|  | **Up Island Council on Aging 508-693-2896****DECEMBER 2022** |  |
| --- | --- | --- |
| **Sun** | **Mon** | **Tue** | **Wed** | **Thu** | **Fri** | **Sat** |
|   |  OFFICE HOURSMONDAY – 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\*** | 289:30 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** **for meeting info**

**\*Yoga w/Martha Abbott – Monday, wednesday and Friday 9:30 (virtual doors open at 9) Email** **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**

#  **=**

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

