| **+** | **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** **FOR LOG IN INFO**

**\*Strength + Fitness w/Katryn- Mon, Tues, Thurs, Fri- 9 and 9:35am- Google meeting – Email** **katrynyerdon@prodigy.net** **for meeting info**

**\*Kanta’s Gentle Yoga – TUESDAYS @11:30 EMAIL** **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** **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**