


## HARWICH COUNCIL ON AGING CALENDAR SEPTEMBER 2016

Monday	Tuesday	Wednesday	Thursday	Friday
			<b><u>1</u> Stop &amp; Shop COA Van</b> 7:00 Walking Club-Gym 9:30 Yoga with Michele 9:30 Mary Ann's Ex's & the Ball 10:30-12 Open Tennis-Gym 11:30 Sr. Dining Program <b>1:00 Cribbage Game</b> 2:00 Harwich Family Food Pantry 1-4:00 Game Room Open 5:00 30/30 Fitness	<b><u>2</u> 8:30</b> Walking Club- Brooks Park 9-12 S.H.I.N.E. Counseling <b>10-11:30 Blood Pressure Clinic</b> <b>RN-Bayada Nursing</b> 11-1:00 50+ Volleyball-Gym 11:30 Senior Dining Program <b>1:00 Bicycle Club Brooks Park-</b> <b>(weather permitting)</b> 2:00 Current Events Brooks Library 1-4:00 Game Room Open
<b><u>5</u></b>  <b>LABOR DAY</b>  <b>ALL TOWN OFFICES</b> <b>CLOSED</b>	<b><u>6</u> 7:00</b> Walking Club-Gym 8:30 Mary Ann's Ex's & the Ball <b>9:00 Free Hearing Screenings-Barbara Eaton</b> 9:00 Nutrition & 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>10:30 Tai Chi /Chi Kung</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	<b><u>7</u></b> 8:30 Walking Club Brooks Park 8:30-9:30 Superfit with Charlie <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 & Gym 1/2 <b>6-7:30 Dad's Support Group</b> <b>Van Stop &amp; Shop Market pm.</b>	<b><u>8</u> Stop &amp; Shop COA Van</b> 7:00 Walking Club-Gym 9:00 Yoga with Michele 9:30 Mary Ann's Ex's & the Ball 10:30-12 Open Tennis-Gym 11:30 Sr. Dining Program <b>1:00 Cribbage Game</b> 2:00 Harwich Family Food Pantry <b>1-3:00 Zero Balancing with Marcia Moeder, R.N. by Appt. only</b> -4:00 Game Room Open 5:00 30/30 Fitness	<b><u>9</u> 8:30-9:30</b> Superfit with Charlie 8:30 Walking Club- Brooks Park <b>9:00 MEN'S BREAKFAST</b> <b>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</b> <b>RN-Wingate of Harwich Nursing</b> 11-1:00 50+ Volleyball-Gym 11:30 Senior Dining Program <b>1:00 Bicycle Club Brooks Park -</b> <b>(weather permitting)</b> 2:00 Current Events Brooks Library 1--4:00 Game Room Open