| \  | **Up Island Council on Aging 508-693-2896** **JUNE 2023** |  |
| --- | --- | --- |
| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|  | OFFICE HOURS MONDAY – FRIDAY 8:30-4:00  | CLOSED HOLIDAYS | **LEGEND****HH = HOWES HOUSE**  | **1**9 & 9:35 Strength & Fitness w/Katryn \* **12:30 PM WEEKLY BRING A BROWN BAG LUNCH AT THE HH** | **2**9 & 9:35 Strength & Fitness w/Katryn\* 9:30 Yoga w/Martha Abbott - Hybrid1P Watercolor | **3** |
|  **4** | **5**9 & 9:35 Strength & Fitness w/Katryn\* 9:30 Yoga w/Martha Abbott - Hybrid | **6**9 & 9:35 Strength & Fitness w/Katryn\* 11:30 Yoga w/Kanta\***11A QUEER ARGENTINA: LIVE WALKING TOUR****DISCUSSIION GROUP ON THE PATIO 1:30-3****BRIDGE 2-5** | 7 9:30 Yoga w/Martha Abbott\*10A Fitness w/Margarita at HH11A Yoga w/Kat HH | 89 & 9:35 Strength & Fitness w/Katryn \* **12:30 PM WEEKLY BRING A BROWN BAG LUNCH AT THE HH** | 99 & 9:35 Strength & Fitness w/Katryn\* 9:30 Yoga w/Martha Abbott - Hybrid1P Watercolor | 10  |
| **11****Vineyard sinfonietta concert****2:00pm****howes house** | 129 & 9:35 Strength & Fitness w/Katryn\* 9:30 Yoga w/Martha Abbott - HybridParkinsons Support Group in person at the Howes House 1:00  | 13**POLLY HILL SPRING PICNIC & GARDEN TOUR 12**9 & 9:35 Strength & Fitness w/Katryn\* 11:30 Yoga w/Kanta\***DISCUSSIION GROUP ON THE PATIO 1:30-3****BRIDGE 2-5** | 149:30 Yoga w/Martha Abbott\*10A Fitness w/Margarita at HH11A Yoga w/Kat HH Conni Baker Legal Clinic 508-477-0267 | 159 & 9:35 Strength & Fitness w/Katryn \* **12:30 PM WEEKLY BRING A BROWN BAG LUNCH AT THE HH****COFFEE & CONVERSATION WITH THE FRIENDS OF THE UP ISLAND COA – 1PM AT THE OUTERMOST INN AQUINNAH** | 169 & 9:35 Strength & Fitness w/Katryn\* 9:30 Yoga w/Martha Abbott - Hybrid1P Watercolor | 17 |
| 18C:\Users\COA-Staff\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\589F4CF2.tmp | 19**CLOSED****C:\Users\COA-Staff\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\DE0D96C6.tmp** | 209 & 9:35 Strength & Fitness w/Katryn\* 11:30 Yoga w/Kanta\***DISCUSSIION GROUP ON THE PATIO 1:30-3****BRIDGE 2-5** | 21First Day of Summer - Baton Rouge Clinic9:30 Yoga w/Martha Abbott\*10A Fitness w/Margarita at HH11A Yoga w/Kat HH1:30-2:30 Pro**CRAFT**inators | 229 & 9:35 Strength & Fitness w/Katryn \*  **12:30 PM WEEKLY BRING A BROWN BAG LUNCH AT THE HH** | 23 9 & 9:35 Strength & Fitness w/Katryn\* 9:30 Yoga w/Martha Abbott\***ANNUAL HOWES HOUSE ART SHOW 12-4** | 24**HOWES HOUSE ART SHOW 10-2**   |
| 25 | 269 & 9:35 Strength & Fitness w/Katryn\* 9:30 Yoga w/Martha Abbott - Hybrid**pedi care clinic by appointment**  | 279 & 9:35 Strength & Fitness w/Katryn\* 11:30 Yoga w/Kanta\***AUDIOLOGY CLINIC BY APPOINTMENT****DISCUSSIION GROUP ON THE PATIO 1:30-3****BRIDGE 2-5** |  289:30 Yoga w/Martha Abbott\*10A Fitness w/Margarita at HH11A Yoga w/Kat HH | **29**9 & 9:35 Strength & Fitness w/Katryn \* **12:30 PM WEEKLY BRING A BROWN BAG LUNCH AT THE HH** | 309 & 9:35 Strength & Fitness w/Katryn\* 9:30 Yoga w/Martha Abbott - Hybrid1P Watercolor   |   |
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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 for meeting info

\*Yoga w/Martha Abbott – Monday **(HYBRID IN PERSON/or ZOOM AT THE HOWES HOUSE)**, Wednesday and Friday **(HYBRID IN PERSON/or ZOOM AT THE HOWES HOUSE)**, 9:30 (virtual doors open at 9) Email spiritmovesyou@gmail.com FOR LOG IN INFO

\*Kanta’s Gentle Yoga – Tuesdays @11:30 EMAIL KANTALIPSKY@gmail.com FOR MEETING INFO

 **HOWES HOUSE EVENTS:**

* **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** **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**
* **JUNE 6TH 11AM QUEER ARGENTINA: LIVE WALKING TOUR VIA ZOOM OR COME WATCH WITH US AT THE HOWES HOUSE ON THE BIG SCREEN**
* **JUNE 11TH VINEYARD SINFONIETTA CONCERT AT THE HOWES HOUSE 2:00PM**
* **JUNE 13TH ANNUAL POLLY HILL SPRING PICNIC & GARDEN TOUR 12PM**
* **JUNE 21ST JOIN OUR NEWEST PROGRAM – THE ProCRAFTinators 3RD WEDNESDAY OF EVERY MONTH 1:30-2:30PM – JUNE WE WILL BE MAKING SOAP!**
* **FRIDAY JUNE 23RD 12-4 & SATURDAY JUNE 24TH 10-2 ANNUAL HOWES HOUSE ART SHOW**