

UP ISLAND COUNCIL ON AGING 508-693-2896
MARCH 2023

SUN	MON	TUE	WED	THU	FRI	SAT
	OFFICE HOURS MONDAY – FRIDAY 8:30-4:00	CLOSED HOLIDAYS	LEGEND HH = HOWES HOUSE			
			1 9:30 Yoga w/Martha Abbott* 10A Fitness w/Margarita HH 11A Yoga w/Kat HH	2 9 & 9:35 Strength & Fitness w/Katryn *	3 9 & 9:35 Strength & Fitness w/Katryn* 9:30 Yoga w/Martha Abbott* 1P Watercolor	4
5	6 9 & 9:35 Strength & Fitness w/Katryn* 9:30 Yoga w/Martha Abbott*	7 9 & 9:35 Strength & Fitness w/Katryn* 11:30 Yoga w/Kanta*	8 9:30 Yoga w/Martha Abbott* 10A Fitness w/Margarita HH 11A Yoga w/Kat HH Conni Baker Legal Clinic 508-477-0267 2P Dementia Friends Presentation HH	9 9 & 9:35 Strength & Fitness w/Katryn *	10 9 & 9:35 Strength & Fitness w/Katryn* 9:30 Yoga w/Martha Abbott* 1P Watercolor	11
12 DAYLIGHT SAVINGS TIME! SPRING AHEAD AN HOUR	13 9 & 9:35 Strength & Fitness w/Katryn* 11:30 Yoga w/Kanta* Parkinson's Support Group in person at the Howes House 1:00 (new time)	14 9 & 9:35 Strength & Fitness w/Katryn* 11:30 Yoga w/Kanta*	15 9:30 Yoga w/Martha Abbott* 10A Fitness w/Margarita HH 11A Yoga w/Kat HH	16 9 & 9:35 Strength & Fitness w/Katryn *	17 St Patrick Day – A full day of fun at the HH 9 & 9:35 Strength & Fitness w/Katryn* 9:30 Yoga w/Martha Abbott* 1P Watercolor	18
19	20 1st Day of Spring 9 & 9:35 Strength & Fitness w/Katryn* 9:30 Yoga w/Martha Abbott*	21 9 & 9:35 Strength & Fitness w/Katryn* 11:30 Yoga w/Kanta*	22 9:30 Yoga w/Martha Abbott* 10A Fitness w/Margarita HH 11A Yoga w/Kat HH	23 9 & 9:35 Strength & Fitness w/Katryn *	24 9 & 9:35 Strength & Fitness w/Katryn* 9:30 Yoga w/Martha Abbott* 1P Watercolor	25
26	27 Friends Coffee & Conversation 9-11AM Topic(Howes House Reno Update & Public Feedback 9 & 9:35 Strength & Fitness w/Katryn* 9:30 Yoga w/Martha Abbott*	28 9 & 9:35 Strength & Fitness w/Katryn* 11:30 Yoga w/Kanta* 11:30am Budapest City Center A live walking tour via zoom or in person at the Howes House Audiology Clinic by Appointment	29 9:30 Yoga w/Martha Abbott* 10A Fitness w/Margarita HH 11A Yoga w/Kat HH	30 9 & 9:35 Strength & Fitness w/Katryn *	31 9 & 9:35 Strength & Fitness w/Katryn* 9:30 Yoga w/Martha Abbott* 1P Watercolor	

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
- FUEL ASSISTANCE
- SNAP (FORMERLY FOOD STAMPS)
- GOVERNMENT SURPLUS FOOD DISTRIBUTION
- NOTARY SERVICES
- LIFELINE AND BE SAFER AT HOME
- DURABLE MEDICAL EQUIPMENT
- TELEPHONE REASSURANCE CALLS
- FILE OF LIFE
- 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 EMAIL KANTALIPSKY@gmail.com FOR MEETING INFO

UPCOMING EVENTS:

- MARCH 1st WEEKLY YOGA WITH KAT AT 11AM AT THE HOWES HOUSE \$10
- MARCH 8th DEMENTIA FRIENDS PRESENTATION 2PM AT THE HOWES HOUSE
- MARCH 17th ST PATRICK'S DAY CELEBRATION 9AM IRISH SODA BREAD BAKING DEMO; 10AM FOOD PANTRY BINGO; 11:30AM FREE LUNCH & CONCERT; 1PM WATERCOLOR PAINTING
- MARCH 27th FRIENDS OF THE UP ISLAND COA COFFEE & CONVERSATION 9-11 AT THE HOWES HOUSE – TOPIC: HOWES HOUSE BUILDING COMMITTEE UPDATE AND PUBLIC FEEDBACK
- MARCH 28th BUDAPEST CITY CENTER – 11:30AM – A LIVE WALKING TOUR AVAILABLE VIA ZOOM OR IN PERSON ON THE BIG SCREEN AT THE HOWES HOUSE – CALL FOR THE ZOOM LINK 508-693-2896
- MARCH 28th – 2PM – A COVID CONVERSATION WITH AQUINNAH HEALTH AGENT MARINA LENT
- APRIL 4th A MATTER OF BALANCE – AT THE HOWES HOUSE FROM 9:30-11:30 FOR 8 SESSIONS – PREREGISTRATION REQUIRED 508-693-2896
- APRIL 6th WEEKLY LUNCHEONS ARE BACK AT THE HOWES HOUSE – PREREGISTRATION REQUIRED EACH WEEK BY TUESDAY 508-693-2896
- APRIL 9th EASTER MEALS DELIVERED TO YOUR DOOR IF YOU ARE ALONE OR UNABLE TO GO OUT – MUST ORDER BY MONDAY APRIL 3rd - 508-693-2896
- APRIL 22nd – WE'RE GOING BACK TO THE THEATRE!!! SIX THE MUSICAL AT THE PROVIDENCE PERFORMING ARTS CENTER – TICKETS STILL AVAILABLE
- MAY 4th COAST TO COAST MOBILE HAIRCUTS IS RETURNING TO THE HOWES HOUSE – BASIC HAIRCUTS \$25 – BY APPOINTMENT ONLY 508-693-2896