

# UP ISLAND COUNCIL ON AGING OCTOBER 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	2 9:15 YOGA W/MARTHA ABBOTT - HYBRID 9 & 9:35 STRENGTH & FITNESS W/KATRYN 12 NOON SOUP & SCATTERGORIES 7-9 KNITTERS GROUP	3 9 & 9:35 STRENGTH & FITNESS W/KATRYN* 11:30 YOGA W/KANTA* 2-5 BRIDGE	4 9:15 YOGA W/MARTHA ABBOTT* 10A FITNESS W/MARGARITA AT HH 1:30 MAH JONG	5 9 & 9:35 STRENGTH & FITNESS W/KATRYN * 12:30 WEEKLY LUNCH SIGN UP BY MONDAY AT NOON DERBY FISH DISTRIBUTION	6 9:15 YOGA W/MARTHA ABBOTT - HYBRID 9 & 9:35 STRENGTH & FITNESS W/KATRYN* 1P WATERCOLOR	7
8	9 CLOSED  In recognition of Indigenous Peoples' Day  Holiday Closure	10 9 & 9:35 STRENGTH & FITNESS W/KATRYN* 11:30 YOGA W/KANTA* 2-5 BRIDGE	11 9:15 YOGA W/MARTHA ABBOTT* CONNI BAKER LEGAL CLINIC 508-477-0267 10A FITNESS W/MARGARITA AT HH 1:30 MAH JONG	12 9 & 9:35 STRENGTH & FITNESS W/KATRYN * 12:30 WEEKLY LUNCH SIGN UP BY MONDAY AT NOON DERBY FISH DISTRIBUTION	13 9:15 YOGA W/MARTHA ABBOTT – ZOOM ONLY 9 & 9:35 STRENGTH & FITNESS W/KATRYN* 1P WATERCOLOR	14
15	16 9:15 YOGA W/MARTHA ABBOTT - HYBRID 9 & 9:35 STRENGTH & FITNESS W/KATRYN* 7-9 KNITTERS GROUP	17 9 & 9:35 STRENGTH & FITNESS W/KATRYN* 11:30 YOGA W/KANTA* 2-5 BRIDGE	18 9:15 YOGA W/MARTHA ABBOTT* 10A FITNESS W/MARGARITA 1:30 MAH JONG 2PM CIDER STROLL @ POLLY HILL	19 9 & 9:35 STRENGTH & FITNESS W/KATRYN * 12:30 WEEKLY LUNCH SIGN UP BY MONDAY AT NOON 1:30-2:15 AQUINNAH LIBRARY – OUTREACH COORDINATOR SUSAN MERRILL ANSWERS ?'S ABOUT OUR SERVICES	20 9:15 YOGA W/MARTHA ABBOTT - HYBRID 9 & 9:35 STRENGTH & FITNESS W/KATRYN* 1P WATERCOLOR	21
22	23 9:15 YOGA W/MARTHA ABBOTT – HYBRID PEDI CARE CLINIC BY APPOINTMENT 9 & 9:35 STRENGTH & FITNESS W/KATRYN* 10:30 FRIENDS OF COA MONTHLY MEETING 7-9 KNITTERS GROUP	24 9 & 9:35 STRENGTH & FITNESS W/KATRYN* 11:30 YOGA W/KANTA* 2-5 BRIDGE AUDIOLOGY CLINIC BY APPOINTMENT*	25 9:15 YOGA W/MARTHA ABBOTT* 10A FITNESS W/MARGARITA AT HH 1:30 MAH JONG	26 9 & 9:35 STRENGTH & FITNESS W/KATRYN * 12:30 WEEKLY LUNCH SIGN UP BY MONDAY AT NOON 2PM NAVIGATOR HOMES PRESENTATION	27 9:15 YOGA W/MARTHA ABBOTT - HYBRID 9 & 9:35 STRENGTH & FITNESS W/KATRYN* 1P WATERCOLOR	28
29	30 9 & 9:35 STRENGTH & FITNESS W/KATRYN* 9:15 YOGA W/MARTHA ABBOTT - HYBRID 2PM GHOST STORIES WITH HOLLY NADLER 7-9 KNITTERS GROUP	31 9 & 9:35 STRENGTH & FITNESS W/KATRYN* 11:30 YOGA W/KANTA* 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:

\*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 – MONDAYS @11:30 EMAIL [KANTALIPSKY@GMAIL.COM](mailto:KANTALIPSKY@GMAIL.COM) FOR MEETING INFO

#### HOWES HOUSE EVENTS:

- 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), 9:15 (VIRTUAL DOORS OPEN AT 9) EMAIL [SPIRITMOVESYOU@GMAIL.COM](mailto:SPIRITMOVESYOU@GMAIL.COM) FOR LOG IN INFO
- WEDNESDAYS 10AM FIT FUN FITNESS WITH MARGARITA AT THE HOWES HOUSE
- DISCUSSION GROUP IS ON HIATUS
- BRIDGE AT THE HOWES HOUSE MONDAYS 2-5PM (BRING A PARTNER) MUST EMAIL [BEAPHEAR2@GMAIL.COM](mailto: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
- GHOST STORIES WITH HOLLY NADLER MONDAY OCTOBER 30 AT 2PM