

UP ISLAND COUNCIL ON AGING SEPTEMBER 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 	5 9 & 9:35 STRENGTH & FITNESS W/KATRYN* 11:30 YOGA W/KANTA* DISCUSSION GROUP ON HIATUS 2-5 BRIDGE 3-5 IGI MOBILE MARKET	6 9:15 YOGA W/MARTHA ABBOTT* 10A FITNESS W/MARGARITA AT HH 1:30 MAH JONG CONNI BAKER LEGAL CLINIC 508-477-0267	7 9 & 9:35 STRENGTH & FITNESS W/KATRYN * 12:30 WEEKLY LUNCH SIGN UP BY TUESDAY AT NOON	8 9:15 YOGA W/MARTHA ABBOTT – ZOOM ONLY 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 IN PERSON AT THE HOWES HOUSE 12 NOON ANNUAL LOBSTER PICNIC	12 9 & 9:35 STRENGTH & FITNESS W/KATRYN* 11:30 YOGA W/KANTA* DISCUSSION GROUP ON HIATUS 2-5 BRIDGE 3-5 IGI MOBILE MARKET AUDIOLOGY CLINIC BY APPOINTMENT*	13 9:15 YOGA W/MARTHA ABBOTT* 10A FITNESS W/MARGARITA AT HH 1:30 ProCRAFTINATORS 1:30 MAH JONG	14 9 & 9:35 STRENGTH & FITNESS W/KATRYN * 12:30 WEEKLY LUNCH SIGN UP BY TUESDAY AT NOON DERBY FISH DISTRIBUTION	15 9:15 YOGA W/MARTHA ABBOTT - HYBRID 9 & 9:35 STRENGTH & FITNESS W/KATRYN* 11:30 EMERGENCY PREPAREDNESS 101 1P WATERCOLOR	16
17	18 9:15 YOGA W/MARTHA ABBOTT - HYBRID 9 & 9:35 STRENGTH & FITNESS W/KATRYN* 10:30 FRIENDS OF COA MONTHLY MEETING DERBY FISH DISTRIBUTION	19 9 & 9:35 STRENGTH & FITNESS W/KATRYN* 11:30 YOGA W/KANTA* DISCUSSION GROUP ON HIATUS 2-5 BRIDGE 3-5 IGI MOBILE MARKET	20 9:15 YOGA W/MARTHA ABBOTT* 10A FITNESS W/MARGARITA AT HH 1:30 MAH JONG	21 9 & 9:35 STRENGTH & FITNESS W/KATRYN * 12:30 WEEKLY LUNCH SIGN UP BY TUESDAY AT NOON DERBY FISH DISTRIBUTION	22 9:15 YOGA W/MARTHA ABBOTT - HYBRID 9 & 9:35 STRENGTH & FITNESS W/KATRYN* 1P WATERCOLOR	23
24	25 9 & 9:35 STRENGTH & FITNESS W/KATRYN* 9:15 YOGA W/MARTHA ABBOTT - HYBRID PEDI CARE CLINIC BY APPOINTMENT DERBY FISH DISTRIBUTION	26 9 & 9:35 STRENGTH & FITNESS W/KATRYN* 10AM NAIROBI NATIONAL PARK LIVE WALKING TOUR 11:30 YOGA W/KANTA* DISCUSSION GROUP ON HIATUS 2-5 BRIDGE 3-5 IGI MOBILE MARKET	27 9:15 YOGA W/MARTHA ABBOTT* 10A FITNESS W/MARGARITA AT HH 1:30 MAH JONG	28 9:35 STRENGTH & FITNESS W/KATRYN * 12:30 WEEKLY LUNCH SIGN UP BY TUESDAY AT NOON DERBY FISH DISTRIBUTION	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)
- 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 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 (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 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 TUESDAYS 2-5PM (BRING A PARTNER) MUST EMAIL 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 TUESDAYS BY 10A 508-693-2896 – SUGGESTED WEEKLY VOLUNTARY DONATION \$4
- THE PROCRAFTINATORS 3RD WEDNESDAY EVERY MONTH AT 1:30
- IGI MOBILE MARKET TUESDAYS 3-5PM THRU SEPTEMBER 26TH
- NAIROBI NATIONAL PARK ~ LIVE WALKING TOUR VIA ZOOM OR IN PERSON ON THE BIG SCREEN AT THE HOWES HOUSE TUESDAY SEPTEMBER 26TH AT 10:00AM
- ANNUAL HOWES HOUSE LOBSTER PICNIC MONDAY SEPTEMBER 11TH AT NOON ... MUST PREREGISTER 508-693-2896