

HARWICH COUNCIL ON AGING OCTOBER 2016 CALENDAR PG 2

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