

HARWICH COUNCIL ON AGING: OCTOBER 2026

MON

TUES

WED

THURS

FRI

HARWICH COUNCIL ON AGING

100 Oak Street, Harwich

508-430-7550

M-F 8:30-4:00



1

10:00 Smart Phone Skills
(Class 1 of 4)
1:30 Recipe Book Series
(Class 3 of 4)

2

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
2:00 Local Author:
Judith Stiles

5

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

6

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

7

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**

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10:00 CC Bridge Update
by CC Commission
10:00 Smart Phone Skills
(Class 2 of 4)
12:15 Balance Boosters

9

9:00 Tech Drop-in Clinic
9:15 Jill's Senior Workout
9:30 Men's Breakfast
10 & 11:15 Tai Chi
11 & 12 Chair Yoga
12:00 Jill's "Hands on"
1:00 Cribbage
1:00 Local Author:
Richard Zapf

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CLOSED

**INDIGENOUS
PEOPLE'S DAY**



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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 Mah Jongg
1:00 Rummikub
2:00 Narcan Training

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9:00 Footcare - Janet T.
9:15 Jill's Senior Workout
10:00 Wellness/BP Clinic
10:00 Qi Gong
12:30 Chair Volleyball
1:00 Mexican Train
Dominoes

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9:00 Outing - Eastham
9:30 Volunteer Coffee Hr
10:00 Hearing Clinic
12:15 Balance Boosters
**1:30 Recipe Book Series
(Class 4 of 4)**

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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: We
Have a Ghost**

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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

20

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 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
1:00 Mxcn Train Dominoe
**1:00 Cooking Across
Cultures @ the 204**
**2:00 AFSC Dementia
Caregiver Support Group**

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10:00 Smart Phone Skills
(Class 3 of 4)
12:15 Balance Boosters
**1:00 Talk: Fall Migration
Magic**

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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:
Mini Fairy Gardens**

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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: Hyannis shopping

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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 Mah Jongg
1:00 Rummikub

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9:00 Footcare - Janet T.
9:15 Jill's Senior Workout
10:00 Wellness/BP Clinic
10:00 Qi Gong
1:00 Mxcn Train Dominoe
**1:00 Cooking Across
Cultures @ the 204**
2:00 Oct Birthday Party

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10:00 Smart Phone Skills
(Class 4 of 4)
12:15 Balance Boosters



30

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 HALLOWEEN PARTY