| **+** | **Up Island Council on Aging OCTOBER 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** | **2**  **9:15 Yoga w/Martha Abbott - Hybrid**  **9 & 9:35 Strength & Fitness w/Katryn**  **12 noon soup & scattergories**  7-9 knitters group | **3**  **9 & 9:35 Strength & Fitness w/Katryn\***  **11:30 Yoga w/Kanta\***  **2-5 bridge** | 4  **9:15 Yoga w/Martha Abbott\***  **10A Fitness w/Margarita at HH**  **1:30 mah jong** | **5**  **9 & 9:35 Strength & Fitness w/Katryn \***  **12:30 weekly lunch sign up by monday at noon**  **derby fish distribution** | 6  **9:15 Yoga w/Martha Abbott - Hybrid**  **9 & 9:35 Strength & Fitness w/Katryn\***  **1P Watercolor** | 7 |
| **8** | 9  CLOSED  C:\Users\COA-Staff\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\145E1557.tmp | **10**  **9 & 9:35 Strength & Fitness w/Katryn\***  **11:30 Yoga w/Kanta\***  **2-5 bridge** | 11  **9:15 Yoga w/Martha Abbott\***  **Conni Baker Legal Clinic 508-477-0267**  **10A Fitness w/Margarita at HH**  **1:30 mah jong** | 12  **9 & 9:35 Strength & Fitness w/Katryn \***  **12:30 weekly lunch sign up by monday at noon**  **derby fish distribution** | 13  **9:15 Yoga w/Martha Abbott – zoom only**  **9 & 9:35 Strength & Fitness w/Katryn\***  **1P Watercolor** | **14** |
| 15 | 16  **9:15 Yoga w/Martha Abbott - Hybrid**  **9 & 9:35 Strength & Fitness w/Katryn\***  7-9 knitters group | 17  **9 & 9:35 Strength & Fitness w/Katryn\***  **11:30 Yoga w/Kanta\***  **2-5 bridge** | 18  **9:15 Yoga w/Martha Abbott\***  **10A Fitness w/Margarita**  **1:30 MAH JONG**  **2pm cider stroll @ polly hill** | 19  **9 & 9:35 Strength & Fitness w/Katryn \***  **12:30 weekly lunch sign up by monday at noon**  **1:30-2:15 aquinnah library – outreach coordinator Susan merrill answers ?’s about our services** | 20  **9:15 Yoga w/Martha Abbott - Hybrid**  **9 & 9:35 Strength & Fitness w/Katryn\***  **1P Watercolor** | 21 |
| 22 | 23  **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**  7-9 knitters group | **2**4  **9 & 9:35 Strength & Fitness w/Katryn\***  **11:30 Yoga w/Kanta\***  **2-5 bridge**  **audiology clinic by appointment\*** | 25  **9:15 Yoga w/Martha Abbott\***  **10A Fitness w/Margarita at HH**  **1:30 MAH JONG** | **26**  **9 & 9:35 Strength & Fitness w/Katryn \***  **12:30 weekly lunch sign up by monday at noon**  2pm navigator homes presentation | 27  **9:15 Yoga w/Martha Abbott - Hybrid**  **9 & 9:35 Strength & Fitness w/Katryn\***  **1P Watercolor** | 28 |
| 29 | 30  **9 & 9:35 Strength & Fitness w/Katryn\***  **9:15 Yoga w/martha Abbott - Hybrid**  **2pm ghost stories with holly nadler**  7-9 knitters group | **31**  **9 & 9:35 Strength & Fitness w/Katryn\***  **11:30 Yoga w/Kanta\***  **2-5 bridge** |  |  |  |  |

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**
* **monthly Government 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**

**\*Kanta’s Gentle Yoga – MONDAYs @11:30 EMAIL** [**KANTALIPSKY@gmail.com**](mailto: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**](mailto: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**](mailto: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**
* **GHOST STORIES WITH HOLLY NADLER MONDAY OCTOBER 30 AT 2PM**