

UP ISLAND COUNCIL ON AGING 508-693-2896
AUGUST 2023

SUN	MON	TUE	WED	THU	FRI	SAT
	OPEN MONDAY – FRIDAY 8:30 AM – 4:00PM	CLOSED HOLIDAYS	LEGEND HH – HOWES HOUSE			
		1 7:30A QIGONG W/NAN DOTY 9 & 9:35 STRENGTH & FITNESS W/KATRYN* 11:30 YOGA W/KANTA* DISCUSSION GROUP ON HIATUS 2-5 BRIDGE 3-5 IGI MOBILE MARKET	2 9:15 YOGA W/MARTHA ABBOTT* 10A FITNESS W/MARGARITA AT HH 1:30 MAH JONG	3 9 & 9:35 STRENGTH & FITNESS W/KATRYN * 12:30 WEEKLY LUNCH SIGN UP BY TUESDAY AT NOON	4 9:15 YOGA W/MARTHA ABBOTT - HYBRID 9 & 9:35 STRENGTH & FITNESS W/KATRYN* 1P WATERCOLOR	5
6	7 9:15 YOGA W/MARTHA ABBOTT - HYBRID 9 & 9:35 STRENGTH & FITNESS W/KATRYN* 1PM PARKINSON'S SUPPORT GROUP IN PERSON AT THE HOWES HOUSE	8 7:30A QIGONG W/NAN DOTY 9 & 9:35 STRENGTH & FITNESS W/KATRYN* 11:30 YOGA W/KANTA* DISCUSSION GROUP ON HIATUS 2-5 BRIDGE 3-5 IGI MOBILE MARKET	9 9:15 YOGA W/MARTHA ABBOTT* 10A FITNESS W/MARGARITA AT HH 1:30 MAH JONG CONNI BAKER LEGAL CLINIC 508-477-0267	10 9 & 9:35 STRENGTH & FITNESS W/KATRYN * 11AM HUNGARIAN JEWEL: LAKE BALATON LIVE WALKING TOUR 12:30 WEEKLY LUNCH SIGN UP BY FRIDAYS AT NOON	11 9:15 YOGA W/MARTHA ABBOTT – ZOOM 9 & 9:35 STRENGTH & FITNESS W/KATRYN* 4P WATERCOLOR HOWES HOUSE ANNUAL COOKOUT 12 NOON	12
13	14 9:15 YOGA W/MARTHA ABBOTT - HYBRID 9 & 9:35 STRENGTH & FITNESS W/KATRYN*	15 7:30A QIGONG W/NAN DOTY 9 & 9:35 STRENGTH & FITNESS W/KATRYN* 11:30 YOGA W/KANTA* DISCUSSION GROUP ON HIATUS 2-5 BRIDGE 3-5 IGI MOBILE MARKET AUDIOLOGY CLINIC BY APPOINTMENT*	16 9:15 YOGA W/MARTHA ABBOTT* 10A FITNESS W/MARGARITA AT HH 1:30 ProCRAFTINATORS 1:30 MAH JONG	17 9 & 9:35 STRENGTH & FITNESS W/KATRYN * 12:30 WEEKLY LUNCH SIGN UP BY TUESDAY AT NOON 1:30-2:15 MEET OUTREACH COORDINATOR SUSAN MERRILL AT THE AQUINNAH LIBRARY	18 9:15 YOGA W/MARTHA ABBOTT - HYBRID 9 & 9:35 STRENGTH & FITNESS W/KATRYN*	19
20	21 9:15 YOGA W/MARTHA ABBOTT - HYBRID 9 & 9:35 STRENGTH & FITNESS W/KATRYN* 10:30 FRIENDS OF COA MONTHLY MEETING PEDI CARE CLINIC BY APPOINTMENT	22 7:30A QIGONG W/NAN DOTY 9 & 9:35 STRENGTH & FITNESS W/KATRYN* 11:30 YOGA W/KANTA* DISCUSSION GROUP ON HIATUS 2-5 BRIDGE 3-5 IGI MOBILE MARKET	23 9:15 YOGA W/MARTHA ABBOTT* 10A FITNESS W/MARGARITA AT HH 1:30 MAH JONG	24 9 & 9:35 STRENGTH & FITNESS W/KATRYN * 12:30 WEEKLY LUNCH SIGN UP BY TUESDAY AT NOON	25 9:15 YOGA W/MARTHA ABBOTT - HYBRID 9 & 9:35 STRENGTH & FITNESS W/KATRYN* 1P WATERCOLOR	26
27	28 9 & 9:35 STRENGTH & FITNESS W/KATRYN* 9:15 YOGA W/MARTHA ABBOTT - HYBRID	29 7:30A QIGONG W/NAN DOTY 9 & 9:35 STRENGTH & FITNESS W/KATRYN* 11:30 YOGA W/KANTA* DISCUSSION GROUP ON HIATUS 2-5 BRIDGE 3-5 IGI MOBILE MARKET	30 9:15 YOGA W/MARTHA ABBOTT* 10A FITNESS W/MARGARITA AT HH 1:30 MAH JONG	31 9:35 STRENGTH & FITNESS W/KATRYN * 12:30 WEEKLY LUNCH SIGN UP BY TUESDAY AT NOON		

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)
- GOVERNMENT SURPLUS 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:

*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:

- YOGA W/MARTHA ABBOTT – MONDAY (HYBRID IN PERSON/OR ZOOM AT THE HOWES HOUSE), WEDNESDAY (ZOOM) AND FRIDAY (HYBRID IN PERSON/OR ZOOM AT THE HOWES HOUSE), 9:15 (VIRTUAL DOORS OPEN AT 9) EMAIL SPIRITMOVESYOU@GMAIL.COM FOR LOG IN INFO
- TUESDAYS AT 7:30AM QIGONG WITH NAN DOTY AT THE HOWES HOUSE
- WEDNESDAYS 10AM FITNESS WITH MARGARITA AT HOWES HOUSE
- DISCUSSION GROUP IS ON HIATUS
- BRIDGE AT THE HOWES HOUSE TUESDAYS 2-5PM (BRING A PARTNER) MUST EMAIL BEAPHEAR2@GMAIL.COM TO REGISTER
- MAH JONG (AMERICAN AND CHINESE) WEDNESDAYS AT 1:30PM
- WEEKLY LUNCH AT THE HOWES HOUSE THURSDAYS AT 12:30PM – PREREGISTER EACH WEEK BY FRIDAY 508-693-2896 – SUGGESTED WEEKLY VOLUNTARY DONATION \$4
- THE PROCRAFTINATORS IS ON HIATUS UNTIL THE FALL
- IGI MOBILE MARKET TUESDAYS 3-5PM JULY 11TH – SEPTEMBER 26TH
- HUNGARIAN JEWEL: LAKE BALATON & BALATONFURED ~ LIVE WALKNUG TOUR VIA ZOOM OR IN PERSON ON THE BIG SCREEN AT THE HOWES HOUSE AUGUST THURSDAY 10TH 11:00-12:00PM
- ANNUAL HOWES HOUSE COOKOUT FRIDAY AUGUST 11TH AT NOON ... MUST PREREGISTER 508-693-2896
- MV RUG HOOKERS WILL BE RETURNING IN SEPTEMBER ... THURSDAYS 4-6PM