

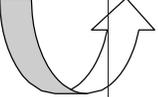
HARWICH COUNCIL ON AGING

Calendar for March 2015

The Council on Aging provides comprehensive support for Harwich's senior population, including services for socialization, information and referral, entertainment, health promotion and education. Through these services and as an advocate for seniors in the community and beyond, the COA enhances the quality of life for the town's seniors and their caregivers.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>7:30 Walking Club-Gymnasium 2</p> <p>9:00 Walking Club Brooks Park</p> <p>12:30-2 55+ Basketball</p> <p>9-2:00 Game Room Open</p> <p>1:00 Improve Your Bridge with Nancy Blezard</p> <p>Cranberry Coach Van Income Tax Appt.'s to Chatham</p> <p>2:00-5:00 Open Gymnasium</p> <p>5:00 Supper Club</p> <p>Bill Reidy entertains</p>	<p>7:00 Walking Club-Gym</p> <p>8:30 Mary Ann DeMello Ball Exercises 3</p> <p>9:00 Nutrition & Diet Support Grp.</p> <p>9:00 Free Hearing Screenings-Barbara</p> <p>9:30 BALANCE BOOSTERS EXERCISE</p> <p>9-12 Mah Jongg</p> <p>9-12 S.H.I.N.E. Counseling</p> <p>9-2:00 Game Room Open</p> <p>9:00 Yoga with Michele</p> <p>11:30 Tai Chi/Chi Gung</p> <p>11-1 50+. Volleyball-gymnasium</p> <p>11:30 Sr Dining Program</p> <p>1:00 Elizabeth Lynch, Esq by appt.</p> <p>1-5:00 Open Gymnasium</p> <p>4:15 Dancersize Movement to music Elaine</p>	<p>8:30 Superfit with Charlie Abate</p> <p>9:00 Walking Club-Brooks Park 4</p> <p>9:00-12 Wellness Clinic-Town RN</p> <p>9-2:00 Game Room Open</p> <p>9:30 Seniorfit with Charlie Abate</p> <p>9:30 COA Board Mtg.</p> <p>9:30 Veteran's Coffee Hour Rm 5</p> <p>10:30-12 Caregiver Support Group call</p> <p>508-775-5656</p> <p>11:30 Senior Dining Program</p> <p>12:30-2 55+ Basketball</p> <p>1:00 Legal Services with Tom Kosman, Esq. by appt.</p> <p>1:00-4 Game room open</p> <p>Stop & Shop Market Cranberry Coach</p>	<p>Stop & Shop Cranberry Coach 5</p> <p>7:30 Walking Club-gymnasium</p> <p>8:30 Mary Ann DeMello Ball Exercises</p> <p>9-2:00 Game Room Open</p> <p>9:00 Yoga with Michele</p> <p>9:00-3:00 Blood Drive</p> <p>11:30 Sr. Dining Program</p> <p>12-5:00 Open Gymnasium</p> <p>1:00 Cribbage Game</p> <p>2:00 Harwich Family Food Pantry</p> <p>4:15 Dancersize Movement to Music with Elaine</p>	<p>8:30 Superfit with Charlie Abate 6</p> <p>9:00 Walking Club -Brooks Park</p> <p>9-12 S.H.I.N.E. Counseling</p> <p>9:00-10:15 Mindful Yoga with Kathie</p> <p>9:30 Seniorfit with Charlie Abate</p> <p>9:30 BALANCE BOOSTERS EXERCISE</p> <p>10-11:30 Blood Pressure Clinic RN-Bayada Nursing</p> <p>10-12 Marcia Moeder-Zero Balancing, Massage, Reiki</p> <p>11-1:00 50+ Volleyball-Gym</p> <p>11:30 Senior Dining Program</p> <p>1-2:30 55+ Basketball</p> <p>1:30 NEW TRIVIA CHALLENGE</p> <p>2:00 Current Events at Brooks Library</p>
<p>7:30 Walking Club-Gymnasium 9</p> <p>9:00 Walking Club Brooks Park</p> <p>9-12 CONCH Mtg.</p> <p>9-2:00 Game Room Open</p> <p>12:30-2 55+ Basketball</p> <p>1:00 Improve Your Bridge with Nancy Blezard</p> <p>2:00-5:00 Open Gymnasium</p> <p>Cranberry Coach Van Income Tax Appt.'s to Chatham</p> <p>5:00 Supper Club- Scouts perform</p>	<p>7:00 Walking Club-Gym</p> <p>8:30 Mary Ann DeMello Ball Exercises 10</p> <p>9:00 Nutrition & Diet Support Grp.</p> <p>NO BALANCE BOOSTERS EXERCISE</p> <p>9-12 Mah Jongg</p> <p>9-12 S.H.I.N.E. Counseling</p> <p>9:00 Yoga with Michele</p> <p>11:30 Tai Chi/Chi Gung</p> <p>11-1 50+. Volleyball-gymnasium</p> <p>11:30 Sr Dining Program</p> <p>12:15 Technology & Tea with Emily</p> <p>1-5:00 Open Gymnasium</p> <p>4:15 Dancersize Movement to Music with Elaine</p>	<p>8:30 Superfit with Charlie Abate 11</p> <p>9:00 Walking Club-Brooks Park</p> <p>9-12 Wellness Clinic Town RN</p> <p>9-2:00 Game Room Open</p> <p>9:30 Seniorfit with Charlie Abate</p> <p>9:30 Veteran's Coffee Hour Rm 5</p> <p>11:30 Sr. Dining Program</p> <p>12:30-2 55+ Basketball</p> <p>1:00-4 Game room open</p> <p>2:00-5:00 Open Gymnasium</p> <p>Stop & Shop Market pm.</p> <p>Cranberry Coach Van</p>	<p>Stop & Shop Cranberry Coach 12</p> <p>7:30 Walking Club-gymnasium</p> <p>8:30 Mary Ann DeMello Ball Exercises</p> <p>9:00 Yoga with Michele</p> <p>9-2:00 Game Room Open</p> <p>10:00 Lucy Buckley's Osteo Discussion Group</p> <p>11:30 Sr. Dining Program</p> <p>12-5:00 Open Gymnasium</p> <p>1:00 Cribbage Game</p> <p>2:00 Harwich Family Food Pantry</p> <p>4:15 Dancersize Movement to Music with Elaine</p>	<p>8:30 Superfit with Charlie Abate 13</p> <p>9:00 Walking Club-Brooks</p> <p>9:00 MEN'S BREAKFAST & Book Club</p> <p>9:30 BALANCE BOOSTERS EXERCISE</p> <p>9:30 Seniorfit with Charlie Abate</p> <p>9-12 S.H.I.N.E. Counseling</p> <p>9:00-10:15 Mindful Yoga with Kathie</p> <p>10-11:30 Blood Pressure Clinic RN-EPOCH of Harwich Nsg & Rehab.</p> <p>11-1:00 50+ Volleyball-Gym</p> <p>11:30 Senior Dining Program</p> <p>1-2:30 55+ Basketball</p> <p>1:30 NEW TRIVIA CHALLENGE</p> <p>2:00 Current Events at Brooks Library</p>

Harwich Council on Aging Calendar for March 2015

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
<p align="right">16</p> <p>7:30 Walking Club-Gym 8:30 Walking Club Brooks Park 9-12 New Comers Mtg. 9-2:00 Game room open 12:30-2 55+ Basketball 1:00 Improve Your Bridge with Nancy Blezard 2:00-5:00 Open Gymnasium 5:00 Supper Club-Tim Van Egmund performs St. Patrick's Day music! Cranberry Coach Van Income Tax Appt.'s to Chatham</p>	<p align="right">17</p> <p>7:00 Walking Club-Gym 8:30 Mary Ann DeMello Ball Exercises 9:00 Nutrition & Diet Support Grp. 9:30 BALANCE BOOSTERS EXERCISE 9-12 Mah Jongg 9-12 S.H.I.N.E. Counseling 9:00 Yoga with Michele 9:00 Hearing Screenings-Miracle Ear 11-1 50+. Volleyball-gymnasium 11:30 Tai Chi /Chi Kung 11:30 Sr Dining Program Shaw's Market -Cranberry Coach 1-5:00 Open Gymnasium 4:15 Dancersize Movement to Music with Elaine</p>	<p align="right">18</p> <p>8:30 Superfit with Charlie Abate 8:30 Walking Club-Brooks 9-12 Wellness Clinic Town RN 9-2:00 Game Room Open 9:30 Seniorfit with Charlie Abate 9:30 Veteran's Coffee Hour Rm 5 10:30-12 Caregiver Support Group call 508-775-5656 11:30 Sr. Dining Program 12:30-2 55+ Basketball 1:00-4 Game room open 2:00-5:00 Open Gymnasium Stop & Shop Market pm. Cranberry Coach Van</p>	<p align="right">19</p> <p>Stop & Shop Cranberry Coach 7:30 Walking Club-gymnasium 8:30 Mary Ann DeMello Ball Exercises 9:00 Yoga with Michele 9-2:00 Game Room Open 10-3 Blood Drive-Am. Red Cross Multi Purpose Rm. 11:30 Sr. Dining Program 12-5:00 Open Gymnasium 1:00 Cribbage Game 2:00 Harwich Family Food Pantry 4:15 Dancersize Movement to Music with Elaine</p>	<p align="right">20</p> <p>8:30 Walking Club-Brooks Park 8:30 Superfit with Charlie Abate 9:00-10:15 Mindful Yoga with Kathie 9-12 S.H.I.N.E. Counseling 9:30 BALANCE BOOSTEREXERCISE 9:30 Seniorfit with Charlie Abate 10-11:30 Blood Pressure Clinic R.N. with Bayada Nursing 11-1 50+ Volleyball-Gym 11:30 Sr. Dining Program 1-2:30 55+ Basketball 1:30 NEW TRIVIA CHALLENGE 2:00 Current Events at Brooks Library</p>
<p align="right">23</p> <p>7:30 Walking Club-Gym 8:30 Walking Club Brooks Park 9-2:00 Game room open 12:30-2 55+ Basketball 1:00 Improve Your Bridge with Nancy Blezard-new class begins 2:00-5:00 Open Gymnasium 5:00 Supper Club-Scouts perform Cranberry Coach Van Income Tax Appt.'s to Chatham</p>	<p align="right">24</p> <p>7:00 Walking Club-Gym 8:30 Mary Ann DeMello Ball Ex's 9:00 Nutrition & Diet Support 9-12 Mah Jongg 9:00-12:00 S.H.I.N.E. Counseling 9-2:00 Game Room Open 9:00 Yoga with Michele 9:30 BALANCE BOOSTEREXERCISE 11-1 50+ Volleyball-gymnasium 11:30 Sr Dining Program 11:30 Tai Chi /Chi Kung 1-5:00 Open Gymnasium 4:15 Dancersize Movement to Music with Elaine</p>	<p align="right">25</p> <p>8:30 Walking Club-Brooks Park 8:30 Superfit with Charlie Abate 9-12 Wellness Clinic Town RN 9-2:00 Game Room Open 9:30 Seniorfit with Charlie Abate 9:30 Veteran's Coffee Hour Rm 5 9:30 Legal Services-Michael Lavender, Esq. by appt. 11:30 Sr. Dining Program 12:30-2 55+ Basketball 1:00-4 Game room open 2:00-5:00 Open Gymnasium Stop & Shop Market pm. Cranberry Coach Van</p>	<p align="right">26</p> <p>Stop & Shop Cranberry Coach 7:30 Walking Club-gymnasium 8:30 Mary Ann DeMello Ball Exercises 9:00 Yoga with Michele 9-2:00 Game Room Open 11:30 Sr. Dining Program 12-5:00 Open Gymnasium 1:00 Cribbage Game 2:00 Harwich Family Food Pantry 4:15 Dancersize Movement to Music with Elaine</p>	<p align="right">27</p> <p>8:00 FREE Breakfast at EPOCH 8:30 Superfit with Charlie Abate 8:30 Walking Club-Brooks Park 9-12 S.H.I.N.E. Counseling 9:00-10:15 Mindful Yoga with Kathie 9:30 Seniorfit with Charlie Abate 9:30 BALANCE BOOSTEREXERCISE 10-11:30 Blood Pressure Clinic Gentiva Nursing 11-1 50+ Volleyball-Gym 11:30 Sr. Dining Program 1-2:30 55+ Basketball 1:30 NEW TRIVIA CHALLENGE 2:00 Current Events Brooks Library</p>
<p align="right">30</p> <p>7:30 Walking Club-Gym 8:30 Walking Club Brooks Park 9-2:00 Game room open 12:30-2 55+ Basketball 1:00 Improve Your Bridge with Nancy Blezard 2:00-5:00 Open Gymnasium 5:00 Supper Club-Scouts perform Cranberry Coach Van Income Tax Appt.'s to Chatham</p>	<p align="right">31</p> <p>7:00 Walking Club-Gym 8:30 Mary Ann DeMello Ball Ex's 9:00 Nutrition & Diet Support 9-12 Mah Jongg 9:00-12:00 S.H.I.N.E. Counseling 9-2:00 Game Room Open 9:00 Yoga with Michele 9:30 BALANCE BOOSTEREXERCISE 11-1 50+ Volleyball-gymnasium 11:30 Sr Dining Program 11:30 Tai Chi /Chi Kung 1-5:00 Open Gymnasium 4:15 Dancersize Movement to Music with Elaine</p>	<p>DON'T FORGET TO TAKE CARE OF YOUR FEET IN THIS TERRIBLE WINTER WE HAVE HAD AND AS WE HEAD INTO SPRING THINK ABOUT YOUR FEET!! Betty Brady's Foot Clinics are on Fri.'s March 13 & April 17th and Sat.'s March 14th and April 18th by appointment only. Cost is \$35.</p>		<p align="center"></p> <p align="center">MARK YOUR CALENDARS NOW & GET TICKETS TO THE 2ND ANNUAL WINE TASTING & CHOCOLATE PARTY!! SATURDAY, MARCH 28th.</p>

HARWICH COUNCIL ON AGING

Calendar for April 2015

The Council on Aging provides comprehensive support for Harwich's senior population, including services for socialization, information and referral, entertainment, health promotion and education. Through these services and as an advocate for seniors in the community and beyond, the COA enhances the quality of life for the town's seniors and their caregivers.

Monday	Tuesday	Wednesday	Thursday	Friday
		8:30 Superfit with Charlie Abate 9:00 Walking Club-Brooks Park 1 9:00-12 Wellness Clinic-Town RN 9-2:00 Game Room Open 9:30 Seniorfit with Charlie Abate 9:30 COA Board Mtg. 9:30 Veteran's Coffee Hour Rm 5 10:30-12 Caregiver Support Group call 508-775-5656 11:30 Senior Dining Program 12:30-2 55+ Basketball 1:00 Legal Services with Tom Kosman, Esq. by appt. 1:00-4 Game room open Stop & Shop Market Cranberry Coach	Stop & Shop Cranberry Coach 2 7:30 Walking Club-gymnasium 8:30 Mary Ann DeMello Ball Exercises 9-2:00 Game Room Open 9:00 Yoga with Michele 9:00-3:00 Blood Drive 11:30 Sr. Dining Program 12-5:00 Open Gymnasium 1:00 Cribbage Game 2:00 Harwich Family Food Pantry 4:15 Dancersize Movement to Music with Elaine	3 8:30 Superfit with Charlie Abate 9:00 Walking Club -Brooks Park 9-12 S.H.I.N.E. Counseling 9:30 Seniorfit with Charlie Abate 9:30 BALANCE BOOSTERS EXERCISE 10-11:30 Blood Pressure Clinic RN-Bayada Nursing 11-1:00 50+ Volleyball-Gym 11:30 Senior Dining Program 1-2:30 55+ Basketball 1:30 NEW TRIVIA CHALLENGE 2:00 Current Events at Brooks Library 3:30 Community Center Easter Egg Hunt-Volunteers needed call Carolyn 430-7568
7:30 Walking Club-Gymnasium 9:00 Walking Club Brooks Park 6 9-12 CONCH Mtg. 9-2:00 Game Room Open 9:30-11:30 SAFETY DAY-SEE INSIDE FOR DETAILS 12:30-2 55+ Basketball 1:00 Improve Your Bridge with Nancy Blezard 2:00-5:00 Open Gymnasium Cranberry Coach Van Income Tax Appt.'s to Chatham 5:00 Supper Club- Daisy's perform	7:00 Walking Club-Gym 7 8:30 Mary Ann DeMello Ball Exercises 9:00 Nutrition & Diet Support Grp. 9:00 Free Hearing Screenings-Barbara 9-12 Mah Jongg 9-12 S.H.I.N.E. Counseling 9:00 Yoga with Michele 11:30 Tai Chi/Chi Gung 11-1 50+. Volleyball-gymnasium 11:30 Sr Dining Program 1:00 Elizabeth Lynch, Esq by appt. 1-5:00 Open Gymnasium 4:15 Dancersize Movement to Music with Elaine	9:00 Walking Club-Brooks Park 8 9-12 Wellness Clinic Town RN 9-2:00 Game Room Open 9:30 Veteran's Coffee Hour Rm 5 10:00 Friends of Harwich COA Board Mtg. 11:30 Sr. Dining Program 12:30-2 55+ Basketball 1:00-4 Game room open 2:00-5:00 Open Gymnasium Stop & Shop Market pm. Cranberry Coach Van	Stop & Shop Cranberry Coach 9 7:30 Walking Club-gymnasium 8:30 Mary Ann DeMello Ball Exercises 9:00 Yoga with Michele 9-2:00 Game Room Open 10:00 Lucy Buckley's Osteo Discussion Group 10-12 Marcia Moeder-Zero Balancing, Massage, Reiki 11:30 Sr. Dining Program 12-5:00 Open Gymnasium 1:00 Cribbage Game 2:00 Harwich Family Food Pantry 4:15 Dancersize Movement to Music with Elaine	9:00 Walking Club- Brooks 10 9:00 MEN'S BREAKFAST & Book Club 9-12 S.H.I.N.E. Counseling 10-11:30 Blood Pressure Clinic RN-EPOCH of Harwich Nsg 11-1:00 50+ Volleyball-Gym 11:30 Senior Dining Program 1-2:30 55+ Basketball 1:30 NEW TRIVIA CHALLENGE 2:00 Current Events at Brooks Library

Harwich Council on Aging Calendar for APRIL 2015

Monday	Tuesday	Wednesday	Thursday	Friday
<p>7:30 Walking Club-Gym 13 8:30 Walking Club Brooks Park 9-12 New Comers Mtg. 9-2:00 Game room open 12:30-2 55+ Basketball 1:00 Improve Your Bridge with Nancy Blezard 2:00-5:00 Open Gymnasium 5:00 Supper Club-Nutrition Speaker Cranberry Coach Van Income Tax Appt.'s to Chatham-LAST TRIP!</p>	<p>7:00 Walking Club-Gym 14 8:30 Mary Ann DeMello Ball Exercises 9:00 Nutrition & Diet Support Grp. 9-12 Mah Jongg 9-12 S.H.I.N.E. Counseling 9:00 Yoga with Michele 11-1 50+. Volleyball-gymnasium 11:30 Tai Chi /Chi Kung 11:30 Sr Dining Program 12:15 Technology & Tea with Emily 1-5:00 Open Gymnasium 4:15 Dancersize Movement to Music with Elaine Shaw's Market -Cranberry Coach</p>	<p>8:30 Walking Club-Brooks 15 9-12 Wellness Clinic Town RN 9-2:00 Game Room Open 9:30 Veteran's Coffee Hour Rm 5 10:30-12 Caregiver Support Group call 508-775-5656 11:30 Sr. Dining Program 12:30-2 55+ Basketball 1:00-4 Game room open 2:00-5:00 Open Gymnasium Stop & Shop Market pm. Cranberry Coach Van</p>	<p>Stop & Shop Cranberry Coach 16 7:30 Walking Club-gymnasium 8:30 Mary Ann DeMello Ball Exercises 9:00 Yoga with Michele 9-2:00 Game Room Open 10-3 Blood Drive-Am. Red Cross Multi Purpose Rm. 11:30 Sr. Dining Program 12-5:00 Open Gymnasium 1:00 Cribbage Game 2:00 Harwich Family Food Pantry 4:15 Dancersize Movement to Music with Elaine Stop & Shop Cranberry Coach</p>	<p>8:30 Walking Club-Brooks Park 17 9:00-10:15 Mindful Yoga with Kathie 9-12 S.H.I.N.E. Counseling 10-11:30 Blood Pressure Clinic R.N. with Bayada Nursing 11-1 50+ Volleyball-Gym 11:30 Sr. Dining Program 1-2:30 55+ Basketball 1:30 NEW TRIVIA CHALLENGE 2:00 Current Events Brooks Library Betty Brady's Foot Clinic by Appt.</p>
<p>PATRIOT'S DAY OBSERVED 20 OFFICES ARE CLOSED TODAY</p> 	<p>7:00 Walking Club-Gym 21 8:30 Mary Ann DeMello Ball Ex's 9:00 Nutrition & Diet Support 9:00 Reiki with Diane Thibodeau 9:00 Hearing Screenings-Miracle Ear 9-12 Mah Jongg 9:00-12:00 S.H.I.N.E. Counseling 9-2:00 Game Room Open 9:00 Yoga with Michele 11-1 50+ Volleyball-gymnasium 11:30 Sr Dining Program 11:30 Tai Chi /Chi Kung 1-5:00 Open Gymnasium 4:15 Dancersize Movement to Music with</p>	<p>8:30 Superfit with Charlie Abate 22 8:30 Walking Club-Brooks 9-12 Wellness Clinic Town RN 9-2:00 Game Room Open 9:30 Seniorfit with Charlie Abate 9:30 Veteran's Coffee Hour Rm 5 9:30 Legal Services-Michael Lavender, Esq. by appt. 11:30 Sr. Dining Program 12:30-2 55+ Basketball 1:00-4 Game room open 2:00-5:00 Open Gymnasium Stop & Shop Market pm.</p>	<p>Stop & Shop Cranberry Coach 23 7:30 Walking Club-gymnasium 8:30 Mary Ann DeMello Ball Exercises 9:00 Yoga with Michele 9-2:00 Game Room Open 10-3 Blood Drive-Am. Red Cross Multi Purpose Rm. 11:30 Sr. Dining Program 12-5:00 Open Gymnasium 1:00 Cribbage Game 2:00 Harwich Family Food Pantry 4:15 Dancersize Movement to Music with Elaine Stop & Shop Cranberry Coach</p>	<p>8:00 FREE Breakfast at EPOCH 24 8:30 Superfit with Charlie Abate 8:30 Walking Club-Brooks Park 9-12 S.H.I.N.E. Counseling 9:00-10:15 Mindful Yoga with Kathie 9:30 Seniorfit with Charlie Abate 10-11:30 Blood Pressure Clinic Gentiva Nursing 11-1 50+ Volleyball-Gym 11:30 Sr. Dining Program 1- 2:30 55+ Basketball 1:30 NEW TRIVIA CHALLENGE 2:00 Current Events Brooks Library</p>
<p>7:30 Walking Club-Gym 27 8:30 Walking Club Brooks Park 9-2:00 Game room open 12:30-2 55+ Basketball 1:00 Improve Your Bridge with Nancy Blezard 2:00-5:00 Open Gymnasium 5:00 Supper Club-Jimmy Buffet Music with Vic Solo Cranberry Coach Van -MARKET BASKET TRIP</p>	<p>7:00 Walking Club-Gym 28 8:30 Mary Ann DeMello Ball Ex's 9:00 Nutrition & Diet Support 9-12 Mah Jongg 9:00-12:00 S.H.I.N.E. Counseling 9-2:00 Game Room Open 9:00 Yoga with Michele 11-1 50+ Volleyball-gymnasium 11:30 Sr Dining Program 11:30 Tai Chi /Chi Kung 1-5:00 Open Gymnasium 4:15 Dancersize Movement to Music with Elaine</p>	<p>8:30 Walking Club-Brooks Park 29 8:30 Superfit with Charlie Abate 9-12 Wellness Clinic Town RN 9-2:00 Game Room Open 9:30 Seniorfit with Charlie Abate 9:30 Veteran's Coffee Hour Rm 5 11:30 Sr. Dining Program 12:30-2 55+ Basketball 1:00-4 Game room open 2:00-5:00 Open Gymnasium Stop & Shop Market pm. Cranberry Coach Van</p>	<p>Stop & Shop Cranberry Coach 30 7:30 Walking Club-gymnasium 8:30 Mary Ann DeMello Ball Exercises 9:00 Yoga with Michele 9- 2:00 Game Room Open 11:30 Sr. Dining Program 12-5:00 Open Gymnasium 1:00 Cribbage Game 1:00 Bicycle Safety Day-Bicycle tune Up COA side Parking Lot-FREE 2:00 Harwich Family Food Pantry 4:15 Dancersize Movement to Music</p>	<p>DON'T FORGET TO TAKE CARE OF YOUR FEET IN THIS TERRIBLE WINTER WE HAVE HAD AND AS WE HEAD INTO SPRING THINK ABOUT YOUR FEET!! Betty Brady's Foot Clinics are on Fri.'s March 13 & April 17th and Sat.'s March 14th and April 18th by appointment only. Cost is \$35.</p>