| **W** | **Up Island Council on Aging 508-693-2896**  **JULY 2023** | | | | |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Sun** | **Mon** | **Tue** | **Wed** | **Thu** | **Fri** | **Sat** |
|  | OPEN  MONDAY – FRIDAY  8:30 AM – 4:00PM | CLOSED HOLIDAYS | **LEGEND**  **HH – HOWES HOUSE** |  |  | **1** |
| **2** | **3**  **9:30 Yoga w/Martha Abbott - Hybrid**  **9 & 9:35 Strength & Fitness w/Katryn\*** | **4**  **CLOSED**  **C:\Users\COA-Staff\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\E58BCA2A.tmp** | 5  **9:30 Yoga w/Martha Abbott\***  **10A Fitness w/Margarita at HH** | 6  **9 & 9:35 Strength & Fitness w/Katryn \***  **12:30 weekly brown bag lunch at the hh** | 7  **9:30 Yoga w/Martha Abbott - Hybrid**  **9 & 9:35 Strength & Fitness w/Katryn\***  **1P Watercolor** | 8 |
| **9** | 10  **9:30 Yoga w/Martha Abbott - Hybrid**  **9 & 9:35 Strength & Fitness w/Katryn\***  **Parkinson’s Support Group in person at the Howes House 1:00** | 11  **9AM QIGONG W/NAN DOTY**  **9 & 9:35 Strength & Fitness w/Katryn\***  **11:30 Yoga w/Kanta\***  **1:30-3 DISCUSSION GROUP ON THE PATIO**  **BRIDGE 2-5**  **IGI MOBILE MARKET 3-5PM** | 12  **9:30 Yoga w/Martha Abbott\***  **10A Fitness w/Margarita at HH**  **2pm Chilmark library up island coa info w/ susan merrill, outreach coordinator**  **Conni Baker Legal Clinic 508-477-0267** | 13  **9 & 9:35 Strength & Fitness w/Katryn \***  **12:30 weekly brown bag lunch at the hh** | 14  **9:30 Yoga w/Martha Abbott - Hybrid**  **9 & 9:35 Strength & Fitness w/Katryn\***  **1P Watercolor** | 15 |
| 16 | 17  **9:30 Yoga w/Martha Abbott - Hybrid**  **9 & 9:35 Strength & Fitness w/Katryn\*** | 18  **9AM QIGONG W/NAN DOTY**  **9 & 9:35 Strength & Fitness w/Katryn\***  **11:30 Yoga w/Kanta\***  **1:30-3 DISCUSSION GROUP ON THE PATIO**  **BRIDGE 2-5**  **AUDIOLOGY CLINIC BY APPOINTMENT\***  **IGI MOBILE MARKET 3-5PM** | 19  **9:30 Yoga w/Martha Abbott\***  **10A Fitness w/Margarita at HH**  **1:30-2:30 ProCRAFTinators** | 20  **9 & 9:35 Strength & Fitness w/Katryn \* 11a pompeii with an anchitect zoom luve walking tour**  **12:30 weekly brown bag lunch at the hh** | 21  **9:30 Yoga w/Martha Abbott - Hybrid**  **9 & 9:35 Strength & Fitness w/Katryn\*** | 22 |
| 23 | 24  **9:30 Yoga w/Martha Abbott - Hybrid**  **9 & 9:35 Strength & Fitness w/Katryn\***  **pedi care clinic by appointment** | 25  **9AM QIGONG W/NAN DOTY**  **9 & 9:35 Strength & Fitness w/Katryn\***  **11:30 Yoga w/Kanta\***  **1:30-3 DISCUSSION GROUP ON THE PATIO**  **BRIDGE 2-5**  **IGI MOBILE MARKET 3-5PM** | 26  **9:30 Yoga w/Martha Abbott\***  **10A Fitness w/Margarita at HH** | **27**  **9 & 9:35 Strength & Fitness w/Katryn \***  **12:30 weekly brown bag lunch at the hh**  **1:30 trails mv info** | 28  **9:30 Yoga w/Martha Abbott - Hybrid**  **9 & 9:35 Strength & Fitness w/Katryn\***  **1P Watercolor** | 29 |
| 30 | 31  **9 & 9:35 Strength & Fitness w/Katryn\***  **9:30 Yoga w/Martha Abbott - Hybrid** |  |  |  |  |  |

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 OR HYBRID (in person at the Howes House or via zoom) 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 (HYBRID IN PERSON/or ZOOM AT THE HOWES HOUSE), Wednesday (zoom) and Friday (HYBRID IN PERSON/or ZOOM AT THE HOWES HOUSE), 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 EMAIL** [**KANTALIPSKY@gmail.com**](mailto:KANTALIPSKY@gmail.com) **FOR MEETING INFO**

**HOWES HOUSE EVENTS:**

* **TUESDAYS AT 9AM QIGONG WITH NAN DOTY AT THE HOWES HOUSE**
* **WEDNESDAYS 10A Fitness wITH Margarita at HOWES HOUSE**
* **2pm Chilmark library- up island coa info wITH susan merrill, outreach coordinator**
* **JULY 20th 11am-12pm POMPEII WITH AN ARCHAEOLOGIST!**

**Live guided walking tour available via zoom or on the big screen at the Howes House.**

* **JULY 27TH 1:30PM TRAILS MV PRESENTATION**
* **DISCUSSION GROUP IN PERSON ON THE PATIO (WEATHER PERMITTING) TUESDAYS 1:30-3**
* **BRIDGE AT THE HOWES HOUSE TUESDAYS 2-5 (bring a partner) must email** [**beaphear2@gmail.com**](mailto:beaphear2@gmail.com) **to register**
* **WEEKLY BRING A BROWN BAG LUNCH AT THE HOWES HOUSE THURSDAYS AT 12:30 PM – WE PROVIDE DESSERT & GREAT COMPANY … PREREGISTER REQUIRED EACH WEEK BY TUESDAY 508-693-2896**
* **THE ProCRAFTinators 3RD WEDNESDAY OF EVERY MONTH 1:30-2:30PM**
* **IGI MOBILE MARKET TUESDAYS 3-5PM JULY 11TH – SEPTEMBER 26TH**