

HARWICH COUNCIL ON AGING CALENDAR SEPTEMBER 2016

Monday	Tuesday	Wednesday	Thursday	Friday
			<p>1 Stop & Shop COA Van 7:00 Walking Club-Gym 9:30 Yoga with Michele 9:30 Mary Ann's Ex's & the Ball 10:30-12 Open Tennis-Gym 11:30 Sr. Dining Program 1:00 Cribbage Game 2:00 Harwich Family Food Pantry 1-4:00 Game Room Open 5:00 30/30 Fitness</p>	<p>2 8:30 Walking Club- Brooks Park 9-12 S.H.I.N.E. Counseling 10-11:30 Blood Pressure Clinic RN-Bayada Nursing 11-1:00 50+ Volleyball-Gym 11:30 Senior Dining Program 1:00 Bicycle Club Brooks Park- (weather permitting) 2:00 Current Events Brooks Library 1-4:00 Game Room Open</p>
<p>5</p>  <p style="text-align: center;">LABOR DAY</p> <p style="text-align: center;">ALL TOWN OFFICES CLOSED</p>	<p>6 7:00 Walking Club-Gym 8:30 Mary Ann's Ex's & the Ball 9:00 Free Hearing Screenings-Barbara Eaton 9:00 Nutrition & Diet Support 9-12 Mah Jongg 9-12 S.H.I.N.E. Counseling 9:00 Yoga with Michele 10-12 Sight Loss Support Grp. 10:30 Tai Chi /Chi Kung 11-1 50+. Volleyball-Gym 11:30 Sr. Dining Program 1:00 Legal Services-Elizabeth Lynch, Esq by appt 1-4:00 Open Game Rm 5:00 30/30 Fitness 6:00 Exercise Class with Jill Brown</p>	<p>7 8:30 Walking Club Brooks Park 8:30-9:30 Superfit with Charlie 9:30-12 Wellness Clinic Town RN 9:30-10:30 Seniorfit with Charlie 9:30 COA BOARD MTG 10:30-12 Caregiver Support Grp Call Alzheimer's Family Support Ctr 508-896-5170 11:30 Sr. Dining Program 1:00 Legal Services with Tom Kosman, Esq. by appt. 1-4:00 Open Game Rm & Gym 1/2 6-7:30 Dad's Support Group Van Stop & Shop Market pm.</p>	<p>8 Stop & Shop COA Van 7:00 Walking Club-Gym 9:00 Yoga with Michele 9:30 Mary Ann's Ex's & the Ball 10:30-12 Open Tennis-Gym 11:30 Sr. Dining Program 1:00 Cribbage Game 2:00 Harwich Family Food Pantry 1-3:00 Zero Balancing with Marcia Moeder, R.N. by Appt. only -4:00 Game Room Open 5:00 30/30 Fitness</p>	<p>9 8:30-9:30 Superfit with Charlie 8:30 Walking Club- Brooks Park 9:00 MEN'S BREAKFAST followed by Men's Book Club 9-12 S.H.I.N.E. Counseling 9:00 Mindful Yoga with Kathie 9:30-10:30 Seniorfit with Charlie 10-11:30 Blood Pressure Clinic RN-Wingate of Harwich Nursing 11-1:00 50+ Volleyball-Gym 11:30 Senior Dining Program 1:00 Bicycle Club Brooks Park - (weather permitting) 2:00 Current Events Brooks Library 1--4:00 Game Room Open</p>