

UP ISLAND COUNCIL ON AGING MARCH 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 9:15 YOGA W/MARTHA ABBOTT 9 & 9:35 STRENGTH & FITNESS W/KATRYN* 1P WATERCOLOR	2
3 S I M F O N I E T T A 2-3:30	4 9 & 9:35 STRENGTH & FITNESS W/KATRYN* 9:15 YOGA W/MARTHA ABBOTT 7-9 KNITTERS GROUP	9 & 9:35 STRENGTH & FITNESS W/KATRYN* 11:30 YOGA W/KANTA* 10-11 HOOKED ON CROCHET 2-5 BRIDGE	6 9:15 YOGA W/MARTHA ABBOTT 10A FITNESS W/MARGARITA AT HH 10:30-11:30 HULA FLOW W/SHANTA GABRIEL	7 9 & 9:35 STRENGTH & FITNESS W/KATRYN* 11AM SMART PHONE HELP 12:30 WEEKLY LUNCH SIGN UP BY MONDAY AT NOON	8 9:15 YOGA W/MARTHA ABBOTT 9 & 9:35 STRENGTH & FITNESS W/KATRYN* 9:30-11:30 CRYSTAL BALANCING INDIVIDUAL 30 MIN SESSIONS 1P WATERCOLOR	9
10 S I M F O N I E T T A 2-3:30	11 9:15 9 & 9:35 STRENGTH & FITNESS W/KATRYN* 9:15 YOGA W/MARTHA ABBOTT 1PM PARKINSON'S SUPPORT GROUP 7-9 KNITTERS GROUP	12 9 & 9:35 STRENGTH & FITNESS W/KATRYN* 11:30 YOGA W/KANTA* 10-11 HOOKED ON CROCHET 2-5 BRIDGE	13 9:15 YOGA W/MARTHA ABBOTT 10A FITNESS W/MARGARITA 10:30-11:30 HULA FLOW W/SHANTA GABRIEL CONNI BAKER LEGAL CLINIC 508-477-0267 12 NOON SOUP SOCIAL	14 9 & 9:35 STRENGTH & FITNESS W/KATRYN* 11AM SMART PHONE HELP 12:30 WEEKLY LUNCH SIGN UP BY MONDAY AT NOON	15 9:15 YOGA W/MARTHA ABBOTT 9 & 9:35 STRENGTH & FITNESS W/KATRYN* 9:30-11:30 CRYSTAL BALANCING INDIVIDUAL 30 MIN SESSIONS 1P WATERCOLOR	16
17 S I M F O N I E T T A 2-3:30	18 9 & 9:35 STRENGTH & FITNESS W/KATRYN* 9:15 YOGA W/MARTHA ABBOTT 7-9 KNITTERS GROUP	19 9 & 9:35 STRENGTH & FITNESS W/KATRYN* 11:30 YOGA W/KANTA* 10-11 HOOKED ON CROCHET 2-5 BRIDGE AUDIOLOGY CLINIC BY APPOINTMENT*	20 9:15 YOGA W/MARTHA ABBOTT 10A FITNESS W/MARGARITA AT HH 10:30-11:30 HULA FLOW W/SHANTA GABRIEL 1:30P PROCRAFTINATORS EGG DECORATING	21 9 & 9:35 STRENGTH & FITNESS W/KATRYN* 11AM SMART PHONE HELP 12:30 WEEKLY LUNCH SIGN UP BY MONDAY AT NOON	22 9:15 YOGA W/MARTHA ABBOTT 9 & 9:35 STRENGTH & FITNESS W/KATRYN* 9:30-11:30 CRYSTAL BALANCING INDIVIDUAL 30 MIN SESSIONS 1P WATERCOLOR	23
24 S I M F O N I E T T A 2-3:30	25 9:15 YOGA W/MARTHA ABBOTT 9 & 9:35 STRENGTH & FITNESS W/KATRYN* 1PM PARKINSON'S SUPPORT GROUP 7-9 KNITTERS GROUP	26 9 & 9:35 STRENGTH & FITNESS W/KATRYN* 11:30 YOGA W/KANTA* 10-11 HOOKED ON CROCHET 2-5 BRIDGE	27 9:15 YOGA W/MARTHA ABBOTT 10A FITNESS W/MARGARITA AT HH 10:30-11:30 HULA FLOW W/SHANTA GABRIEL 2PM SUICIDE AWARENESS TRAINING / EDUCATION SESSION	28 9 & 9:35 STRENGTH & FITNESS W/KATRYN* 11AM SMART PHONE HELP 12:30 WEEKLY LUNCH SIGN UP BY MONDAY AT NOON	29 9:15 YOGA W/MARTHA ABBOTT 9 & 9:35 STRENGTH & FITNESS W/KATRYN* 9:30-11:30 CRYSTAL BALANCING INDIVIDUAL 30 MIN SESSIONS 1P WATERCOLOR	30
31						

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:

- Hooked on Crochet Tuesdays 10-11am
- Hula Flow Wednesdays 10:30-11:30am
- 1ST Wednesday of the month the Off-Island Shopping Trips
- 2nd Wednesday of the month @ 12 Noon Soup & Table Games
- 3rd Wednesday of the month @1:30 proCRAFTinators
- Wednesday 3/27 2PM Suicide Awareness Training and Education Session
- Thursdays in March 11AM – Smart Phone Help
- Weekly luncheon Thursdays at 12:30 Suggested donation \$4 -sign up Monday by noon ☺
- Crystal Balancing (30-minute private sessions) Fridays 9:30-11:30am
- Fun Fitness with Margarita 10am Wednesdays
- Bridge Tuesdays 2-5
- Knitting Mondays 7pm
- Sinfonietta Orchestra Sundays 2-3:30pm

SPECIAL EVENTS ARE LISTED ON THE CALENDAR IN RED