



## HARWICH COUNCIL ON AGING CALENDAR OCTOBER 2016

Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>3</u> 7:00 Walking Club-Gym 9:00 Walking Club Brooks Park</p>  <p>10-12 Housing Summit "Preparing today for your housing options tomorrow....it's never too early" RSVP required call 508-430-7550</p> <p>1-3:00 Bridge II with Nancy Blezard 1-4:00 Open Game Rm &amp; Gym 1/2 <b>5:00 Supper Club</b> <b>COA Van-Trader Joes &amp; Christmas Tree Shops</b></p>	<p><u>4</u> 7:00 Walking Club-Gym 8:30 Mary Ann's Ex's &amp; the Ball <b>9:00 Free Hearing Screenings-Barbara Eaton</b> 9:00 Nutrition &amp; Diet Support 9-12 Mah Jongg 9-12 S.H.I.N.E. Counseling 9:00 Yoga with Michele 10-12 Sight Loss Support Grp. <b>11-12 Take Back Your Health</b> 11-1 50+. Volleyball-Gym 11:30 Sr. Dining Program <b>1:00 Legal Services-Elizabeth Lynch, Esq by appt</b> 1-4:00 Open Game Rm 5:00 30/30 Fitness 6:00 Exercise Class with Jill Brown</p>	<p><u>5</u> 8:30-9:30 Superfit with Charlie 9:00 Walking Club Brooks Park <b>9:30-12 Wellness Clinic Town RN</b> 9:30-10:30 Seniorfit with Charlie <b>9:30 COA BOARD MTG</b> <b>10:30-12 Caregiver Support Grp</b> <b>Call Alzheimer's Family Support Ctr 508-896-5170</b> 11:30 Sr. Dining Program <b>1:00 Legal Services with Tom Kosman, Esq. by appt.</b> 1-4:00 Open Game Rm &amp; Gym 1/2 <b>2-4:00 "Buried in Treasures grp. With Kevin Grunwald</b> <b>6-7:30 Dad's Support Group</b> <b>Van Stop &amp; Shop Market pm</b></p>	<p><u>6</u> <b>Stop &amp; Shop COA Van</b> 7:00 Walking Club-Gym 9:00 Yoga with Michele 9:30 Mary Ann's Ex's &amp; the Ball 10:30-12 Open Tennis-Gym 11:30 Sr. Dining Program <b>1:00 Cribbage Game</b> <b>1-3:00 Zero Balancing with Marcia Moeder, R.N. by Appt. only</b> 2:00 Harwich Family Food Pantry 1-4:00 Game Room Open 5:00 30/30 Fitness</p>	<p><u>7</u> 9:00 Walking Club- Brooks Park <b>9:00 Mindful Yoga with Kathie</b> 9-12 S.H.I.N.E. Counseling <b>10-11:30 Blood Pressure Clinic RN-Bayada Nursing</b> 11-1:00 50+ Volleyball-Gym 11:30 Senior Dining Program <b>1:00 Bicycle Club Brooks Park- (weather permitting)</b> 2:00 Current Events Brooks Library 1-4:00 Game Room Open</p>
<p><u>10</u></p>  <p><b>Columbus Day</b></p> <p><b>ALL TOWN OFFICES ARE CLOSED TODAY</b></p>	<p><u>11</u> 7:00 Walking Club-Gym 8:30 Mary Ann's Ex's &amp; the Ball 9:00 Nutrition &amp; Diet Support 9-12 Mah Jongg 9-12 S.H.I.N.E. Counseling 9:00 Yoga with Michele <b>10:30 Tai Chi /Chi Kung</b> 11-1 50+. Volleyball-Gym 11:30 Sr. Dining Program 1-4:00 Open Game Rm 5:00 30/30 Fitness 6:00 Exercise Class with Jill Brown <b>CAPE COD HEALTHCARE BLOOD DRIVE</b></p>	<p><u>12</u> 8:30-9:30 Superfit with Charlie 9:00 Walking Club Brooks Park <b>9:30-12 Wellness Clinic Town RN</b> 9:30-10:30 Seniorfit with Charlie <b>10:00 Friends of Harwich COA Board Mtg.</b> 11:30 Sr. Dining Program 1-4:00 Open Game Rm &amp; Gym 1/2 <b>2-4:00 "Buried in Treasures grp. With Kevin Grunwald</b> <b>5:30-7 Voter Information Committee Mtg.</b> <b>Van-Stop &amp; Shop Market pm</b></p>	<p><u>13</u> <b>Stop &amp; Shop COA Van</b> 7:00 Walking Club-Gym 9:00 Yoga with Michele 9:30 Mary Ann's Ex's &amp; the Ball 10:30-12 Open Tennis-Gym 11:30 Sr. Dining Program <b>1:00 Cribbage Game</b> 1-4:00 Game Room Open 2:00 Harwich Family Food Pantry 5:00 30/30 Fitness</p>	<p><u>14</u> <b>8:30-3:30 Betty Brady's Foot Clinic</b> 8:30-9:30 Superfit with Charlie 9:00 Walking Club- Brooks Park <b>9:00 MEN'S BREAKFAST followed by Men's Book Club</b> 9-12 S.H.I.N.E. Counseling <b>9:00 Mindful Yoga with Kathie</b> 9:30-10:30 Seniorfit with Charlie <b>10-11:30 Blood Pressure Clinic RN-Wingate of Harwich Nursing</b> 11-1:00 50+ Volleyball-Gym 11:30 Senior Dining Program <b>1:00 Bicycle Club Brooks Park - (weather permitting)</b> 2:00 Current Events Brooks Library 1--4:00 Game Room Open</p>