|  | **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**](mailto: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**](mailto: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**](mailto: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**