| **+** | **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**  |  27COMPANY |
| 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** **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:**

* **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**