





HARWICH COUNCIL ON AGING

Calendar for August 2011

The mission of the Board of Directors of the Harwich Council on Aging is to advocate to the Town for the Senior Citizens of Harwich, through an ongoing assessment of their needs, making the community aware of those needs, as well as overseeing the development and implementation of programs and services of the Council on Aging.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>7pm Royal Legion Brass Band of Harwich England and Harwich Town Band joint concert brooks park-FREE</p> <p>8:00 Walking Club-Gymnasium</p> <p>9:00 Walking Club Brooks Park</p> <p>10-11:30 Blood Pressure Clinic Pleasant Bay Nursing & Rehabilitation</p> <p>10:30 Tai Chi II Class with Joel</p> <p>1-3 Bridge II</p> <p>12-5 Open Gym</p> <p>1:00-4 Game room open</p> <p>3:00-5 Petanque-Brooks Park</p> <p>Cranberry Coach Van-Provincetown Day Trip Lunch at Box Lunch</p>	<p>7:00 Walking Club-Gymnasium</p> <p>9:00 Nutrition & Diet Support</p> <p>9:00-12 Mah Jongg</p> <p>9:00 Yoga Class</p> <p>9:00 Free Hearing Screenings-Barbara Eaton</p> <p>9-1030 Computer 101 Class</p> <p>11-1 50+ Volleyball-gymnasium</p> <p>11:45 Sr Dining Program</p> <p>12-2 Billiards</p> <p>1:00 Cribbage Game</p> <p>1-3 Open Gym</p> <p>1:00 Tai Chi I</p> <p>4:15 Music & Movement Class</p> <p>Shaw's Market p.m.-Cranberry Coach</p>	<p>8:45-9:45 Totally Fit Plus with Susan</p> <p>9:00 Walking Club-Brooks Park</p> <p>9:00 Zumba with Peggy</p> <p>9-12 Wellness Clinic Town R.N</p> <p>10:00 COA Board Mtg.</p> <p>9:45-10:45 Totally Fit with Susan</p> <p>11:45 Sr. Dining Program</p> <p>12:30-2 55+ Basketball</p> <p>1:00 Legal Services with Tom Kosman, Esq. by appt.</p> <p>3:00-5 Petanque-Brooks Park</p> <p>Stop & Shop Market pm Cranberry Coach Van</p>	<p>Stop & Shop in a.m. Cranberry Coach</p> <p>8:00 Walking Club-gymnasium</p> <p>9:00 Yoga Class</p> <p>9-1030 Computer 101 Class</p> <p>10:30 Chi Kung with Joel</p> <p>1:00-4 Game Room open</p> <p>1:00 Cribbage game</p> <p>1:30 Knitters</p> <p>2:00 Harwich Family Food Pantry</p> <p>4:15 Music & Movement Ex. Class</p>	<p>8:30-9:30 Totally fit Plus with Susan</p> <p>9-10:15 Mindful Yoga with Kathie Marin</p> <p>9:30 Totally Fit with Susan</p> <p>10-11:30 Blood Pressure Clinic R.N.-from EPOCH of Harwich Nsg. & Rehab</p> <p>11-1:00 50+ Volleyball-Gym</p> <p>1-2:30 55+ Basketball</p> <p>11:45 Senior Dining Program</p> <p>2:00 Current Events at Brooks</p> <p>Free Library with Dianne Wadsworth</p>
<p>8:00 Walking Club-Gymnasium</p> <p>9:00 Walking Club Brooks Park</p> <p>10:30 Tai Chi II class with Joel</p> <p>10-11:30 Blood Pressure Clinic</p> <p>1-3 Bridge II</p> <p>3:00-5 Petanque-Brooks Park</p>  <p>5:30 Supper Club</p> <p>Cranberry Coach Van-Wellfleet Bay Wildlife Sanctuary visit and lunch</p>	<p>7:00 Walking Club-Gymnasium</p> <p>9:00 Nutrition & Diet Support Grp.</p> <p>9:00-12 Mah Jongg</p> <p>9:00 Yoga Class</p> <p>9:30 Legal Services-Michael Lavender</p> <p>9-1030 Computer 101 Class</p> <p>11-1 50+. Volleyball-gymnasium</p> <p>11:45 Sr Dining Program</p> <p>12:30 Learn to Breathe Again-with Mary Ann Patz FREE by appt. call 430-7550</p> <p>1:00 Cribbage Game</p> <p>1:00 Tai Chi I</p> <p>1:00 Disability Rights Comm./Town Hall</p> <p>4:15 Music & Movement Class</p> <p>Shaw's Market p.m.-Cranberry Coach</p>	<p>8:45-9:45 Totally fit Plus with Susan</p> <p>9:00 Walking Club-Brooks Park</p> <p>9:00-12 Wellness Clinic-Town RN</p> <p>9:00 Zumba with Peggy</p> <p>9:45 Totally Fit with Susan</p> <p>10:00 Friends of Harwich COA Board Mtg.</p> <p>11:45 Senior Dining Program</p> <p>12:30-2:00 55+ Basketball</p> <p>1:00-4 Game room open</p> <p>3:00-5 Petanque-Brooks Park</p> <p>Stop & Shop Market pm Cranberry Coach</p>	<p>Stop & Shop in a.m. Cranberry Coach</p> <p>8:00 Walking Club-gymnasium</p> <p>9:00 Yoga Class</p> <p>9-1030 Computer 101 Class</p> <p>10:30 Chi Kung with Joel</p> <p>1:00-4 Game Room open</p> <p>1:00 Cribbage game</p> <p>1:30 Knitters</p> <p>4:15 Music & Movement Ex. Class</p>	<p>8:30-9:30 Totally Fit Plus with Susan</p> <p>9:00 Walking Club-Brooks Park</p> <p>9-10:15 Mindful Yoga with Kathie Marin</p> <p>9:30 Totally Fit with Susan</p> <p>10-11:30 Blood Pressure Clinic R.N.-from Bayada Nursing</p> <p>11-1:00 50+ Volleyball-Gym</p> <p>1-2:30 55+ Basketball</p> <p>11:45 Senior Dining Program</p> <p>2:00 Current Events at Brooks</p> <p>Free Library with Jan Anderson</p>

Harwich Council on Aging Calendar for August 2011

Monday	Tuesday	Wednesday	Thursday	Friday
<p>8:00 Walking Club-Gymnasium 15</p> <p>9:00 Walking Club Brooks Park</p> <p>10:30 Tai Chi II class with Joel</p> <p>10-11:30 Blood Pressure Clinic Pleasant Bay Nursing & Rehabilitation</p> <p>1-3 Bridge II</p> <p>2:00-7:00 Blood Drive Red Cross</p> <p>3:00-5 Petanque-Brooks Park</p>  <p>Cranberry Coach Van-Dennisport Run including ocean State Job Lot, Dollar Store and lunch at Buckies on 28</p>	<p>8:00 Walking Club-Gymnasium 16</p> <p>9:00 Nutrition & Diet Support</p> <p>9:00-12 Mah Jongg</p> <p>9:00 Yoga Class</p> <p>9:00 Reike Treatments by Appt</p> <p>9:00 Free Hearing Screenings-Miracle Ear</p> <p>9:30-11:30 S.H.I.N.E. Counseling</p> <p>11:45 Sr Dining Program</p> <p>12-2 Billiards</p> <p>12-2 55+ Volleyball-gymnasium</p> <p>1:00 Tai Chi I class with Joel</p> <p>1:00 Cribbage Game</p> <p>4:15 Music & Movement Class</p> <p>Shaw's Market p.m.-Cranberry Coach</p>	<p>8:45-9:45 Totally Fit Plus with Susan 17</p> <p>9:00 Walking Club-Brooks Park</p> <p>9:00 Zumba with Peggy</p> <p>9-12 Wellness Clinic Town RN</p> <p>9:45-10:45 Totally Fit with Susan</p> <p>10-11:30 Caregiver Support Group</p> <p>11:45 Sr. Dining Program</p> <p>1:30-3 55+ Basketball</p> <p>3:00-5 Petanque-Brooks Park</p> <p>Stop & Shop Market pm. COA Van</p>	<p>Stop & Shop in a.m. 18</p> <p>Cranberry Coach</p> <p>8:00 Walking Club-gymnasium</p> <p>9:00 Yoga Class</p> <p>10:30 Chi Kung with Joel</p> <p>12-2 Billiards in the game room</p> <p>1:00 Cribbage game</p> <p>1:30 Knitters</p> <p>2:00 Harwich Family Food Pantry</p> <p>4:15 Music & Movement Ex. Class</p>	<p>8:30-9:30 Totally fit Plus with Susan 19</p> <p>9:00 Walking Club-Brooks Park</p> <p>9-10:15 Mindful Yoga with Kathie Marin</p> <p>9:30-11:30 S.H.I.N.E. Counseling</p> <p>9:30 Totally Fit with Susan</p> <p>10-11:30 Blood Pressure Clinic R.N.-from EPOCH of Harwich Nsg. & Rehab</p> <p>11:45 Sr. Dining Program</p> <p>12:15-2:15 55+ Volleyball-Gym</p> <p>2:00 Current Events at Brooks Free Library with Denise Ripley</p>
<p>8:00 Walking Club-Gymnasium 22</p> <p>9:00 Walking Club Brooks Park</p> <p>10:30 Tai Chi II class with Joel</p> <p>10-11:30 Blood Pressure Clinic Pleasant Bay Nursing & Rehabilitation</p> <p>1-3 Bridge II</p> <p>3:00-5 Petanque-Brooks Park</p> <p>5:30 Supper Club</p>  <p>Cranberry Coach Van-Mashpee Commons Shopping-Lunch at Cooke's Seafood in Mashpee</p>	<p>8:00 Walking Club-Gymnasium 23</p> <p>9:00 Nutrition & Diet Support</p> <p>9:00-12 Mah Jongg</p> <p>9:00 Yoga Class</p> <p>9:30-11:30 S.H.I.N.E. Counseling</p> <p>11:45 Sr Dining Program</p> <p>12-2 Billiards</p> <p>12-2 55+ Volleyball-gymnasium</p> <p>1:00 Cribbage Game</p> <p>1:00 Tai Chi I class with Joel</p> <p>4:15 Music & Movement Class</p> <p>Shaw's Market p.m.-Cranberry Coach</p>	<p>8:45-9:45 Totally Fit Plus with Susan 24</p> <p>9:00 Walking Club-Brooks Park</p> <p>9:00 Zumba with Peggy</p> <p>9-12 Wellness Clinic Town RN</p> <p>9:30 Legal Services with Michael Lavender, Esq. by appt.</p> <p>9:45-10:45 Totally Fit with Susan</p> <p>11:45 Sr. Dining Program</p> <p>1:30-3 55+ Basketball</p> <p>3:00-5 Petanque-Brooks Park</p> <p>Stop & Shop Market pm. Cranberry Coach Van</p>	<p>Stop & Shop in a.m. 25</p> <p>Cranberry Coach</p> <p>8:00 Walking Club-gymnasium</p> <p>9:00 Yoga Class</p> <p>9:00 Pedicare Clinic by appt.</p> <p>10:30 Chi Kung with Joel</p> <p>12-2 Billiards in the game room</p> <p>1:00 Cribbage game</p> <p>1:30 Knitters</p> <p>2:00 Harwich Family Food Pantry</p> <p>4:15 Music & Movement Ex Class</p>	<p>8:00 free Breakfast with EPOCH at COA call to RSVP 430-7550 26</p> <p>8:30-9:30 Totally fit Plus with Susan</p> <p>9:00 Walking Club-Brooks Park</p> <p>9-10:15 Mindful Yoga with Kathie Marin</p> <p>9:30-11:30 S.H.I.N.E. Counseling</p> <p>9:30 Totally Fit with Susan</p> <p>10-11:30 Blood Pressure Clinic R.N. from Bayada Nursing</p> <p>11:45 Sr. Dining Program</p> <p>12:15-2:15 55+ Volleyball-Gym</p> <p>2:00 Current Events at Brooks Free Library with David Bassett Please call for a ride</p>
<p>8:00 Walking Club-Gymnasium 29</p> <p>9:00 Walking Club Brooks Park</p> <p>10:30 Tai Chi II class with Joel</p> <p>10-11:30 Blood Pressure Clinic</p> <p>1-3 Bridge II</p> <p>3:00-5 Petanque-Brooks Park</p>  <p>Cranberry Coach Van-Cape Cod Mall lunch at the food court</p>	<p>8:00 Walking Club-Gymnasium 30</p> <p>9:00 Nutrition & Diet Support</p> <p>9:00-12 Mah Jongg</p> <p>9:00 Yoga Class</p> <p>9:30-11:30 S.H.I.N.E. Counseling</p> <p>11:45 Sr Dining Program</p> <p>12-2 Billiards</p> <p>12-2 55+ Volleyball-gymnasium</p> <p>1:00 Cribbage Game</p> <p>1:00 Tai Chi I class with Joel</p> <p>4:15 Music & Movement Class</p> <p>Shaw's Market p.m.-Cranberry Coach</p>	<p>Something very special ----first time ever! HARWICH, ENGLAND BAND VISITS US!!</p> <p>Band Bonanza coming on Monday, August 1st, at the Tech School here in Harwich! Our Harwich Band is being visited by the Royal Legion Brass Band of Harwich, England -- our sister town. Both bands will present a joint concert at 7:00PM. This also is free of charge. Both bands will also perform at our weekly Tuesday night concert outdoors in Brooks Park at 7:00PM</p>	<p>AUGUST 6TH COMMUNITY YARD SALE FLEA MARKET BROOKS PARK CALL 508-430-7568 TO RESERVE YOUR \$20 TABLE!</p>	