|  | **Up Island Council on Aging 508-693-2896**  **DECEMBER 2022** | | | | |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Sun** | **Mon** | **Tue** | **Wed** | **Thu** | **Fri** | **Sat** |
|  | OFFICE HOURS  MONDAY – FRIDAY 8:30-4:00 CLOSED HOLIDAYS |  |  |  |  |  |
|  |  |  |  | 1  **9 & 9:35 Strength & Fitness w/Katryn\*** | 2  **9 & 9:35 Strength & Fitness w/Katryn\***  **9:30 Yoga w/Martha Abbott\***  **1P WATERCOLOR** | 3 |
| 4 | 5  **9 & 9:35 Strength & Fitness w/Katryn\***  **9:30 Yoga w/Martha Abbott\*** | 6  **9 & 9:35 Strength & Fitness w/Katryn\***  **11:30 Yoga w/Kanta\*** **10aM NORWAY HOLIDAY LIGHTS live walking touR** | 7  **9:30 Yoga w/Martha Abbott\***  **10AM FITNESS w/MARGARITTA KELLY**  **3PM LEARN TO TANGO** | 8  **9 & 9:35 Strength & Fitness w/Katryn\***  **COAST TO COAST MOBILE HAIRCUTS THE HOWES HOUSE** | 9  **9 & 9:35 Strength & Fitness w/Katryn\***  **9:30 Yoga w/Martha Abbott\***  **1P WATERCOLOR** | 10 |
| 11 | 12  **9 & 9:35 Strength & Fitness w/Katryn\***  **9:30 Yoga w/Martha Abbott\***  **10:30 PARKINSON’S SUPPORT GROUP** | 13  **9 & 9:35 Strength & Fitness w/Katryn\***  **11:30 Yoga w/Kanta\*** | 14  **9:30 Yoga w/Martha Abbott\***  **10AM FITNESS w/MARGARITTA KELLY**  **Patti Mello**  **Legal Clinic**  **508-477-0267** | 15  **9 & 9:35 Strength & Fitness w/Katryn\*** | 16  **9 & 9:35 Strength & Fitness w/Katryn\***  **9:30 Yoga w/Martha Abbott\***  **1P WATERCOLOR** | 17 |
| 18 | 19  **9 & 9:35 Strength & Fitness w/Katryn\***  **9:30 Yoga w/Martha Abbott\***  **pedi care clinic by appointment** | 20  **9 & 9:35 Strength & Fitness w/Katryn\***  **11:30 Yoga w/Kanta\*** | 21  **9:30 Yoga w/Martha Abbott\***  **10AM FITNESS w/MARGARITTA KELLY** | 22  **9 & 9:35 Strength & Fitness w/Katryn\*** | 23  **COA CLOSES AT NOON** | 24 |
| 25 | 26    **COA CLOSED**  Why Is the Day After Christmas Called Boxing Day? - Jacobs Christmas | 27  **9 & 9:35 Strength & Fitness w/Katryn\***  **11:30 Yoga w/Kanta\*** | 28  9:30 Yoga w/Martha Abbott\*  **10AM FITNESS w/MARGARITTA KELLY** | 29  **9 & 9:35 Strength & Fitness w/Katryn\*** | 30  **9 & 9:35 Strength & Fitness w/Katryn\***  **9:30 Yoga w/Martha Abbott\***  **1P WATERCOLOR** | 31 |

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**
* **Government Surplus 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:**

**\*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**

**DECEMBER SPECIAL EVENTS AT THE HOWES HOUSE:**

# **TUESDAY DECEMBER 6th – 10am norway holiday lights live walking tour via zoom or come in and watch it at tHe howes house on the big screen**

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**JUST IN TIME FOR THE HOLIDAYS! DECEMBER 8TH**  **MOBILE HAIRCUTS AT THE HOWES HOUSE BY APPOINTMENT ONLY $25**

