

UP ISLAND COUNCIL ON AGING MAY 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 10A FITNESS W/MARGARITA AT HH 10-11AM HULA FLOW W/SHANTA GABRIEL	2 *9 & 9:35 STRENGTH & FITNESS W/KATRYN * 12:30 WEEKLY LUNCH SIGN UP BY MONDAY AT NOON	3 *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	4
5 S I M F O N I E T T A 2-3:30	6 *9 & 9:35 STRENGTH & FITNESS W/KATRYN* *9:15 YOGA W/MARTHA ABBOTT 7-9 KNITTERS GROUP	7 *9 & 9:35 STRENGTH & FITNESS W/KATRYN 10-12 A MATTER OF BALANCE *11:30 YOGA W/KANTA 1:30-3 AMERICAN MAJ JONG 2-5 BRIDGE	8 *9:15 YOGA W/MARTHA ABBOTT 10A FITNESS W/MARGARITA AT HH ~10-11AM HULA FLOW W/SHANTA GABRIEL ~12 NOON SOUP LUNCHEON ~CONNI BAKER LEGAL CLINIC 508-477-0267	9 *9 & 9:35 STRENGTH & FITNESS W/KATRYN * 11AM SMART PHONE HELP 12:30 WEEKLY LUNCH SIGN UP BY MONDAY AT NOON 9AM COA BOARD=	10 *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	11
12 S I M F O N I E T T A 2-3:30	13 *9 & 9:35 STRENGTH & FITNESS W/KATRYN* *9:15 YOGA W/MARTHA ABBOTT 1PM PARKINSON'S SUPPORT GROUP 7-9 KNITTERS GROUP	14 9 & 9:35 STRENGTH & FITNESS W/KATRYN* 10-12 A MATTER OF BALANCE 11:30 YOGA W/KANTA* 1:30-3 AMERICAN MAJ JONG 2-5 BRIDGE	15 9:15 YOGA W/MARTHA ABBOTT 10A FITNESS W/MARGARITA ~10-11AM HULA FLOW W/SHANTA GABRIEL ~1:30P PROCRAFTINATORS SILK SCARF DYEING ~WRITING THROUGH 11A-1P @ CHILMARK LIBRARY	16 9 & 9:35 STRENGTH & FITNESS W/KATRYN* 11AM SMART PHONE HELP 12:30 WEEKLY LUNCH SIGN UP BY MONDAY AT NOON	17 *9:15 YOGA W/MARTHA ABBOTT *9 & 9:35 STRENGTH & FITNESS W/KATRYN* 9:30-11:30 CRYSTAL BALANCING INDIVIDUAL 30 MIN SESSIONS ~WRITING THROUGH 11A-1P @ CHILMARK LIBRARY 1P WATERCOLOR	18
19 S I M F O N I E T T A 2-3:30	20 *9 & 9:35 STRENGTH & FITNESS W/KATRYN* *9:15 YOGA W/MARTHA ABBOTT 7-9 KNITTERS GROUP	21 *9 & 9:35 STRENGTH & FITNESS W/KATRYN* 10-12 A MATTER OF BALANCE *11:30 YOGA W/KANTA 1:30-3 AMERICAN MAJ JONG 2-5 BRIDGE AUDIOLOGY CLINIC BY APPOINTMENT*	22 *9:15 YOGA W/MARTHA ABBOTT 10A FITNESS W/MARGARITA AT HH 10-11AM HULA FLOW W/SHANTA GABRIEL ~WRITING THROUGH 11A-1P @ CHILMARK LIBRARY	23 *9 & 9:35 STRENGTH & FITNESS W/KATRYN 11AM SMART PHONE HELP 12:30 WEEKLY LUNCH SIGN UP BY MONDAY AT NOON	24 *9:15 YOGA W/MARTHA ABBOTT *9 & 9:35 STRENGTH & FITNESS W/KATRYN 9:30-11:30 CRYSTAL BALANCING INDIVIDUAL 30 MIN SESSIONS ~WRITING THROUGH 11A-1P @ CHILMARK LIBRARY 1P WATERCOLOR	25
26 S I M F O N I E T T A 2-3:30	27 	28 *9 & 9:35 STRENGTH & FITNESS W/KATRYN 10-12 A MATTER OF BALANCE *11:30 YOGA W/KANTA 1:30-3 AMERICAN MAJ JONG 2-5 BRIDGE	29 *9:15 YOGA W/MARTHA ABBOTT 10A FITNESS W/MARGARITA AT HH 10-11AM HULA FLOW W/SHANTA GABRIEL ~WRITING THROUGH 11A-1P @ CHILMARK LIBRARY ~12 NOON LUNCHEON AQUINNAH TOWN HALL	30 *9 & 9:35 STRENGTH & FITNESS W/KATRYN 11AM SMART PHONE HELP 12:30 WEEKLY LUNCH SIGN UP BY MONDAY AT NOON	31 *9:15 YOGA W/MARTHA ABBOTT *9 & 9:35 STRENGTH & FITNESS W/KATRYN 9:30-11:30 CRYSTAL BALANCING INDIVIDUAL 30 MIN SESSIONS - SENIOR SAFE 10:30AM ~WRITING THROUGH 11A-1P @ CHILMARK LIBRARY 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)

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:

- KNITTING MONDAYS 7PM
- BRIDGE TUESDAYS 2-5
- AMERICAN MAHJONG TUESDAYS 1:30-3:00
- FUN FITNESS WITH MARGARITA 10AM WEDNESDAYS
- WEDNESDAYS 10-11 HULA FLOW
- 1ST WEDNESDAY OF THE MONTH OFF-ISLAND SHOPPING TRIPS - RESTARTING IN THE FALL
- 2ND WEDNESDAY OF THE MONTH @ 12 NOON SOUP & TABLE GAMES
- 3RD WEDNESDAY OF THE MONTH @1:30 PROCRAFTINATORS
- LUNCH AT THE AQUINNAH TOWN HALL - LAST WEDNESDAY OF THE MONTH AT NOON
- 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
- SINFONIETTA ORCHESTRA SUNDAYS 2-3:30PM
- WRITING THROUGH IN COLLABORATION WITH THE CHILMARK PUBLIC LIBRARY - MAY 15, 17, 22, 24, 29 & 31 11AM-1PM - SIGN UP REQUIRED
- A MATTER OF BALANCE WE ARE EXCITED TO BE HOSTING THE NEXT SERIES HERE AT THE UPICOA IN MAY AND JUNE - TUESDAYS 10AM-12PM - SIGN UP REQUIRED

MAY SPECIAL EVENTS ARE LISTED ON THE CALENDAR IN RED