

HARWICH COA

DECEMBER 2026

MON

TUES

WED

THURS

FRI

HARWICH COUNCIL ON AGING

100 Oak Street, Harwich
508-430-7550

Mon - Fri 8:30 - 4:00

www.HarwichCOA.com

1

10 & 11:15 Balance Boosters
10 & 11:15 Tai Chi
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

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**10:00 Outing: Holidays at
Highfield Hall**
12:15 Balance Boosters
1:30 Mindfulness class

4

9:00 Tech Drop-in Clinic
9:15 Jill's Senior Workout
10 & 11:15 Tai Chi
11 & 12 Chair Yoga
12:00 Jill's "Hands on"
1:00 Cribbage
**2:00 Beyond the Book:
Pamela Kelley**

7

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

Van trip: Market Basket

8

**9:00 Outing: Holiday
Shopping (Walmart)**
10 & 11:15 Balance Boosters
10 & 11:15 Tai Chi
12:30 HPC Walk in hours
1:00 Mah Jongg
1:00 Rummikub
1:00 QPR Training

9

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 Mex. Train Dominoes

10

**10:00 The Story Behind
Our Favorite Carols**
12:15 Balance Boosters
12:30 HOLIDAY PARTY



11

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
**1:30 Craft Workshop:
Crystal suncatchers**

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

Van trip: Hyannis shopping

15

9:00 Outing: Glass Mus.
10 & 11:15 Balance Boosters
10 & 11:15 Tai Chi
12:30 HPC Walk in hours
1:00 Mah Jongg
1:00 Rummikub
1:00 Your Family Story
1:30 Scrapbooking
2:30 Dec. Birthday Party

16

9:00 Footcare-Autumn K.
9:15 Jill's Senior Workout
10:00 Wellness/BP Clinic
10:00 Qi Gong
11:30 Holiday Luncheon
1:00 Mex. Train Dominoes
2:00 AFSC Dementia
Caregiver Support Group

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**9:30 Volunteer Social
& Gift Swap**
10:00 Hearing Clinic
12:15 Balance Boosters
1:30 Mindfulness class

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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
**1:00 Movie Day - Call for
selection**

21

**9:00 Outing: Holiday
Shopping (Mashpee)**
11:30 Jill's Seated Exercise
1:00 Chess Club

Van trip: Market Basket

22

10 & 11:15 Tai Chi
11:15 Balance Boosters
12:30 HPC Walk in hours
1:00 Mah Jongg
1:00 Rummikub

23

9:15 Jill's Senior Workout
10:00 Wellness/BP Clinic
10:00 Qi Gong
1:00 Mex. Train Dominoes

24



CLOSED 25



**MERRY
CHRISTMAS**

28

11:30 Jill's Seated Exercise
1:00 Chess Club

Van trip: Hyannis shopping

29

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

30

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

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**Advance
registration
required for
some programs.
Drop-ins
accommodated as
space allows.**