

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
11:30 Jill's Exercise Class (\$) 1:00 Ukulele - Strumming (\$) 2:00 Line Dancing - Beginner (\$) 3:00 Line Dancing - Novice (\$)	9:30 SHINE Appointments 10:00 Tai Chi Beginner (\$) 10:30 Sight Loss Services Support Group 10:30 Balance Boosters 12:30 Walking Club 1:00 Mah Jongg	9:00 Foot Care w/Autumn Knight (\$) 9:15 Jill's Senior Workout (\$) 9:30 Wellness Clinic w/Town Nurse 10:00 Qi Gong (\$) 1:00 Mexican Train Dominoes 1:00 Let's Learn Sign Language	<b>9:30 Mindful Meditation</b> 12:15 Balance Boosters <b>1:00 Game Time</b>	9:15 Jill's Senior Workout (\$) 9:30 SHINE Appointments 10:00 Tai Chi Beginner (\$) 11:00 Chair Yoga 1:00 Cribbage
8	9	10	11	12
<b>9:00 Social Security Appointments</b> 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	9:30 SHINE Appointments 10:00 Tai Chi Beginner (\$) 10:30 Balance Boosters 12:30 Walking Club 1:00 Mah Jongg <b>2:00 Red Sox Home Opener Watch Party</b>	9:15 Jill's Senior Workout (\$) 9:30 Wellness Clinic w/Town Nurse 10:00 Qi Gong (\$) <b>10:30 Poetry Hour</b> 1:00 Mexican Train Dominoes 1:00 Let's Learn Sign Language	9:00 Tech Support w/ CC Tech <b>9:30 Mindful Meditation</b> <b>9:30 Stay Active &amp; Thrive</b> 9:30 Chess 10:30 SHINE Appointments 12:15 Balance Boosters <b>1:00 Parkinson's Awareness</b>	9:15 Jill's Senior Workout (\$) <b>9:30 Men's Breakfast</b> 9:30 SHINE Appointments 10:00 Tai Chi Beginner (\$) 11:00 Chair Yoga 1:00 Cribbage <b>1:00 Shingles Vaccine</b>
15	16	17	18	19
<b>CLOSED PATRIOT'S DAY</b>	9:30 SHINE Appointments 10:00 Tai Chi Beginner (\$) 10:30 Balance Boosters 12:30 Walking Club 1:00 Mah Jongg <b>1:00 Scam Workshop</b>	9:30 Wellness Clinic w/Town Nurse 10:00 Qi Gong (\$) 10:00 COA Board of Directors 1:00 Let's Learn Sign Language 1:00 Mexican Train Dominoes	9:00 Tech Support w/ CC Tech <b>9:30 Stay Active &amp; Thrive</b> 9:30 Chess 12:15 Balance Boosters	9:30 SHINE Appointments 10:00 Tai Chi Beginner (\$) 11:00 Chair Yoga <b>1:00 Big Screen Movie Day</b> 1:00 Cribbage
22	23	24	25	26
11:30 Jill's Exercise Class (\$) 4:00 Wellness Clinic w/Town Nurse	9:30 SHINE Appointments 10:00 Tai Chi Beginner (\$) 10:30 Balance Boosters 12:30 Walking Club 1:00 Mah Jongg	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	9:00 Tech Support w/ CC Tech <b>9:30 Stay Active &amp; Thrive</b>	9:15 Jill's Senior Workout (\$) <b>9:30 Women's Breakfast</b> 9:30 SHINE Appointments 10:00 Tai Chi Beginner (\$) 11:00 Chair Yoga 1:00 Cribbage <b>1:00 Craft Workshop</b>
29	30	<b>Harwich Council on Aging</b> <b>100 Oak Street, Harwich, MA 02645</b> <b>508-430-7550</b> Mon. - Fri. 8:30 am - 4:00 pm Lunch served daily at 11:30 am ( <i>must reserve 24 hrs in advance</i> ) Website: <a href="http://www.harwich-ma.gov/council-on-aging">www.harwich-ma.gov/council-on-aging</a>   Facebook: <a href="http://www.facebook.com/HarwichCOA">www.facebook.com/HarwichCOA</a>		
11:30 Jill's Exercise Class (\$) 4:00 Wellness Clinic w/Town Nurse	9:30 SHINE Appointments 10:00 Tai Chi Beginner (\$) 10:30 Balance Boosters 12:30 Walking Club 1:00 Mah Jongg			