

HARWICH COUNCIL ON AGING CALENDAR OCTOBER 2016

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3 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 & Gym 1/2 5:00 Supper Club COA Van-Trader Joes & Christmas Tree Shops</p>	<p>4 7:00 Walking Club-Gym 8:30 Mary Ann's Ex's & the Ball 9:00 Free Hearing Screenings-Barbara Eaton 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. 11-12 Take Back Your Health 11-1 50+. Volleyball-Gym 11:30 Sr. Dining Program 1:00 Legal Services-Elizabeth Lynch, Esq by appt 1-4:00 Open Game Rm 5:00 30/30 Fitness 6:00 Exercise Class with Jill Brown</p>	<p>5 8:30-9:30 Superfit with Charlie 9:00 Walking Club Brooks Park 9:30-12 Wellness Clinic Town RN 9:30-10:30 Seniorfit with Charlie 9:30 COA BOARD MTG 10:30-12 Caregiver Support Grp Call Alzheimer's Family Support Ctr 508-896-5170 11:30 Sr. Dining Program 1:00 Legal Services with Tom Kosman, Esq. by appt. 1-4:00 Open Game Rm & Gym 1/2 2-4:00 "Buried in Treasures grp. With Kevin Grunwald 6-7:30 Dad's Support Group Van Stop & Shop Market pm</p>	<p>6 Stop & Shop COA Van 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 1:00 Cribbage Game 1-3:00 Zero Balancing with Marcia Moeder, R.N. by Appt. only 2:00 Harwich Family Food Pantry 1-4:00 Game Room Open 5:00 30/30 Fitness</p>	<p>7 9:00 Walking Club- Brooks Park 9:00 Mindful Yoga with Kathie 9-12 S.H.I.N.E. Counseling 10-11:30 Blood Pressure Clinic RN-Bayada Nursing 11-1:00 50+ Volleyball-Gym 11:30 Senior Dining Program 1:00 Bicycle Club Brooks Park - (weather permitting) 2:00 Current Events Brooks Library 1-4:00 Game Room Open</p>
<p>10</p> <p>Columbus Day</p>  <p>ALL TOWN OFFICES ARE CLOSED TODAY</p>	<p>11 7:00 Walking Club-Gym 8:30 Mary Ann's Ex's & the Ball 9:00 Nutrition & Diet Support 9-12 Mah Jongg 9-12 S.H.I.N.E. Counseling 9:00 Yoga with Michele 10:30 Tai Chi /Chi Kung 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 CAPE COD HEALTHCARE BLOOD DRIVE</p>	<p>12 8:30-9:30 Superfit with Charlie 9:00 Walking Club Brooks Park 9:30-12 Wellness Clinic Town RN 9:30-10:30 Seniorfit with Charlie 10:00 Friends of Harwich COA Board Mtg. 11:30 Sr. Dining Program 1-4:00 Open Game Rm & Gym 1/2 2-4:00 "Buried in Treasures grp. With Kevin Grunwald 5:30-7 Voter Information Committee Mtg. Van-Stop & Shop Market pm</p>	<p>13 Stop & Shop COA Van 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 1:00 Cribbage Game 1-4:00 Game Room Open 2:00 Harwich Family Food Pantry 5:00 30/30 Fitness</p>	<p>14 8:30-3:30 Betty Brady's Foot Clinic 8:30-9:30 Superfit with Charlie 9:00 Walking Club- Brooks Park 9:00 MEN'S BREAKFAST followed by Men's Book Club 9-12 S.H.I.N.E. Counseling 9:00 Mindful Yoga with Kathie 9:30-10:30 Seniorfit with Charlie 10-11:30 Blood Pressure Clinic RN-Wingate of Harwich Nursing 11-1:00 50+ Volleyball-Gym 11:30 Senior Dining Program 1:00 Bicycle Club Brooks Park - (weather permitting) 2:00 Current Events Brooks Library 1--4:00 Game Room Open</p>