

HARWICH COUNCIL ON AGING

February 2026

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
10:00 Caregiver Support Group 11:30 Jill's Seated Exercise (\$) 1:00 Ukulele 2 (\$) 1:30 Scrapbooking 2:00 Ukulele 1 (\$) 3:00 Ukulele-Absolute Beginner (\$) <i>Van Trip: Hyannis Shopping</i>	10:00 Balance Boosters 10:00 Tai Chi Advanced (\$) 10:30 Sight Loss Svc Support Grp 11:15 Balance Boosters 11:15 Tai Chi Beginner (\$) 12:30 Homeless Prevention Council 1:00 Mah Jongg	9:00 Footcare Appts-Autumn Knight 9:15 Jill's Senior Workout (\$) 9:30 Wellness Clinic w/Town Nurse 10:00 Learn Mah Jongg 10:00 Qi Gong 1:00 Mexican Train Dominos 2:00 AFSC Dementia Support Grp	10:00 Learn Mah Jongg 12:15 Balance Boosters 1:00 Legacy Film School (at Cape Cod Media) 1:30 Mindfulness Class (\$)	9:15 Jill's Senior Workout (\$) 10:00 Tai Chi Advanced (\$) 10:00 Learn Mah Jongg 11:00 & 12:00 Chair Yoga 11:15 Tai Chi Beginner (\$) 1:00 Cribbage
9	10	11	12	13
10:00 Caregiver Support Group 10:30 Happy in Difficult Times (\$) 11:30 Jill's Seated Exercise (\$) 1:00 Ukulele 2 (\$) 1:30 Scrapbooking 2:00 Ukulele 1 (\$) 3:00 Ukulele-Absolute Beginner (\$) <i>Van Trip: Market Basket</i>	10:00 Balance Boosters 10:00 Tai Chi Advanced (\$) 11:15 Balance Boosters 11:15 Tai Chi Beginner (\$) 12:30 Homeless Prevention Council 1:00 Mah Jongg 1:00 Rummikub	9:00 Footcare Appts-Janet Tinney 9:15 Jill's Senior Workout (\$) 9:30 Wellness Clinic w/Town Nurse 10:00 Qi Gong 1:00 Valentines Party 1:00 Mexican Train Dominos	10:00 Beyond the Book: Slavery & Abolitionism 12:15 Balance Boosters 1:00 Legacy Film School (at Cape Cod Media) 1:30 Mindfulness Class (\$)	9:15 Jill's Senior Workout (\$) 9:30 Men's Breakfast 10:00 Tai Chi Advanced (\$) 11:00 & 12:00 Chair Yoga 11:15 Tai Chi Beginner (\$) 1:00 Cribbage
16	17	18	19	20
Closed Presidents Day	10:00 Balance Boosters 10:00 Tai Chi Advanced (\$) 11:15 Balance Boosters 11:15 Tai Chi Beginner (\$) 12:30 Homeless Prevention Council 1:00 Mah Jongg 1:00 Rummikub 1:00 Back IQ w/Dr. Wright	9:00 Footcare Appts-Autumn Knight 9:15 Jill's Senior Workout (\$) 9:30 Wellness Clinic w/Town Nurse 10:00 Qi Gong 12:30 Michael Lavender Legal Appts 1:00 Mexican Train Dominos 2:00 Volunteer Social 2:00 AFSC Dementia Support Grp	12:15 Balance Boosters 1:00 Legacy Film School (at Cape Cod Media) 1:00 Cooking with Balance Demo (at 204) 1:30 Mindfulness Class (\$) 1:00 Movie Day (Current film)	9:15 Jill's Senior Workout (\$) 10:00 Tai Chi Advanced (\$) 11:00 & 12:00 Chair Yoga 11:15 Tai Chi Beginner (\$) 1:00 Cribbage
23	24	25	26	27
10:00 Caregiver Support Group 11:30 Jill's Seated Exercise (\$) 1:00 Ukulele 2 (\$) 2:00 Ukulele 1 (\$) 3:00 Ukulele-Absolute Beginner (\$) <i>Van trip: Market Basket</i>	10:00 Balance Boosters 10:00 Tai Chi Advanced (\$) 11:15 Balance Boosters 11:15 Tai Chi Beginner (\$) 12:30 Homeless Prevention Council 1:00 Mah Jongg 1:00 Rummikub 2:00 February Birthdays Party	9:00 Footcare Appts-Janet Tinney 9:15 Jill's Senior Workout (\$) 9:30 Wellness Clinic w/Town Nurse 10:00 Qi Gong 1:00 Mexican Train Dominos	10:00 Downsizing & Decluttering 12:15 Balance Boosters 1:00 Legacy Film School (at Cape Cod Media) 1:00 Movie Day (Classic film) 1:30 Mindfulness Class (\$)	9:15 Jill's Senior Workout (\$) 9:30 Women's Breakfast 10:00 Tai Chi Advanced (\$) 11:00 & 12:00 Chair Yoga 11:15 Tai Chi Beginner (\$) 1:00 Cribbage 1:00 Craft Workshop: Jewelry