

HARWICH COUNCIL ON AGING

May 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<p align="center">Harwich Council on Aging 100 Oak Street, Harwich, MA 02645 508-430-7550</p> <p align="center">Mon. - Fri. 8:30 am - 4:00 pm Lunch served daily at 11:30 am (<i>must reserve 24 hrs in advance</i>) Website: HarwichCOA.com Facebook: www.facebook.com/HarwichCOA</p>		1	2	3
		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	9:00 Tech Support w/ CC Tech 9:30 Stay Active & Thrive (\$) 9:30 Chess 12:15 Balance Boosters	9:15 Jill's Senior Workout (\$) 10:00 Tai Chi Intermediate (\$) 11:00 Chair Yoga 11:15 Tai Chi Beginner (\$) 1:00 Cribbage 1:30 Kentucky Derby Party
6	7	8	9	10
11:30 Jill's Exercise Class (\$) 4:00 Wellness Clinic w/Town Nurse	9:30 SHINE Appointments 10:00 Tai Chi Intermediate (\$) 10:30 Balance Boosters 10:30 Sight Loss Support Group 11:15 Tai Chi Beginner (\$) 12:30 Walking Club 1:00 Mah Jongg	9:30 Wellness Clinic w/Town Nurse 10:00 Qi Gong (\$) 10:30 Horticultural Hour 1:00 Mexican Train Dominoes 1:00 Let's Learn Sign Language	9:00 Tech Support w/ CC Tech 9:30 Stay Active & Thrive (\$) 9:30 Chess 12:15 Balance Boosters	9:15 Jill's Senior Workout (\$) 9:30 Men's Breakfast 10:00 Tai Chi Intermediate (\$) 11:00 Chair Yoga 11:15 Tai Chi Beginner (\$) 1:00 Cribbage
13	14	15	16	17
9:00 Social Security Appointments 10:00 Proxies & Pastries 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 Intermediate (\$) 11:15 Tai Chi Beginner (\$) 12:30 Walking Club 12:30 Cape Abilities Farm Tour 1:00 Mah Jongg 1:00 Legal Assistance	9:00 Foot Care w/Autumn Knight (\$) 9:15 Jill's Senior Workout (\$) 9:30 Wellness Clinic w/Town Nurse 10:00 Qi Gong (\$) 10:00 COA Board of Directors 1:00 Mexican Train Dominoes 1:00 Let's Learn Sign Language	9:00 Tech Support w/ CC Tech 9:30 Stay Active & Thrive (\$) 9:30 Chess	9:15 Jill's Senior Workout (\$) 10:00 Tai Chi Intermediate (\$) 11:00 Chair Yoga 11:15 Tai Chi Beginner (\$) 1:00 Big Screen Movie Day 1:00 Cribbage
20	21	22	23	24
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 Intermediate (\$) 11:15 Tai Chi Beginner (\$) 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 (\$) 10:00 Get Your Go Card 1:00 Mexican Train Dominoes 1:00 Let's Learn Sign Language 1:00 Legal Assistance 1:00 Davis Bates: Stories of Cape Cod	9:00 Tech Support w/ CC Tech 9:30 Stay Active & Thrive (\$) 9:30 Chess	9:15 Jill's Senior Workout (\$) 9:30 Women's Breakfast 9:30 SHINE Appointments 10:00 Tai Chi Intermediate (\$) 11:00 Chair Yoga 11:15 Tai Chi Beginner (\$) 1:00 Cribbage
27	28	29	30	31
CLOSED MEMORIAL DAY	9:30 SHINE Appointments 10:00 Tai Chi Intermediate (\$) 11:15 Tai Chi Beginner (\$) 12:30 Walking Club 1:00 Mah Jongg	9:00 Farmers Market Trip 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	9:00 Tech Support w/ CC Tech 9:30 Stay Active & Thrive (\$) 9:30 Chess 10:00 Cape Light Compact 1:00 Protecting Your Assets	9:15 Jill's Senior Workout (\$) 10:00 Tai Chi Intermediate (\$) 11:00 Chair Yoga 11:15 Tai Chi Beginner (\$) 1:00 Cribbage 1:00 Craft Workshop