

HARWICH COUNCIL ON AGING JULY 2016 CALENDAR PAGE 2

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|--|---|---|
| <p>12 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 Dot Bassett and Joyce Bearse Sing-A-Long 5-8 pm TD Bank Summer Concert Series Brooks Park-Visit after Supper Club! COA Van Market Basket</p> | <p>13 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 9:30 Yoga with Michele 9-12 Mah Jongg 9-12 S.H.I.N.E. Counseling 9:30 Balance Boosters with Barbara-Anne 11-1 50+. Volleyball-Gym 10:30 Tai Chi /Chi Kung 11:30 Sr. Dining Program 1-4:00 Open Game Rm 5:00 30/30 Fitness 7:00 Town Band Concert-Brooks Park</p> | <p>14 8:30-9:30 Superfit with Charlie 8:30 Walking Club Brooks Park 9-12 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 Van-Stop & Shop Market pm.</p> | <p>15 Stop & Shop COA Van 7:00 Walking Club-Gym 9:30 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>16 8:30-3:30 Betty Brady's Foot Clinic 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 Balance Boosters with Dir. 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</p> |
| <p>19 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-Trivia With Doc 5-8 pm TD Bank Summer Concert Series Brooks Park-Visit after Supper Club! COA Van-Patriot Square & Movies</p> | <p>20 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 9:30 Yoga with Michele 9:30 NO Balance Boosters class 10:00 Secrets of the "Okinowans Longevity" by Tricia Silverman, R.D. RSVP is required call 430-7550. 11-1 50+. Volleyball-Gym 10:30 Tai Chi /Chi Kung 11:30 Sr. Dining Program 1-4:00 Open Game Rm 5:00 30/30 Fitness</p> | <p>21 8:30-9:30 Superfit with Charlie 8:30 Walking Club Brooks 9-12 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 Stop & Shop Market pm Van</p> | <p>22 Stop & Shop COA Van 7:00 Walking Club-Gym 9:30 Yoga with Michele 9:30 Mary Ann's Ex's & the Ball 10-3 Red Cross Blood Drive  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>23 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>26 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-Michael Kennedy and Crossroad Singing Group 5-8 pm TD Bank Summer Concert Series Brooks Park-Visit after Supper Club! COA Van-Trader Joes & Xmas Tree Shops Mall Hyannis</p> | <p>27 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 9:30 Yoga with Michele 9:30 Balance Boosters with Barbara-Anne 11-1 50+. Volleyball-Gym 10:30 Tai Chi /Chi Kung 11:30 Sr. Dining Program 1-4:00 Open Game Rm 5:00 30/30 Fitness 7:00 Town Band Concert-Brooks Pk</p> | <p>28 8:30-9:30 Superfit with Charlie 8:30 Walking Club Brooks 8:30-11:30 Betty Brady's Foot Clinic 9-12 Wellness Clinic-Town RN 9:30 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 Stop & Shop Market pm Van</p> | <p>29 Stop & Shop COA Van 7:00 Walking Club-Gym 9:30 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>30 8:00 Wingate Breakfast 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 Balance Boosters with Barbara-Anne 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 1-4:00 Open Game Rm 2:00 Current Events Brooks Library</p> |