HARWICH COUNCIL ON AGING JULY 2016 CALENDAR PAGE 2

Monday	Tuesday	Wednesday	Thursday	Friday
12	13 7:00 Walking Club-Gym	14	15 Stop & Shop COA Van	16 8:30-3:30 Betty Brady's Foot
 7:00 Walking Club-Gym	8:30 Mary Ann's Ex's & the Ball	8:30-9:30 Superfit with Charlie	7:00 Walking Club-Gym	<u>Clinic</u>
8:30 Walking Club Brooks Park	9:00 Nutrition & Diet Support	8:30 Walking Club Brooks Park	9:30 Yoga with Michele	8:30-9:30 Superfit with Charlie
1-3:00 Bridge II with Nancy Blezard	9:00 Reiki with Diane Thibodeau	9-12 Wellness Clinic Town RN	9:30 Mary Ann's Ex's & the Ball	8:30 Walking Club Brooks
1-4:00 Open Game Rm & Gym 1/2	9:30 Yoga with Michele	9:30-10:30 Seniorfit with Charlie	11:30 Sr. Dining Program	9-12 S.H.I.N.E. Counseling
5:00 Supper Club Dot Bassett and	9-12 Mah Jongg		1:00 Cribbage Game	9:00 Mindful Yoga with Kathie
Joyce Bearse Sing-A-Long	9-12 S.H.I.N.E. Counseling	10:00 Friends of Harwich COA	1-4:00 Open Game Rm	9:30 Balance Boosters with Dir.
5-8 pm TD Bank Summer Concert	9:30 Balance Boosters with	Board Mtg.	2:00 Harwich Family Food Pantry	9:30-10:30 Seniorfit with Charlie
Series Brooks Park-Visit after	Barbara-Anne	11:30 Sr. Dining Program	5:00 30/30 Fitness	10-11:30 Blood Pressure Clinic R.N.
Supper Club!	11-1 50+. Volleyball-Gym	1-4:00 Open Game Rm & Gym 1/2	5.00 50/50 Fittless	with Bayada Nursing
COA Van Market Basket		Van-Stop & Shop Market pm.		11-1 50+ Volleyball-Gym
COA Vall Market Basket	10:30 Tai Chi /Chi Kung			
	11:30 Sr. Dining Program			11:30 Sr. Dining Program
	1-4:00 Open Game Rm			1:00 Bicycle Club Brooks Park
	5:00 30/30 Fitness			2:00 Current Events Brooks Library
	7:00 Town Band Concert-Brooks			
	Park			
<u>19</u>	207:00 Walking Club-Gym	<u>21</u>	22 Stop & Shop COA Van	<u>23</u>
7:00 Walking Club-Gym	8:30 Mary Ann's Ex's & the Ball	8:30-9:30 Superfit with Charlie	7:00 Walking Club-Gym	8:30-9:30 Superfit with Charlie
8:30 Walking Club Brooks Park	9:00 Nutrition & Diet Support	8:30 Walking Club Brooks	9:30 Yoga with Michele	8:30 Walking Club Brooks
1-3:00 Bridge II with Nancy Blezard	9-12 Mah Jongg	9-12 Wellness Clinic-Town RN	9:30 Mary Ann's Ex's & the Ball	9:00 Mindful Yoga with Kathie
1-4:00 Open Game Rm & Gym 1/2	9-12 S.H.I.N.E. Counseling	9:30-10:30 Seniorfit with Charlie	10-3 Red Cross Blood Drive	9-12 S.H.I.N.E. Counseling
5:00 Supper Club-Trivia With Doc	9:30 Yoga with Michele	10:30-12 Caregiver	11:30 Sr. Dining Program	9:30-10:30 Seniorfit with Charlie
5-8 pm TD Bank Summer Concert	9:30 NO Balance Boosters class	Support Grp Call	1:00 Cribbage Game	9:30 Balance Boosters with
Series Brooks Park-Visit after	10:00 Secrets of the "Okinowans	Alzheimer's Family	1-4:00 Open Game Rm	Barbara-Anne
Supper Club!	Longevity" by Tricia Silverman, R.D.	Support Ctr 508-896-5170	2:00 Harwich Family Food Pantry	10-11:30 Blood Pressure Clinic R.N.
COA Van-Patriot Square & Movies	RSVP is required call 430-7550.	11:30 Sr. Dining Program	5:00 30/30 Fitness	with Wingate Nursing
	11-1 50+. Volleyball-Gym	1-4:00 Open Game Rm &		11-1 50+ Volleyball-Gym
	10:30 Tai Chi /Chi Kung	Gym 1/2		11:30 Sr. Dining Program
	11:30 Sr. Dining Program	Stop & Shop Market pm Van		1:00 Bicycle Club Brooks Park
	1-4:00 Open Game Rm			1-4:00 Open Game Rm
	5:00 30/30 Fitness			2:00 Current Events Brooks Library
26	27 7:00 Walking Club-Gym	28	29 Stop & Shop COA Van	30 8:00 Wingate Breakfast
7:00 Walking Club-Gym	8:30 Mary Ann's Ex's & the Ball	8:30-9:30 Superfit with Charlie	7:00 Walking Club-Gym	8:30-9:30 Superfit with Charlie
8:30 Walking Club Brooks Park	9:00 Nutrition & Diet Support	8:30 Walking Club Brooks	9:30 Yoga with Michele	8:30 Walking Club Brooks
1-3:00 Bridge II with Nancy Blezard	9-12 Mah Jongg	8:30-11:30 Betty Brady's Foot Clinic	9:30 Mary Ann's Ex's & the Ball	9-12 S.H.I.N.E. Counseling
1-4:00 Open Game Rm & Gym 1/2	9-12 S.H.I.N.E. Counseling	9-12 Wellness Clinic-Town RN	11:30 Sr. Dining Program	9:00 Mindful Yoga with Kathie
5:00 Supper Club-Michael Kennedy	9:30 Yoga with Michele	9:30 Seniorfit with Charlie	1:00 Cribbage Game	9:30 Balance Boosters with
and Crossroad Singing Group	9:30 Balance Boosters with	11:30 Sr. Dining Program	1-4:00 Open Game Rm	Barbara-Anne
5-8 pm TD Bank Summer Concert	Barbara-Anne	12:30-3:00 Legal Services with	2:00 Harwich Family Food Pantry	9:30-10:30 Seniorfit with Charlie
Series Brooks Park-Visit after	11-1 50+. Volleyball-Gym	Michael Lavender, Esq. by Appt	5:00 30/30 Fitness	10-11:30 Blood Pressure Clinic R.N.
Supper Club!	10:30 Tai Chi /Chi Kung	1-4:00 Open Game Rm & Gym 1/2		with Bayada Nursing
COA Van-Trader Joes & Xmas Tree	11:30 Sr. Dining Program	Stop & Shop Market pm Van		11-1 50+ Volleyball-Gym
Shops Mall Hyannis	1-4:00 Open Game Rm			11:30 Sr. Dining Program
	5:00 30/30 Fitness			1:00 Bicycle Club Brooks Park
	7:00 Town Band Concert-Brooks Pk			1-4:00 Open Game Rm
				2:00 Current Events Brooks Library
				2.00 Current Events brooks Library