|  | **Up Island Council on Aging 508-693-2896** **MAY 2023** |  |
| --- | --- | --- |
| **Sun** | **Mon** | **Tue** | **Wed** | **Thu** | **Fri** | **Sat** |
|  | OFFICE HOURS MONDAY – FRIDAY 8:30-4:00  | CLOSED HOLIDAYS |  |  |  |  |
|  | **1****9 & 9:35 STRENGTH & FITNESS W/KATRYN\*** **9:30 YOGA W/MARTHA ABBOTT\*****PEDI CARE CLINIC RESCHED8ULED FROM 4/24** | **2****9 & 9:35 STRENGTH & FITNESS W/KATRYN\*** **11:30 YOGA W/KANTA\*****9:30-11:30 MATTER OF BALANCE AT HH****2-5 BRIDGE** | 3 **9:30 YOGA W/MARTHA ABBOTT\*** **10A FITNESS W/MARGARITA AT HH****11A YOGA W/KAT AT THE HH** | 4**9 & 9:35 STRENGTH & FITNESS W/KATRYN\*** **COAST TO COAST MOBILE HAIRCUTS BY APPT 9:30-3** | 5 **9 & 9:35 STRENGTH & FITNESS W/KATRYN\*** **9:30 YOGA W/MARTHA ABBOTT\*****1PM WATERCOLOR** | 6 |
| 7 | 8**9 & 9:35 STRENGTH & FITNESS W/KATRYN\*** **9:30 YOGA W/MARTHA ABBOTT\*****PARKINSONS SUPPORT GROUP IN PERSON AT THE HOWES HOUSE 1PM** | 9**9 & 9:35 STRENGTH & FITNESS W/KATRYN\*** **11:30 YOGA W/KANTA\*****VOLUNTEER FAIR 1-3****NO BRIDGE TODAY** | 10**9:30 YOGA W/MARTHA ABBOTT\*****10A FITNESS W/MARGARITA HH****11A YOGA W/KAT AT THE HH****CONNI BAKER LEGAL CLINIC 508-477-0267** | 11**9 & 9:35 STRENGTH & FITNESS W/KATRYN\*** **12:30 BRING A BROWN BAG LUNCH AT THE HOWES HOUSE** | 12**9 & 9:35 STRENGTH & FITNESS W/KATRYN\*** **9:30 YOGA W/MARTHA ABBOTT\*****1PM WATERCOLOR** | 13 |
| 14 | 15**9 & 9:35 STRENGTH & FITNESS W/KATRYN\*** **9:30 YOGA W/MARTHA ABBOTT\*****9-10:30 FRIENDS COFFEE & CONVERSATION WITH BETHANY HAMMOND AT THE CHILMARK LIBRARY** | 16**9 & 9:35 STRENGTH & FITNESS W/KATRYN\*** **11:30 YOGA W/KANTA\*****9:30-11:30 MATTER OF BALANCE AT HH****2-5 BRIDGE** | 17**9:30 YOGA W/MARTHA ABBOTT\* 10A FITNESS W/MARGARITA HH****11A YOGA W/KAT AT THE HH****CONNI BAKER LEGAL CLINIC 508-477-0267** | 18**9 & 9:35 STRENGTH & FITNESS W/KATRYN\*** **10-11 THE GREAT PYRAMIDS BY CAMEL ZOOM @HH****12:30 BRING A BROWN BAG LUNCH @HH** | 19 **9 & 9:35 STRENGTH & FITNESS W/KATRYN\*** **9:30 YOGA W/MARTHA ABBOTT\*****1PM WATERCOLOR** | 20**DVIDS - Images - Armed Forces Day [Image 1 of 6]**  |
| 21 | 22**9 & 9:35 STRENGTH & FITNESS W/KATRYN\*** **9:30 YOGA W/MARTHA ABBOTT\*****PEDI CARE CLINIC BY APPOINTMENT** **1-3 STEAMSHIP AUTHORITY PRESENTATION** | 23**9 & 9:35 STRENGTH & FITNESS W/KATRYN\*** **11:30 YOGA W/KANTA\*****9:30-11:30 MATTER OF BALANCE AT HH****2-5 BRIDGE AUDIOLOGY CLINIC BY APPOINTMENT** |  24**9:30 YOGA W/MARTHA ABBOTT\* 10A FITNESS W/MARGARITA HH****11A YOGA W/KAT AT THE HH** | **25****9 & 9:35 STRENGTH & FITNESS W/KATRYN\*** **12:30 BRING A BROWN BAG LUNCH AT THE HOWES HOUSE** | 26**9 & 9:35 STRENGTH & FITNESS W/KATRYN\*** **9:30 YOGA W/MARTHA ABBOTT\*****1PM WATERCOLOR** |  27 |
| 28 | 29 | 30**9 & 9:35 STRENGTH & FITNESS W/KATRYN\*** **11:30 YOGA W/KANTA\*****9:30-11:30 MATTER OF BALANCE AT HH****2-5 BRIDGE AUDIOLOGY CLINIC BY APPOINTMENT** | 31**9:30 YOGA W/MARTHA ABBOTT\* 10A FITNESS W/MARGARITA HH****11A YOGA W/KAT AT THE HH** |  |  **LEGEND****HH = HOWES HOUSE** |  |

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 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 – exciting announcement** **--- starting june 2nd martha will be holding her monday & friday classes hybrid from the howes house**

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

**UPCOMING SPECIAL EVENTS AT THE HOWES HOUSE:**

* **MATTER OF BALANCE CLASSES TUESDAYS 9:30-11:30 MAY 2, 16, 23 & 30**
* **BRIDGE IS BACK AT THE HOWES HOUSE TUESDAY 2-5**
* **WEEKLY LUNCHEONS ARE BACK AT THE HOWES HOUSE THURSDAYS AT 12:30 PM – PREREGISTER REQUIRED EACH WEEK BY TUESDAY 508-693-2896**
* **MAY 4TH COAST TO COAST MOBILEHAIRCUTSIS RETURNING TO THE HOWES HOUSE – BASIC HAIRCUTS $25 – BY APPOINTMENT ONLY 508-693-2896**
* **MAY 9TH VOLUNTEER FAIR AT THE HOWES HOUSE 1:00-3:00**
* **MAY 18TH A LIVE GUIDED WALKING TOUR OF THE GREAT PYRAMIDS BY CAMEL 10-11AM – VIA ZOOM OR IN PERSON ON THE BIG SCREEN AT THE HOWES HOUSE**
* **MAY 22ND STEAMSHIP AUTHORITY PROGRAM 1-3 PM**