


**UP ISLAND COUNCIL ON AGING 508-693-2896**  
**JANUARY 2023**

SUN	MON	TUE	WED	THU	FRI	SAT
	<b>OFFICE HOURS MONDAY – FRIDAY 8:30-4:00</b>	<b>CLOSED HOLIDAYS</b>				
1	2 <b>COA CLOSED</b>	3 9 & 9:35 STRENGTH & FITNESS W/KATRYN* 11:30 YOGA W/KANTA*	4 9:30 YOGA W/MARTHA ABBOTT* 10AM FITNESS W/MARGARITA AT THE HOWES HOUSE	5 9 & 9:35 STRENGTH & FITNESS W/KATRYN*	6 9 & 9:35 STRENGTH & FITNESS W/KATRYN* 9:30 YOGA W/MARTHA ABBOTT* 1P WATERCOLOR	7
8	9 9 & 9:35 STRENGTH & FITNESS W/KATRYN* 9:30 YOGA W/MARTHA ABBOTT* PARKINSON'S SUPPORT GROUP 10:30	10 9 & 9:35 STRENGTH & FITNESS W/KATRYN* 11:30 YOGA W/KANTA*	11 9:30 YOGA W/MARTHA ABBOTT* 10AM FITNESS W/MARGARITA AT THE HOWES HOUSE	12 9 & 9:35 STRENGTH & FITNESS W/KATRYN*	13 9 & 9:35 STRENGTH & FITNESS W/KATRYN* 9:30 YOGA W/MARTHA ABBOTT* 1P WATERCOLOR	14
15	16 <b>COA CLOSED</b> 	17 9 & 9:35 STRENGTH & FITNESS W/KATRYN* 11:30 YOGA W/KANTA*	18 9:30 YOGA W/MARTHA ABBOTT* 10AM FITNESS W/MARGARITA AT THE HOWES HOUSE PATTI MELLO LEGAL CLINIC 508-477-0267	19 9 & 9:35 STRENGTH & FITNESS W/KATRYN* 9:30 AM POTSDAM: THE BREATHTAKING GERMAN VERSAILLES LIVE WALKING TOUR	20 9 & 9:35 STRENGTH & FITNESS W/KATRYN* 9:30 YOGA W/MARTHA ABBOTT* 1P WATERCOLOR	21
22	23 9 & 9:35 STRENGTH & FITNESS W/KATRYN* 11:30 YOGA W/KANTA*	24 9 & 9:35 STRENGTH & FITNESS W/KATRYN* 11:30 YOGA W/KANTA*	25 9:30 YOGA W/MARTHA ABBOTT* 10AM FITNESS W/MARGARITA AT THE HOWES HOUSE	26 9 & 9:35 STRENGTH & FITNESS W/KATRYN*	27 9 & 9:35 STRENGTH & FITNESS W/KATRYN* 9:30 YOGA W/MARTHA ABBOTT* 1P WATERCOLOR	28
29	30 9 & 9:35 STRENGTH & FITNESS W/KATRYN* 11:30 YOGA W/KANTA*	31 9 & 9:35 STRENGTH & FITNESS W/KATRYN* 11:30 YOGA W/KANTA*				

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](mailto:KATRYNYERDON@PRODIGY.NET) FOR MEETING INFO

\*YOGA W/MARTHA ABBOTT – MONDAY, WEDNESDAY AND FRIDAY 9:30 (VIRTUAL DOORS OPEN AT 9) EMAIL [SPIRITMOVESYOU@GMAIL.COM](mailto:SPIRITMOVESYOU@GMAIL.COM) FOR LOG IN INFO

\*KANTA'S GENTLE YOGA – TUESDAYS @11:30 ZOOM MEETING ID 824 4775 7861 PASSCODE 709904

### SPECIAL EVENTS AT THE HOWES HOUSE:

THURSDAY JANUARY 19<sup>TH</sup> 9:30-10:30AM

POTSDAM: THE BREATHTAKING GERMAN VERSAILLES - A LIVE WALKING TOUR  
JOIN US VIA ZOOM OR HERE AT THE HOWES HOUSE TO WATCH ON THE BIG SCREEN



Potsdam is a city of beautiful parks and spectacular palaces on the idyllic lakes of the Havel, just an hour away from the German capital Berlin. For the Hohenzollern monarchy of Prussia, this was the German Versailles, where they constructed lavish palaces to spend their summers. It was also the setting for the Potsdam Conference, where geopolitical giants Josef Stalin, Harry Truman, and Winston Churchill met in the summer of 1945 to seal the post-war fate of Germany and Europe.

This tour shows you the most famous of Potsdam Palaces: the Sanssouci, a UNESCO World Heritage Site. Marvel at the grandeur and splendor of this spectacular palace and virtually stroll the royal gardens as your local passionate tour guide shares with you the history of this majestic town.