| **+** | **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~~**](mailto: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**](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:**

* **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**