

HARWICH COA

NOVEMBER 2026

MON

TUES

WED

THURS

FRI

2

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

Van trip: Market Basket

3

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

4

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

5

9:30 Wellness/BP Clinic -
at Town Hall
12:15 Balance Boosters
1:30 Mindfulness class
2:30 Girl Power

6

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

9

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 stores

10

10 & 11:15 Tai Chi
12:30 HPC Walk in hours
1:00 Mah Jongg
1:00 Rummikub
**1:00 Your Medicare Plan
Options (by SHINE)**

11

CLOSED



12

**10:00 Making the Most of
Retirement Funds**
1:30 Mindfulness class
2:30 Girl Power

13

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: Holiday Bows
1:30 Cyber Crimes

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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: Market Basket

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10:00 Outing: CCMA
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 Art of Connection
1:30 Scrapbooking
2:00 Nov. Birthday Party

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9:00 Footcare-Janet T.
9:15 Jill's Senior Workout
10:00 Wellness/BP Clinic
10:00 Qi Gong
11:30 Holiday Luncheon
1:00 Mex. Train Dominoes
1:00 Legal Appointments
2:00 AFSC Dementia
Caregiver Support Group

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10:00 Hearing Clinic
**10:00 Coyotes on the
Cape**
12:15 Balance Boosters
1:30 Mindfulness class
1:30 AI Basics
2:30 Girl Power

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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**

23

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

24

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

25

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

26

CLOSED



27

CLOSED



30

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 stores

**Advance
registration
required for
some programs
(noted inside).**

**See page 2 for
registration details.**

**Drop-ins
accommodated
as space allows.**

**HARWICH
COUNCIL ON AGING**

100 Oak Street, Harwich

508-430-7550

Mon - Fri 8:30 - 4:00

www.HarwichCOA.com