| **+** | **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** | 9CLOSEDC:\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** **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**
* **GHOST STORIES WITH HOLLY NADLER MONDAY OCTOBER 30 AT 2PM**