

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

SUN	MON	TUE	WED	THU	FRI	SAT
	OPEN MONDAY – FRIDAY 8:30 AM – 4:00PM	CLOSED HOLIDAYS	LEGEND HH – HOWES HOUSE			
			1 9:15 YOGA W/MARTHA ABBOTT* 10A FITNESS W/MARGARITA AT HH 1:30 MAH JONG	2 9 & 9:35 STRENGTH & FITNESS W/KATRYN* 12:30 WEEKLY LUNCH SIGN UP BY MONDAY AT NOON	3 9:15 YOGA W/MARTHA ABBOTT - HYBRID 9 & 9:35 STRENGTH & FITNESS W/KATRYN* 1P WATERCOLOR	4
5	6 9:15 YOGA W/MARTHA ABBOTT - HYBRID 9 & 9:35 STRENGTH & FITNESS W/KATRYN* STEAMSHIP AUTHORITY WEBSITE & APP SEMINAR 1:30-3:30 7-9 KNITTERS GROUP	7 9 & 9:35 STRENGTH & FITNESS W/KATRYN* 11:30 YOGA W/KANTA* 1:30-2:15 AQUINNAH LIBRARY – OUTREACH COORDINATOR SUSAN MERRILL ANSWERS ?'S ABOUT OUR SERVICES 2-5 BRIDGE	8 9:15 YOGA W/MARTHA ABBOTT* CONNI BAKER LEGAL CLINIC 508-477-0267 10A FITNESS W/MARGARITA AT HH 1:30 MAH JONG	9 9 & 9:35 STRENGTH & FITNESS W/KATRYN* 12:30 WEEKLY LUNCH SIGN UP BY MONDAY AT NOON	10 CLOSED 	11
12	13 9:15 YOGA W/MARTHA ABBOTT - HYBRID 9 & 9:35 STRENGTH & FITNESS W/KATRYN* 1PM PARKINSON'S SUPPORT GROUP IN PERSON AT THE HOWES HOUSE 7-9 KNITTERS GROUP	14 9 & 9:35 STRENGTH & FITNESS W/KATRYN* 11:30 YOGA W/KANTA* 2-5 BRIDGE	15 9:15 YOGA W/MARTHA ABBOTT* 10A FITNESS W/MARGARITA 1:30P PROCRAFTINATORS FALL CENTERPIECES 1:30 MAH JONG	16 9 & 9:35 STRENGTH & FITNESS W/KATRYN* 12:30 WEEKLY LUNCH SIGN UP BY MONDAY AT NOON	17 9:15 YOGA W/MARTHA ABBOTT - HYBRID 9 & 9:35 STRENGTH & FITNESS W/KATRYN* 1P WATERCOLOR	18
19	20 9:15 YOGA W/MARTHA ABBOTT – HYBRID PEDI CARE CLINIC BY APPOINTMENT 9 & 9:35 STRENGTH & FITNESS W/KATRYN* 10:30 FRIENDS OF COA MONTHLY MEETING FRIENDSGIVING LUNCHEON 12 NOON 7-9 KNITTERS GROUP	21 9 & 9:35 STRENGTH & FITNESS W/KATRYN* 11:30 YOGA W/KANTA* 2-5 BRIDGE AUDIOLOGY CLINIC BY APPOINTMENT*	22 9:15 YOGA W/MARTHA ABBOTT* 10A FITNESS W/MARGARITA AT HH 1:30 MAH JONG	23 CLOSED 	24 CLOSED 	25
26	27 9 & 9:35 STRENGTH & FITNESS W/KATRYN* 9:15 YOGA W/MARTHA ABBOTT - HYBRID 7-9 KNITTERS GROUP	28 9 & 9:35 STRENGTH & FITNESS W/KATRYN* 11:30 YOGA W/KANTA* 2-5 BRIDGE	29 9:15 YOGA W/MARTHA ABBOTT* 10A FITNESS W/MARGARITA AT HH 1:30 MAH JONG	30 9 & 9:35 STRENGTH & FITNESS W/KATRYN* 12:30 WEEKLY LUNCH SIGN UP BY MONDAY AT NOON		

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)
- MONTHLY GOVERNMENT 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

*KANTA'S GENTLE YOGA – MONDAYS @11:30 EMAIL KANTALIPSKY@GMAIL.COM FOR MEETING INFO

HOWES HOUSE EVENTS:

- 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), 9:15 (VIRTUAL DOORS OPEN AT 9) EMAIL SPIRITMOVESYOU@GMAIL.COM FOR LOG IN INFO
- WEDNESDAYS 10AM FIT FUN FITNESS WITH MARGARITA AT THE HOWES HOUSE
- DISCUSSION GROUP IS ON HIATUS
- BRIDGE AT THE HOWES HOUSE MONDAYS 2-5PM (BRING A PARTNER) MUST EMAIL BEAPHEAR2@GMAIL.COM TO REGISTER
- MAH JONG (AMERICAN AND CHINESE) WEDNESDAYS AT 1:30PM
- WEEKLY LUNCH AT THE HOWES HOUSE THURSDAYS AT 12:30PM – PREREGISTER EACH WEEK BY MONDAYS BY 10A 508-693-2896 – SUGGESTED WEEKLY VOLUNTARY DONATION \$4
- STEAMSHIP AUTHORITY FREE INFORMATION SESSION MONDAY 11/6 1:30-3:30 LEARN ABOUT THE NEW SSA WEBSITE AND ITS FIRST EVER MOBILE APP!
- FRIENDSGIVING LUNCHEON MONDAY NOVEMBER 20TH AT 12 NOON
THE UP-ISLAND POLICE DEPARTMENTS (AQUINNAH, CHILMARK & WEST TISBURY) HAVE JOINED FORCES TO HOST A FRIENDSGIVING LUNCHEON AT THE HOWES HOUSE - PLEASE RSVP 508-693-2896