| **+** | **UP ISLAND COUNCIL ON AGING APRIL 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**  **\*9:15 YOGA W/MARTHA ABBOTT**  **7-9 knitters group** | **2**  **^9 & 9:35 Strength & Fitness w/Katryn**  **10-11am Hooked on Crochet – All levels welcome**  **\*11:30 Yoga w/Kanta**  **2-5 bridge** | **3**  **OFF ISLAND SHOPPING TRIP – Call to sign up**  **\*9:15 YOGA W/MARTHA ABBOTT**  **10A Fitness w/Margarita at HH**  **10-111am HULA FLOW W/SHANTA GABRIEL** | **4**  **\*9 & 9:35 STRENGTH & FITNESS W/KATRYN \***  **12:30 weekly lunch sign up by monday at noon** | 5  **\*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** | 6 |
| **7**  **S**  **I**  **M**  **F**  **O**  **N**  **I**  **E**  **T**  **T**  **A**  **2-3:30** | 8  **\*9 & 9:35 STRENGTH & FITNESS W/KATRYN\***  **\*9:15 YOGA W/MARTHA ABBOTT**  **1pm Parkinson’s Support Group**  **7-9 knitters group** | **9**  **\*9 & 9:35 Strength & Fitness w/Katryn**  **10-11am Hooked on Crochet – All levels welcome**  **\*11:30 Yoga w/Kanta**  **2-5 bridge** | 10  **\*9:15 YOGA W/MARTHA ABBOTT**  **10A Fitness w/Margarita at HH**  **~10-111am HULA FLOW W/SHANTA GABRIEL**  **~12 Noon SOUP LUNCHEON**  **~Conni Baker Legal Clinic 508-477-0267** | 11  **\*9 & 9:35 STRENGTH & FITNESS W/KATRYN \***  **11am smart phone help**  **12:30 weekly lunch sign up by monday at noon** | 12  **\*9:15 YOGA W/MARTHA ABBOTT**  **\*9 & 9:35 STRENGTH & FITNESS W/KATRYN**  **CPR TRAINING 9-12**  **9:30-11:30 CRYSTAL BALANCING INDIVIDUAL 30 MIN SESSIONS**  **1P Watercolor** | **13** |
| 14  **S**  **I**  **M**  **F**  **O**  **N**  **I**  **E**  **T**  **T**  **A**  **2-3:30** | 15  **\*9 & 9:35 STRENGTH & FITNESS W/KATRYN\***  **\*9:15 YOGA W/MARTHA ABBOTT**  **7-9 knitters group** | **16**  **9 & 9:35 Strength & Fitness w/Katryn\***  **10 SAMARITANS PRESENTATION**  **10-11am Hooked on Crochet – All levels welcome**  **11:30 Yoga w/Kanta\***  **2-5 bridge** | 17  **9:15 YOGA W/MARTHA ABBOTT**  **10A Fitness w/Margarita**  **~10-111am HULA FLOW W/SHANTA GABRIEL**  **~1:30P proCRAFTinators HANDMADE CARDS** | 18  **\*9 & 9:35 STRENGTH & FITNESS W/KATRYN \***  **11am smart phone help**  **12:30 weekly lunch sign up by monday at noon** | 19  **\*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** | **20** |
| 21  **S**  **I**  **M**  **F**  **O**  **N**  **I**  **E**  **T**  **T**  **A**  **2-3:30** | 22  **\*9 & 9:35 STRENGTH & FITNESS W/KATRYN\***  **\*9:15 YOGA W/MARTHA ABBOTT**  **1pm Parkinson’s Support Group**  **PEDICARE clinic by appointment\***  **7-9 knitters group** | **23**  **\*9 & 9:35 Strength & Fitness w/Katryn\***  **\*11:30 Yoga w/Kanta**  **10-11am Hooked on Crochet – All levels welcome**  **2-5 bridge**  **audiology clinic by appointment\*** | 24  **\*9:15 YOGA W/MARTHA ABBOTT**  **10A Fitness w/Margarita at HH**  **10-111am HULA FLOW W/SHANTA GABRIEL** | **25**  **\*9 & 9:35 STRENGTH & FITNESS W/KATRYN**  **11am smart phone help**  **12:30 weekly lunch sign up by monday at noon** | 26  **\*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** | 27  C  O  M  P  A  N  Y |
| 28  **S**  **I**  **M**  **F**  **O**  **N**  **I**  **E**  **T**  **T**  **A**  **2-3:30** | 29  **\*9:15 YOGA W/MARTHA ABBOTT**  **\*\*9 & 9:35 STRENGTH & FITNESS W/KATRYN**  **7-9 knitters group** | **30**  **\*9 & 9:35 Strength & Fitness w/Katryn**  **\*11:30 Yoga w/Kanta**  **10-11am Hooked on Crochet – All levels welcome**  **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 - Lifeline and Be Safer At Home**
* **Fuel Assistance - Durable Medical Equipment**
* **SNAP (formerly Food Stamps) - Telephone Reassurance Calls**
* **monthly Government Food Distribution - File of Life**
* **Notary Services - 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**](mailto: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**](mailto:katrynyerdon@prodigy.net) **for meeting info**

**\*Kanta’s Gentle Yoga – TUESDAYS @11:30 EMAIL** [**KANTALIPSKY@gmail.com**](mailto:KANTALIPSKY@gmail.com) **FOR MEETING INFO**

**HOWES HOUSE EVENTS:**

* **Wednesdays 10-11 Hula Flow**
* **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**
* **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**

**Preview of Upcoming Events – Call to sign up 508-693-2896**

* **WRITING THROUGH in collaboration with the Chilmark Public Library – May 15, 17, 22, 29 11am – 1pm with the final session TBD – sign up required**
* **A MATTER OF BALANCE We are excited to be hosting the next series here at the UPICOA in May and June – Dates TBD – Sign up required**

**MAY SPECIAL EVENTS ARE LISTED ON THE CALENDAR IN RED**