HARWICH COUNCIL ON AGING
Calendar for June 2012

The Council on Aging provides comprehensive support for Harwich's senior population, including services for socialization, information and referral, entertainment, health promotion and education. Through these services and as an advocate for seniors in the community and beyond, the COA enhances the quality of life for the town's seniors and their caregivers.

Monday	Tuesday	Wednesday	Thursday	Friday
				1 **9-10:15 Mindful Yoga- Kathie Marin** 9-12 S.H.I.N.E. Counseling 9:00 Walking Club-Brooks Park **10-11:30 Blood Pressure Clinic R.N.-from Bayada Nursing** 11-1:00 50+ Volleyball-Gym 1-2:30 50+ Basketball 11:45 Senior Dining Program 2:00 Current Events at Brooks Free Library **3:00-5 Petanque @ Brooks Park**
4 8:00 Walking Club-Gymnasium 9:00 Walking Club Brooks Park 10-11:30 Blood Pressure Clinic Pleasant Bay Nursing & Rehabilitation 1-3 Bridge 12:00-2 50+ Basketball 1:00-4 Game room open **3:00-5 Petanque @ Brooks Park** **Cranberry Coach Van-Walmart Falmouth**	**5** 8:00 Walking Club-Gymnasium 9:00 Nutrition & Diet Support 9:00-12 Mah Jongg 9-12 S.H.I.N.E. Counseling 9:00 Free Hearing Screenings-Barbara Eaton **10:30 Tai Chi /Chi Kung with Geoff** 11-1 50+ Volleyball-gymnasium 11:45 Sr Dining Program 1:00 Cribbage Game 4:15 Music & Movement Class with Elaine **Shaw's Market p.m.-Cranberry Coach**	**6** 8:30-9:30 Superfit with Charlie 9:00 Walking Club-Brooks Park 9-12 Wellness Clinic Town R.N 9:30 SeniorFit with Charlie Abate **9:30 COA Board Mtg.** 11:45 Sr. Dining Program 12-2:00 50+ Basketball 1:00-4 Game room open **1:00 Legal Services with Tom Kosman, Esq. by appt.** **3:00-5 Petanque @ Brooks Park** **Stop & Shop Market pm Cranberry Coach Van**	**7** **Stop & Shop in a.m. Cranberry Coach** 8:00 Walking Club-gymnasium **11:00 Bereavement Support grp** 1:00 Cribbage game 1:30 Knitters 2:00 Harwich Family Food Pantry 4:15 Music & Movement Ex. Class with Elaine	**8** 8:30-9:30 Superfit with Charlie Abate **9-10:15 Mindful Yoga- Kathie Marin** 9-12 S.H.I.N.E. Counseling 9:00 Walking Club-Brooks Park 9:30 SeniorFit with Charlie Abate **10-11:30 Blood Pressure Clinic RN-EPOCH of Harwich Nsg & Rehab.** 11-1:00 50+ Volleyball-Gym 1-2:30 50+ Basketball 11:45 Senior Dining Program 2:00 Current Events at Brooks Free Library **3:00-5 Petanque @ Brooks Park** **WILDCARE YARD SALE ON JUNE 9TH**
11 8:00 Walking Club-Gymnasium 9:00 Walking Club Brooks Park **10-11:30 Blood Pressure Clinic BroadReach Assisted Living** 1-3 Bridge 12-2 50+ Basketball 1:00-4 Game room open **3:00-5 Petanque @ Brooks Park** **5:30 Supper Club** **Cranberry Coach Van-Local Errands: CVS, Bank, post Office, Hairdresser**	**12** 8:00 Walking Club-Gymnasium 8:30-9:30 Superfit with Charlie Abate 9:30 SeniorFit with Charlie Abate 9:00 Nutrition & Diet Support Grp. 9:00-12 Mah Jongg 9-12 S.H.I.N.E. Counseling **9:30 Legal Services-Michael Lavender, Esq. by appt.** **10:30 Tai Chi /Chi Kung with Geoff** 11-1 50+. Volleyball-gymnasium 11:45 Sr Dining Program 1:00 Cribbage Game 1:00 Disability Rights Comm./Town Hall 4:15 Music & Movement Class Elaine **Shaw's Market p.m.-Cranberry Coach**	**13** 8:30-9:30 Superfit with Charlie 9:00 Walking Club-Brooks Park 9:00-12 Wellness Clinic-Town RN 9:30 SeniorFit with Charlie Abate **10:00 Friends of Harwich COA Board Mtg.** **10:00 Massage Clinic w/Marcia Moeder, LMT, RN** 11:45 Senior Dining Program 12:00-2 50+ Basketball 1:00-4 Game room open **3:00-5 Petanque @ Brooks Park** **Stop & Shop Market pm Cranberry Coach**	**14** **Stop & Shop in a.m. Cranberry Coach** 8:00 Walking Club-gymnasium **11:00 Bereavement Support Grp.** 1:00 Cribbage game 1:30 Knitters **2:00 Blood Drive American Red Cross** 4:15 Music & Movement Ex. Class with Elaine	**15** **8:30-9:30Superfit with Charlie** **9-10:15 Mindful Yoga with Kathie** 9:00 Walking Club-Brooks Park 9:00-12:00 S.H.I.N.E. Counseling 9:30 SeniorFit with Charlie Abate **10-11:30 Blood Pressure Clinic R.N. Bayada Nursing** 11-1:00 50+ Volleyball-Gym 11:45 Sr. Dining Program 1-2:30 50+ Basketball 2:00 Current Events at Brooks Free Library **3:00-5 Petanque @ Brooks Park**

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Monday	*Tuesday*	*Wednesday*	*Thursday*	*Friday*
18 **8:00 Walking Club-Gymnasium** 9:00 Walking Club Brooks Park **10-11:30 Blood Pressure Clinic with Gentiva Nursing Services** 12-2 50+ Basketball 1-3 Bridge 1:00-4 Game room open **3:00-5 Petanque @ Brooks Park** 	**19** 8:00 Walking Club-Gymnasium 9:00 Nutrition & Diet Support 9-12 Mah Jongg **9:00 Reike with Diane Thibodeau/appt** 9:00 Free Hearing Screenings-Miracle Ear 9:00-12:00 S.H.I.N.E. Counseling **10:30 Tai Chi /Chi Kung with Geoff Karlson** 11:45 Sr Dining Program 11-1 50+ Volleyball-gymnasium 1:00 Cribbage Game 4:15 Music & Movement Class- Elaine **Shaw's Market p.m.-Cranberry Coach**	**20** 8:30-9:30 Superfit with Charlie 9:00 Walking Club-Brooks Park **9:00 Pedicare Clinic by appt.** 9-12 Wellness Clinic Town RN 9:30 SeniorFit with Charlie Abate **10:30-12:00Caregiver Support Group at the Royal of Harwich** 11:45 Sr. Dining Program 12-2 50+ Basketball 1:00-4 Game room open **3:00 Friendly Visitor Tea** **3:00-5 Petanque @ Brooks Park** **Stop & Shop Market pm. Cranberry Coach Van**	**21** **Stop & Shop Cranberry Coach** 8:00 Walking Club-gymnasium 1:00 Cribbage game 1:30 Knitters 2:00 Harwich Family Food Pantry 4:15 Music & Movement Ex. Class with Elaine	**22** **8:30-9:30Superfit with Charlie** **9-10:15 Mindful Yoga with Katie** 9:00 Walking Club-Brooks Park 9:00-12:00 S.H.I.N.E. Counseling 9:30 SeniorFit with Charlie Abate **10-11:30 Blood Pressure Clinic R.N. EPOCH of Harwich Nsg & Rehab** 11-1:00 50+ Volleyball-Gym 11:45 Sr. Dining Program 1-2:30 50+ Basketball 2:00 Current Events at Brooks Free Library **3:00-5 Petanque @ Brooks Park**
25 **8:00 Walking Club-Gymnasium** 9:00 Walking Club Brooks Park **10-11:30 Blood Pressure Clinic with Broadreach Hospice** 12-2 50+ Basketball 1-3 Bridge 1:00-4 Game room open **3:00-5 Petanque @ Brooks Park** **5:30 Supper Club-Belly Dancers entertain tonight!!**	**26** 8:00 Walking Club-Gymnasium 9:00 Nutrition & Diet Support 9:00-12 Mah Jongg 9:00-12:00 S.H.I.N.E. Counseling **10 :00 Sight Loss Support group** 11:45 Sr Dining Program 11-1 50+ Volleyball-gymnasium 1:00 Cribbage Game 4:15 Music & Movement Class with Elaine **Shaw's Market p.m.-Cranberry Coach**	**27** 9:00 Walking Club-Brooks Park 9-12 Wellness Clinic Town RN **9:30 Legal Services with Michael Lavender, Esq. by appt.** 11:45 Sr. Dining Program 12-2 50+ Basketball 1:00-4 Game room open **3:00-5 Petanque @ Brooks Park** **Stop & Shop Market pm. Cranberry Coach Van**	**28** **Stop & Shop Cranberry Coach** 8:00 Walking Club-gymnasium 1:00 Cribbage game 1:30 Knitters 2:00 Harwich Family Food Pantry 4:15 Music & Movement Ex. Class with Elaine	**29** **8:00 BREAKFAST WITH EPOCH OF HARWICH** 8:30-9:30Superfit with Charlie Abate 9:00 Walking Club-Brooks Park 9:00-12:00 S.H.I.N.E. Counseling 9:30 SeniorFit with Charlie Abate **10-11:30 Blood Pressure Clinic R.N. Bayada Nursing** 11-1:00 50+ Volleyball-Gym 1-2:30 50+ Basketball 11:45 Sr. Dining Program 2:00 Current Events at Brooks Free Library **3:00-5 Petanque @ Brooks Park**
PLEASE COME CHEER	**ON THE GIRLS YOUNG & ADULT**	**ON JUNE 23rd @ 9:30 AM** **HARWICH COA, HARWICH RECREATION, HARWICH YOUTH SERVICES ANDNEW BALANCE OF MASHPEE HAVE ALL SPONSORED THE "GET YOUR NEW BALANCE ON LIFE" 8 WK PROGRAM FOR GIRLS IN GRADES 5-8 AND ADULT WOMEN OVER 60 AS MENTORS.**	**SCHOOLHOUSE PARKING LOT** **THEY ARE ALL PARTICIPATING IN THE** **Harwich 5K Road Race** **on June 23rd starting off at School House Parking Lot in Harwichport at 9:30 a.m.** **PLEASE COME CHEER US ON!!**	**IN HARWICHPORT**