

## HARWICH COUNCIL ON AGING OCTOBER 2016 CALENDAR PG 2

| Monday  | Tuesday   | Wednesday  | Thursday   | Friday   |
|---|---|--|--|--|
| <b>17</b><br>7:00 Walking Club-Gym<br>8:30 Walking Club Brooks Park<br>1-3:00 Bridge II with Nancy Blezard<br>1-4:00 Open Game Rm & Gym 1/2<br><b>5:00 Supper Club</b><br><b>COA Van Market Basket</b>  | <b>18</b><br>7:00 Walking Club-Gym<br>8:30 Mary Ann's Ex's & the Ball<br>9:00 Nutrition & Diet Support<br><b>9:00 Reiki with Diane Thibodeau</b><br>9:00 Yoga with Michele<br>9-12 Mah Jongg<br>9-12 S.H.I.N.E. Counseling<br><b>10:30 Tai Chi /Chi Kung</b><br>11-1 50+. Volleyball-Gym<br>11:30 Sr. Dining Program<br>1-4:00 Open Game Rm<br>5:00 30/30 Fitness<br><b>6:00 Exercise Class with Jill Brown</b>                   | <b>19</b><br>8:30-9:30 Superfit with Charlie<br>8:30 Walking Club Brooks Park<br><b>9:30-12 Wellness Clinic Town RN</b><br>9:30-10:30 Seniorfit with Charlie<br><b>10:30-12 Caregiver Support Grp Call</b><br><b>Alzheimer's Family Support Ctr</b><br><b>508-896-5170</b><br>11:30 Sr. Dining Program<br>1-4:00 Open Game Rm & Gym 1/2<br><b>2-4:00 "Buried in Treasures grp.</b><br><b>With Kevin Grunwald</b><br><b>5:30-7 Voter Information</b><br><b>Committee Mtg.</b><br>Van-Stop & Shop Market pm. | <b>20</b><br><b>Stop &amp; Shop COA Van</b><br>7:00 Walking Club-Gym<br>9:00 Yoga with Michele<br>9:30 Mary Ann's Ex's & the Ball<br>11:30 Sr. Dining Program<br><b>1:00 Cribbage Game</b><br>1-4:00 Open Game Rm<br>2:00 Harwich Family Food Pantry<br>5:00 30/30 Fitness | <b>21</b><br>8:30-9:30 Superfit with Charlie<br>8:30 Walking Club Brooks<br>9-12 S.H.I.N.E. Counseling<br><b>9:00 Mindful Yoga with Kathie</b><br>9:30-10:30 Seniorfit with Charlie<br><b>10-11:30 Blood Pressure Clinic R.N.</b><br><b>with Bayada Nursing</b><br>11-1 50+ Volleyball-Gym<br>11:30 Sr. Dining Program<br><b>1:00 Bicycle Club Brooks Park</b><br>2:00 Current Events Brooks Library<br><b>5:00-8:00 BOO-TIQUE (see flyer)</b>   |
| <b>24</b><br>7:00 Walking Club-Gym<br>8:30 Walking Club Brooks Park<br><b>9-12:00 Newcomers General Mtg.</b><br><b>10:00 FOCUS GROUP:-FIRST TO</b><br><b>SIGN UP FIRST SERVED BASIS WE</b><br><b>CAN ONLY HAVE 12 IN THE GROUP-</b><br><b>CALL TODAY! 508-430-7550</b><br>1-3:00 Bridge II with Nancy Blezard<br>1-4:00 Open Game Rm & Gym 1/2<br><b>5:00 Supper Club</b><br><b>COA Van-D-port \$\$ Store &amp; Job Lot</b><br><b>5:30 FOCUS GROUP:-FIRST TO SIGN</b><br><b>UP FIRST SERVED BASIS WE CAN</b><br><b>ONLY HAVE 12 IN THE GROUP-CALL</b><br><b>TODAY! 508-430-7550</b> | <b>25</b><br>7:00 Walking Club-Gym<br>8:30 Mary Ann's Ex's & the Ball<br>9:00 Nutrition & Diet Support<br>9-12 Mah Jongg<br>9-12 S.H.I.N.E. Counseling<br>9:00 Yoga with Michele<br><b>9:30 Balance Boosters with</b><br><b>Barbara-Anne</b><br><b>10:30 Tai Chi /Chi Kung</b><br>11-1 50+. Volleyball-Gym<br>11:30 Sr. Dining Program<br>1-4:00 Open Game Rm<br>5:00 30/30 Fitness<br><b>6:00 Exercise Class with Jill Brown</b> | <b>26</b><br>8:30-9:30 Superfit with Charlie<br>8:30 Walking Club Brooks<br><b>8:30-11:30 Betty Brady's Foot Clinic</b><br><b>9:30-12 Wellness Clinic-Town RN</b><br>9:30-10:30 Seniorfit with Charlie<br>11:30 Sr. Dining Program<br><b>12:30-3:00 Legal Services with</b><br><b>Michael Lavender, Esq. by Appt</b><br>1-4:00 Open Game Rm & Gym 1/2<br><b>2-4:00 "Buried in Treasures grp.</b><br><b>With Kevin Grunwald</b><br><b>Stop &amp; Shop Market pm Van</b>                                     | <b>27</b><br><b>Stop &amp; Shop COA Van</b><br>7:00 Walking Club-Gym<br>9:00 Yoga with Michele<br>9:30 Mary Ann's Ex's & the Ball<br>11:30 Sr. Dining Program<br><b>1:00 Cribbage Game</b><br>1-4:00 Open Game Rm<br>2:00 Harwich Family Food Pantry<br>5:00 30/30 Fitness | <b>28</b><br><b>8:00 Wingate Breakfast-FREE</b><br>8:30-9:30 Superfit with Charlie<br>8:30 Walking Club Brooks<br><b>9:00 Mindful Yoga with Kathie</b><br>9-12 S.H.I.N.E. Counseling<br>9:30-10:30 Seniorfit with Charlie<br><b>9:30 Balance Boosters with</b><br><b>Barbara-Anne</b><br><b>10-11:30 Blood Pressure Clinic R.N.</b><br><b>with Wingate Nursing</b><br>11-1 50+ Volleyball-Gym<br>11:30 Sr. Dining Program<br><b>1:00 Bicycle Club Brooks Park</b><br>1-4:00 Open Game Rm<br>2:00 Current Events Brooks Library |
| <b>31</b><br>7:00 Walking Club-Gym<br>8:30 Walking Club Brooks Park<br>1-3:00 Bridge II with Nancy Blezard<br>1-4:00 Open Game Rm & Gym 1/2<br><b>5:00 Supper Club</b><br><b>COA Van- WalMart</b><br><br><b>4:30 HARWICH COMMUNITY</b><br><b>CENTER HALLOWEEN PARTY-</b><br><b>ALL WELCOME! Volunteers</b><br><b>still needed call Carolyn at</b><br><b>508-430-7568.</b>   |   |  |  |  |