| **+** | **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** | **1**7  |
| 18 | 19**C:\Users\COA-Staff\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\E789E2EF.tmp** | **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 - 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~~ 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**