| **+** | **Up Island Council on Aging JANUARY 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  **CLOSED**  **Happy New Year 2024 Vector, Happy New Year, Happy New Year Text, New Year  PNG and Vector with Transparent Background for Free Download** | **2**  **9 & 9:35 Strength & Fitness w/Katryn\***  **11:30 Yoga w/Kanta\***  **2-5 bridge** | 3  **9:15 Yoga w/Martha Abbott\***  **10A Fitness w/Margarita at HH**  **off island shopping trip** | **4**  **9 & 9:35 Strength & Fitness w/Katryn \***  **12:30 weekly lunch sign up by monday at noon**  **2-3:30 Live to 100: Secrets of the Blue Zone** | 5  **9:15 Yoga w/Martha Abbott\***  **9 & 9:35 Strength & Fitness w/Katryn\***  **1P Watercolor** | 6 |
| **7** | 8  **9:15 Yoga w/Martha Abbott\***  **9 & 9:35 Strength & Fitness w/Katryn\***  **1pm Parkinson’s Support Group**  **7-9 knitters group** | **9**  **9 & 9:35 Strength & Fitness w/Katryn\***  **11:30 Yoga w/Kanta\***  **2-5 bridge** | 10  **9:15 Yoga w/Martha Abbott**  **Conni Baker Legal Clinic 508-477-0267**  **10A Fitness w/Margarita at HH**  **12 noon soup & games** | 11  **9 & 9:35 Strength & Fitness w/Katryn \***  **12:30 weekly lunch sign up by monday at noon**  **2-3:30 Live to 100: Secrets of the Blue Zone** | 12  **9:15 Yoga w/Martha Abbott\***  **9 & 9:35 Strength & Fitness w/Katryn\***  **1P Watercolor** | **13** |
| 14 | 15  **CLOSED**  C:\Users\COA-Staff\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\F3CA071A.tmp | 16  **9 & 9:35 Strength & Fitness w/Katryn\***  **11:30 Yoga w/Kanta\***  **2-5 bridge** | 17  **9:15 Yoga w/Martha Abbott**  **10A Fitness w/Margarita**  **1:30P proCRAFTinators** | 18  **9 & 9:35 Strength & Fitness w/Katryn \***  **12:30 weekly lunch sign up by monday at noon**  **2-3:30 Live to 100: Secrets of the Blue Zone** | 18  **9:15 Yoga w/Martha Abbott\***  **9 & 9:35 Strength & Fitness w/Katryn\***  **1P Watercolor** | 20 |
| 21 | 22  **9:15 Yoga w/Martha Abbott\***  **~~pedi care clinic on hiatus~~**  **9 & 9:35 Strength & Fitness w/Katryn\***  **1pm Parkinson’s Support Group**  **7-9 knitters group** | **23**  **9 & 9:35 Strength & Fitness w/Katryn\***  **11:30 Yoga w/Kanta\***  **2-5 bridge**  **audiology clinic by appointment\*** | 24  **9:15 Yoga w/Martha Abbott**  **10A Fitness w/Margarita at HH** | **25**  **9 & 9:35 Strength & Fitness w/Katryn \***  **12:30 weekly lunch sign up by monday at noon**  **2-3:30 Live to 100: Secrets of the Blue Zone** | 26  **9:15 Yoga w/Martha Abbott\***  **9 & 9:35 Strength & Fitness w/Katryn\***  **1P Watercolor** | 27 |
| 28 | 29  **9 & 9:35 Strength & Fitness w/Katryn\***  **9:15 Yoga w/martha Abbott\***  **10AM TRI PRESENTATION**  **7-9 knitters group** | **30**  **9 & 9:35 Strength & Fitness w/Katryn\***  **11:30 Yoga w/Kanta\***  **2-5 bridge** | 31  **9:15 Yoga w/Martha Abbott\***  **10A Fitness w/Margarita at HH**  **Conni Baker Legal Clinic 508-477-0267** |  |  |  |

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**

**\*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:**

* **WEDNESDAYS 10Am FIT FUN Fitness wITH Margarita at THE HOWES HOUSE**
* **BRIDGE AT THE HOWES HOUSE MONDAYS 2-5pm (bring a partner) must email** [**beaphear2@gmail.com**](mailto:beaphear2@gmail.com) **to register**
* **WEEKLY LUNCH AT THE HOWES HOUSE THURSDAYS AT 12:30PM – pREREGISTER EACH WEEK BY MONDAYS BY 10A 508-693-2896 – suggested weekly voluntary donation $4**
* **SPECIAL EVENTS LISTED ON THE CALENDAR IN RED**