

HARWICH COUNCIL ON AGING: SEPTEMBER 2026

MON

TUES

WED

THURS

FRI



1

10:00 Balance Boosters
10:00 Tai Chi Interm.
11:15 Balance Boosters
11:15 Tai Chi Beginner
10:30 Sight Loss Services
12:30 HPC Walk in hours
1:00 Mah Jongg
1:00 Rummikub
1:30 Scrapbooking

2

9:00 Footcare-Autumn K.
9:15 Jill's Senior Workout
10:00 Wellness/BP Clinic
10:00 Qi Gong
1:00 Mexican Train
Dominoes
**2:00 AFSC Dementia
Caregiver Support Group**

3

12:15 Balance Boosters

4

9:00 Tech Drop-in Clinic
9:15 Jill's Senior Workout
10:00 Tai Chi Interm.
11:00 Chair Yoga
11:15 Tai Chi Beginner
12:00 Chair Yoga
12:00 Jill's "Hands on"
1:00 Cribbage

7

**CLOSED
LABOR DAY**

8

10:00 Balance Boosters
10:00 Tai Chi Interm.
11:15 Balance Boosters
11:15 Tai Chi Beginner
12:30 HPC Walk in hours
1:00 Container Gardening
1:00 Mah Jongg
1:00 Rummikub

9

9:15 Jill's Senior Workout
10:00 Wellness/BP Clinic
10:00 Qi Gong
12:30 Chair Volleyball
1:00 Mexican Train
Dominoes

10

**10:00 Medicare Plan
Comparison Talk**
12:15 Balance Boosters
**1:00 Tidal Treasures
Nature Talk**

11

9:00 Tech Drop-in Clinic
9:15 Jill's Senior Workout
9:30 Men's Breakfast
10:00 Tai Chi Interm.
11:00 Chair Yoga
11:15 Tai Chi Beginner
12:00 Chair Yoga
12:00 Jill's "Hands on"
1:00 Cribbage

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11:30 Jill's Seated Exercise
1:00 Chess Club
1:00 Ukulele - Beg 1
2:00 Ukulele - Beg 2
3:00 Ukulele - New Beg.

Van trip: Market Basket

15

10:00 Balance Boosters
10:00 Tai Chi Interm.
11:15 Tai Chi Beginner
12:30 HPC Walk in hours
1:00 Fiber: Friend or Foe?
1:00 Mah Jongg
1:00 Rummikub
1:30 Scrapbooking

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9:00 Footcare-Autumn K.
9:15 Jill's Senior Workout
10:00 Wellness/BP Clinic
10:00 Qi Gong
12:00 HCT Walk (off-site)
1:00 Mexican Train
Dominoes
**2:00 AFSC Dementia
Caregiver Support Group**

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10:00 Hearing Clinic
12:15 Balance Boosters
**1:30 Recipe Book Series
(Class 1 of 4)**

18

9:00 Tech Drop-in Clinic
9:15 Jill's Senior Workout
10:00 Tai Chi Interm.
11 & 12 Chair Yoga
11:15 Tai Chi Beginner
12:00 Jill's "Hands on"
1:00 Cribbage
**1:00 Movie Day: The
Sheep Detective**

21

11:30 Jill's Seated Exercise
1:00 Chess Club
1:00 Ukulele - Beg 1
2:00 Ukulele - Beg 2
3:00 Ukulele - New Beg.

Van trip: Hyannis shopping

22

10:00 Tai Chi Interm.
11:15 Balance Boosters
11:15 Tai Chi Beginner
12:30 HPC Walk in hours
1:00 Mah Jongg
1:00 Rummikub
**1:30 Healthy Aging
Program**

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9:00 Footcare-Janet T.
9:15 Jill's Senior Workout
9:30 Outing - Wellfleet
10:00 Wellness/BP Clinic
10:00 Qi Gong
1:00 Legal Appts
1:00 Mexican Train
Dominoes
2:00 Sept Birthday Party

24

**10:00 Protect Yourself
Online**
1:00 Estate Planning Talk
**1:30 Recipe Book Series
(Class 2 of 4)**

25

9:00 Tech Drop-in Clinic
9:15 Jill's Senior Workout
9:30 Women's Breakfast
10 & 11:15 Tai Chi
11 & 12 Chair Yoga
12:00 Jill's "Hands on"
1:00 Cribbage
**1:30 Craft Workshop:
Sand Art**

28

11:30 Jill's Seated Exercise
1:00 Chess Club
1:00 Ukulele - Beg 1
2:00 Ukulele - Beg 2
3:00 Ukulele - New Beg.

Van trip: Market Basket

29

10:00 Tai Chi Interm.
11:15 Tai Chi Beginner
12:30 HPC Walk in hours
1:00 Mah Jongg
1:00 Rummikub

30

9:15 Jill's Senior Workout
10:00 Wellness/BP Clinic
10:00 Qi Gong
1:00 Mexican Train
Dominoes
**1:00 Cooking Across
Cultures @ the 204**

**HARWICH
COUNCIL ON AGING**

100 Oak Street, Harwich
508-430-7550
Monday - Friday 8:30-4:00