

UP ISLAND COUNCIL ON AGING FEBRUARY 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 & 9:35 STRENGTH & FITNESS W/KATRYN * 12:30 WEEKLY LUNCH SIGN UP BY MONDAY AT NOON	2 9:15 YOGA W/MARTHA ABBOTT* 9 & 9:35 STRENGTH & FITNESS W/KATRYN* 1P WATERCOLOR	3
4	5 9:15 YOGA W/MARTHA ABBOTT* 9 & 9:35 STRENGTH & FITNESS W/KATRYN* 1PM PARKINSON'S SUPPORT GROUP 7-9 KNITTERS GROUP	6 9 & 9:35 STRENGTH & FITNESS W/KATRYN* 11:30 YOGA W/KANTA* 10-11 HOOKED ON CROCHET 2-5 BRIDGE	7 9:15 YOGA W/MARTHA ABBOTT 10A FITNESS W/MARGARITA AT HH OFF ISLAND SHOPPING TRIP	8 9 & 9:35 STRENGTH & FITNESS W/KATRYN * 12:30 WEEKLY LUNCH SIGN UP BY MONDAY AT NOON	9 9:15 YOGA W/MARTHA ABBOTT* 9 & 9:35 STRENGTH & FITNESS W/KATRYN* 1P WATERCOLOR	10
11	12 9:15 YOGA W/MARTHA ABBOTT* 9 & 9:35 STRENGTH & FITNESS W/KATRYN* 1PM PARKINSON'S SUPPORT GROUP 7-9 KNITTERS GROUP	13 9 & 9:35 STRENGTH & FITNESS W/KATRYN* 11:30 YOGA W/KANTA* 10-11 HOOKED ON CROCHET 2-5 BRIDGE	14 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 & games	15 9 & 9:35 STRENGTH & FITNESS W/KATRYN * 12:30 WEEKLY LUNCH SIGN UP BY MONDAY AT NOON	16 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	17
18	19  We will be CLOSED on PRESIDENT'S DAY	20 9 & 9:35 STRENGTH & FITNESS W/KATRYN* 11:30 YOGA W/KANTA* 10-11 HOOKED ON CROCHET 2-5 BRIDGE AUDIOLOGY CLINIC BY APPOINTMENT*	21 9:15 YOGA W/MARTHA ABBOTT 10A FITNESS W/MARGARITA AT HH 10:30-11:30 HULA FLOW W/SHANTA GABRIEL 1:30P PROCRAFTINATORS WILL BE MAKING PIN BOARDS	22 9 & 9:35 STRENGTH & FITNESS W/KATRYN * 12:30 WEEKLY LUNCH SIGN UP BY MONDAY AT NOON	23 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	24
25	26 9 & 9:35 STRENGTH & FITNESS W/KATRYN* 9:15 YOGA W/MARTHA ABBOTT* 7-9 KNITTERS GROUP	27 9 & 9:35 STRENGTH & FITNESS W/KATRYN* 11:30 YOGA W/KANTA* 10-11 HOOKED ON CROCHET 2-5 BRIDGE	28 9:15 YOGA W/MARTHA ABBOTT* 10A FITNESS W/MARGARITA AT HH 10:30-11:30 HULA FLOW W/SHANTA GABRIEL 11:30 OUR OUTREACH COORDINATOR SUSAN MERRILL WILL BE AT THE WT LIBRARY	29 9 & 9:35 STRENGTH & FITNESS W/KATRYN * 12:30 WEEKLY LUNCH SIGN UP BY MONDAY AT NOON	*MARTHA ABBOTT WILL BE ON HIATUS IN FEBRUARY	

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~~ ON HIATIS IN FEBRUARY

*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 are back!
- 2nd Wednesday of the month @ 12 Noon Soup & Table Games
- 3rd Wednesday of the month @1:30 proCRAFTinators
- 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

