HARWICH COUNCIL ON AGING

Calendar for May 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*
MARK YOUR CALENDARS NOW FOR MAY 20TH AT 11AM AT BROOKS PARK- THE MILES OF MEMORIES WALK FOR ALZHEIMER'S SERVICES. JOIN THE COA WALKING TEAM OR JUST COME AND CHEER US ON!! CALL BARBARA-ANNE FOLEY FOR MORE DETAILS AT 508-430-7550.	**1** 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 11-1 50+ Volleyball-gymnasium 11:45 Sr Dining Program 1:00 Cribbage Game 4:15 Music & Movement Class with Elaine **5:00 Meditation Class-Kathie Marin** **Shaw's Market p.m.-Cranberry Coach**	**2** 8:30-9:30 Superfit with Charlie Abate 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**	**3** **Stop & Shop in a.m.** **Cranberry Coach** 8:00 Walking Club-gymnasium **10:00 Loss of a Pet Support Grp** **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	**4** 8:30-9:30 Superfit with Charlie **9-10:15 Mindful Yoga- Kathie** 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 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**
7 **TOWN MEETING 7PM** 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-Thrift Shop Run-lunch at Ruggies**	**8** **TOWN MEETING 7PM** 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.** 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 **5:00 Meditation Class-Kathie** **Shaw's Market p.m.-Cranberry Coach**	**9** 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**	**10** **Stop & Shop in a.m.** **Cranberry Coach** 8:00 Walking Club-gymnasium **10:00 Loss of a Pet Support Grp** **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	**11** 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**

Harwich Council on Aging Calendar for May 2012

Monday	Tuesday	Wednesday	Thursday	Friday
14 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-Dennisport Run-Lunch at Buckies on 28**	**TOWN ELECTIONS TODAY** **15** 8:00 Walking Club-Gymnasium 9:00 Nutrition & Diet Support 9:00-12 Mah Jongg 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** 11:45 Sr Dining Program **11-1 STROKE RESOURCE TABLE** 11-1 50+ Volleyball-gymnasium 1:00 Cribbage Game 4:15 Music & Movement Class with Elaine **5:00 Meditation Class-Kathie** **Shaw's Market p.m.-Cranberry Coach**	**16** 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**	**17** **Stop & Shop Cranberry Coach** 8:00 Walking Club-gymnasium **10:00 Loss of a Pet Support Grp** **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	**18** **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**
21 **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 **5:30 Supper Club** **3:00-5 Petanque @ Brooks Park** **Cranberry Coach Van-Cape Cod Mall Lunch in the Food Court**	**22** 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 **9:00 Reike with Diane Thibodeau/appt** **10 :00 Sight Loss Support group** **10:30 Tai Chi /Chi Kung with Geoff** 11:45 Sr Dining Program 11-1 50+ Volleyball-gymnasium 1:00 Cribbage Game 4:15 Music & Movement Class with Elaine **5:00 Meditation Class-Kathie** **Shaw's Market p.m.-Cranberry Coach**	**23** 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**	**24** **Stop & Shop Cranberry Coach** 8:00 Walking Club-gymnasium **10:00 Loss of a Pet Support Grp** **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	**25** **8:00 BREAKFAST WITH EPOCH OF HARWICH** 8:30-9:30Superfit with Charlie Abate **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. EPOCH of Harwich Nsg & Rehab.** 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**
28 	**29** 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 **10:30 Tai Chi /Chi Kung - Geoff** 11:45 Sr Dining Program 11-1 50+ Volleyball-gym 1:00 Cribbage Game 4:15 Music & Movement Class with Elaine **Shaw's Market p.m.-Cranberry Coach**	**30** 9:00 Walking Club-Brooks Park 9-12 Wellness Clinic Town RN 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**	**31** **Stop & Shop Cranberry Coach** 8:00 Walking Club-gymnasium **10:00-2:30 AARP SAFE DRIVER COURSE-PRE-REGISTRATION REQUIRED. CALL 508-430-7550** **10:00 Loss of a Pet Support Grp** **11:00 Bereavement Support grp** 12-2 Billiards in the game room 1:00 Cribbage game 1:30 Knitters 2:00 Harwich Family Food Pantry 4:15 Music & Movement Ex. Class with Elaine	