


Monday	Tuesday	Wednesday	Thursday	Friday
	<p align="center">Harwich Council on Aging 100 Oak Street, Harwich, MA 02645 508-430-7550 Mon. - Fri. 8:30 am - 4:00 pm Lunch served daily at 11:30 am (<i>must reserve 24 hrs in advance</i>) Website: www.harwich-ma.gov/council-on-aging Facebook: www.facebook.com/HarwichCOA</p>			<p><i>Tuna roll</i> 1</p> <p>9:15 Jill's Senior Workout (\$) 10:00 Tai Chi Beginner (\$) 11:00 Chair Yoga 1:00 Cribbage</p>
<p><i>Ham & swiss sandwich</i> 4</p> <p>1:00 Ukulele - Strumming (\$) 2:00 Line Dancing - Beginner (\$) 3:00 Line Dancing - Novice (\$) 4:00 Wellness Clinic w/Town Nurse</p>	<p><i>Swedish meatballs</i> 5</p> <p>9:30 SHINE Appointments 10:00 Tai Chi Beginner (\$) 10:30 Balance Boosters 10:30 Sight Loss Services Support Group 12:30 Walking Club 1:00 Mah Jongg</p>	<p><i>Chicken marsala</i> 6</p> <p>9:00 Foot Care w/Autumn Knight (\$) 9:15 Jill's Senior Workout (\$) 9:30 Wellness Clinic w/Town Nurse 10:00 Qi Gong (\$) 10:30 Horticulture Hour 1:00 Let's Learn Sign Language 1:30 Mexican Train Dominoes Clinic</p>	<p><i>Grilled cheese & soup</i> 7</p> <p>9:00 Tech Support w/ CC Tech 9:00 Talk with a Pharmacist 9:30 Chess 10:00 Exploring Medicare Advantage Plans 10:30 SHINE Appointments 12:15 Balance Boosters 1:00 Game Time</p>	<p>8</p> <p>9:15 Jill's Senior Workout (\$) 9:30 Men's Breakfast 10:00 Tai Chi Beginner (\$) 11:00 Chair Yoga 1:00 Cribbage</p>
<p><i>Chicken salad roll</i> 11</p> <p>9:00 Social Security Appointments 11:30 Jill's Exercise Class (\$) 1:00 Ukulele - Strumming (\$) 2:00 Line Dancing - Beginner (\$) 3:00 Line Dancing - Novice (\$) 4:00 Wellness Clinic w/Town Nurse</p>	<p><i>Pulled pork sandwich</i> 12</p> <p>9:30 SHINE Appointments 10:00 Tai Chi Beginner (\$) 10:30 Balance Boosters 12:30 Walking Club 1:00 Mah Jongg 1:00 Legal Assistance</p>	<p><i>Corned beef & cabbage</i> 13</p> <p>9:15 Jill's Senior Workout (\$) 9:30 Wellness Clinic w/Town Nurse 10:00 Qi Gong (\$) 1:00 Let's Learn Sign Language 1:00 Mexican Train Dominoes 1:30 Let's Get Your Greens On</p>	<p><i>Taco boat</i> 14</p> <p>9:00 Tech Support w/ CC Tech 9:30 Chess 10:30 Future Solar Eclipses 12:15 Balance Boosters</p>	<p><i>Veggie lasagna</i> 15</p> <p>9:15 Jill's Senior Workout (\$) 10:00 Tai Chi Beginner (\$) 11:00 Chair Yoga 1:00 Big Screen Movie Day 1:00 Cribbage</p>
<p><i>Sloppy Joe</i> 18</p> <p>11:30 Jill's Exercise Class (\$) 1:00 Ukulele - Strumming (\$) 2:00 Line Dancing - Beginner (\$) 3:00 Line Dancing - Novice (\$) 4:00 Wellness Clinic w/Town Nurse</p>	<p><i>Kale soup</i> 19</p> <p>9:30 SHINE Appointments 10:00 Tai Chi Beginner (\$) 12:30 Walking Club 1:00 Mah Jongg</p>	<p><i>Stuffed shells</i> 20</p> <p>9:15 Jill's Senior Workout (\$) 9:30 Wellness Clinic w/Town Nurse 10:00 COA Board of Directors 10:00 Qi Gong (\$) 1:00 Let's Learn Sign Language 1:00 Mexican Train Dominoes</p>	<p><i>Asian beef stir fry</i> 21</p> <p>9:00 Tech Support w/ CC Tech 9:30 Chess 2:00 Spring Fashion Show</p>	<p>22</p> <p>9:15 Jill's Senior Workout (\$) 9:30 Women's Breakfast 9:30 SHINE Appointments 10:00 Tai Chi Beginner (\$) 11:00 Chair Yoga 1:00 Cribbage</p>
<p><i>Grilled cheese & soup</i> 25</p> <p>11:30 Jill's Exercise Class (\$) 1:00 Ukulele - Strumming (\$) 2:00 Line Dancing - Beginner (\$) 3:00 Line Dancing - Novice (\$) 4:00 Wellness Clinic w/Town Nurse</p>	<p><i>Salisbury steak</i> 26</p> <p>9:30 SHINE Appointments 10:00 Tai Chi Beginner (\$) 12:30 Walking Club 1:00 Mah Jongg</p>	<p><i>Ham & beans</i> 27</p> <p>9:00 Foot Care w/Janet Tinney (\$) 9:15 Jill's Senior Workout (\$) 9:30 Wellness Clinic w/Town Nurse 10:00 Qi Gong (\$) 1:00 Let's Learn Sign Language 1:00 Mexican Train Dominoes 1:00 Legal Assistance</p>	<p><i>Clam chowdah</i> 28</p> <p>9:00 Tech Support w/ CC Tech 9:30 Chess 10:00 Her Majesty: Queen Elizabeth II 10:30 SHINE Appointments</p>	<p><i>Fish sandwich</i> 29</p> <p>9:15 Jill's Senior Workout (\$) 9:30 SHINE Appointments 10:00 Tai Chi Beginner (\$) 10:30 Stop the Bleed 11:00 Chair Yoga 1:00 Cribbage 1:30 Craft Workshop</p>