

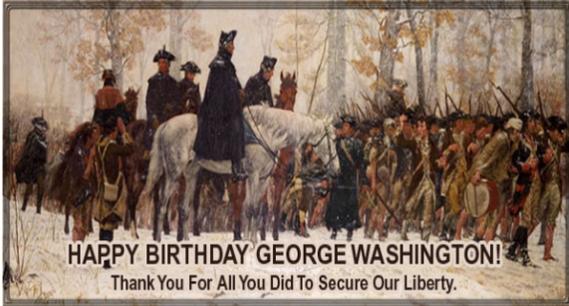
HARWICH COUNCIL ON AGING

Calendar for February 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>5:00 Supper Club</p>	<p>7:00 Walking Club-Gym 3</p> <p>8:30 Mary Ann DeMello Ball Exercises</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>12:30 CHAIR ZUMBA</p> <p>1:00 Elizabeth Lynch, Esq by appt.</p> <p>4:15 Dancersize with Elaine</p>	<p>8:30 Superfit with Charlie Abate 4</p> <p>9:00 Walking Club-Brooks Park</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>12:30 CHAIR ZUMBA</p> <p>1:00 Cribbage Game begins!</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>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>4:00 Remembery Walk Committee Mtg</p>
<p>7:30 Walking Club-Gymnasium 9</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>9:30-11:30 SENIOR SAFETY DAY!</p> <p>Multi-Purpose Room. Home Safety, Fire Safety, Police Safety, Medication Safety, Alzheimer's Safety & More</p> <p>1:00 Improve Your Bridge with Nancy Blezard</p> <p>Cranberry Coach Van Income Tax Appt.'s to Chatham</p> <p>5:00 Supper Club- Entertainment</p>	<p>7:00 Walking Club-Gym 10</p> <p>8:30 Mary Ann DeMello Ball Exercises</p> <p>9:00 Nutrition & Diet Support Grp.</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>9:00 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>12:30 CHAIR ZUMBA</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>10:00 Friends of Harwich COA Board Mtg.</p> <p>11:30 Sr. Dining Program</p> <p>12:30-2 55+ Basketball</p> <p>Stop & Shop Market pm.</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>10-12 Marcia Moeder-Zero Balancing, Massage, Reiki</p> <p>11:30 Sr. Dining Program</p> <p>12:30 CHAIR ZUMBA</p> <p>1:00 Cribbage Game begins!</p> <p>2:00 Harwich Family Food Pantry</p> <p>4:15 Dancersize 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 February 2015

Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: right; font-size: 24pt; font-weight: bold;">16</p> <p style="font-size: 18pt; font-weight: bold;">PRESIDENT'S DAY CENTER IS CLOSED</p> 	<p style="text-align: right; font-size: 24pt; font-weight: bold;">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 12:15 Technology & Tea with Emily Shaw's Market -Cranberry Coach 12:30 CHAIR ZUMBA 4:15 Dancersize with Elaine</p>	<p style="text-align: right; font-size: 24pt; font-weight: bold;">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 Stop & Shop Market pm. Cranberry Coach Van</p>	<p style="text-align: right; font-size: 24pt; font-weight: bold;">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 11:00-2:00 CARNIVAL-CAPE VERDEAN STYLE!! MUSIC, GREAT ETHNIC FOOD, CULTURE, FUN AND FESTIVITIES. 11:30 Sr. Dining Program will be eating the meal with the Carnival Day 12:30 CHAIR ZUMBA 1:00 Cribbage Game begins! 2:00 Harwich Family Food Pantry 4:15 Dancersize Movement to Music with Elaine</p>	<p style="text-align: right; font-size: 24pt; font-weight: bold;">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 BOOSTERS EXERCISE 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 4:00 Remembery Walk Committee Mtg.</p>
<p style="text-align: right; font-size: 24pt; font-weight: bold;">23</p> <p>7:30 Walking Club-Gym 8:30 Walking Club Brooks Park 9-2:00 Game room open 10-3 Blood Drive-Multi Purpose Rm. 12:30-2 55+ Basketball 1:00 Improve Your Bridge with Nancy Blezard 5:00 Supper Club Cranberry Coach Van Income Tax Appt.'s to Chatham</p>	<p style="text-align: right; font-size: 24pt; font-weight: bold;">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 BOOSTERS EXERCISE 11-1 50+ Volleyball-gymnasium 11:30 Sr Dining Program 11:30 Tai Chi /Chi Kung 12:30 CHAIR ZUMBA 4:15 Dancersize Movement to Music with Elaine</p>	<p style="text-align: right; font-size: 24pt; font-weight: bold;">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 Stop & Shop Market pm. Cranberry Coach Van</p>	<p style="text-align: right; font-size: 24pt; font-weight: bold;">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 12:30 CHAIR ZUMBA 1:00 Cribbage Game begins! 2:00 Harwich Family Food Pantry 4:15 Dancersize Movement to Music with Elaine</p>	<p style="text-align: right; font-size: 24pt; font-weight: bold;">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 Mindful Yoga with Kathie 9:30 Seniorfit with Charlie Abate 9:30 BALANCE BOOSTERS EXERCISE 10- 11:30 Blood Pressure Clinic with Jane Ryder, RN 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 style="font-size: 18pt; font-weight: bold; color: orange;">DON'T FORGET TO CHECK OUT THE SATURDAY WINTER CONSERVATION TRUST TALK SERIES ON SATURDAYS, IN JANUARY AND FEBRUARY AT 2PM!!</p>	<p style="font-size: 18pt; font-weight: bold;">MARK YOUR CALENDARS NOW & GET TICKETS TO THE 2ND ANNUAL WINE TASTING & CHOCOLATE PARTY!! SATURDAY, MARCH 28th.</p>	