HOWES HOUSE**), Wednesday and Friday (**HYBRID IN PERSON/or ZOOM AT THE HOWES HOUSE**), 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

HOWES HOUSE EVENTS:

- 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 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
- JUNE 6TH 11AM QUEER ARGENTINA: LIVE WALKING TOUR VIA ZOOM OR COME WATCH WITH US AT THE HOWES HOUSE ON THE BIG SCREEN
- JUNE 11TH VINEYARD SINFONIETTA CONCERT AT THE HOWES HOUSE 2:00PM
- JUNE 13TH ANNUAL POLLY HILL SPRING PICNIC & GARDEN TOUR 12PM
- JUNE 21ST JOIN OUR NEWEST PROGRAM – THE ProCRAFTinators 3RD WEDNESDAY OF EVERY MONTH 1:30-2:30PM – JUNE WE WILL BE MAKING SOAP!
- FRIDAY JUNE 23RD 12-4 & SATURDAY JUNE 24TH 10-2 ANNUAL HOWES HOUSE ART SHOW