

HARWICH COUNCIL ON AGING

March 2026

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>11:30 Jill's Seated Exercise (\$) 1:30 Scrapbooking 1:00 Ukulele 2 (\$) 2:00 Ukulele 1 (\$) 3:00 Ukulele-Absolute Beginner (\$)</p>	<p>3</p> <p>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 1:00 Rummikub</p>	<p>4</p> <p>9:00 Footcare Appts-Autumn Knight 9:15 Jill's Senior Workout (\$) 9:30 Wellness Clinic w/Town Nurse 10:00 Qi Gong 1:00 Mexican Train Dominos 2:00 AFSC Dementia Support Grp</p>	<p>5</p> <p>12:15 Balance Boosters</p>	<p>6</p> <p>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</p>
<p>9</p> <p>11:30 Jill's Seated Exercise (\$) 1:00 Ukulele 2 (\$) 1:30 Scrapbooking 2:00 Ukulele 1 (\$) 3:00 Ukulele-Absolute Beginner (\$)</p> <p><i>Van Trip: Market Basket</i></p>	<p>10</p> <p>9:00 Utility Bill Advocacy 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 Love Your Bones 1:00 Mah Jongg / Rummikub</p>	<p>11</p> <p>9:15 Jill's Senior Workout (\$) 9:30 Wellness Clinic w/Town Nurse 10:00 Qi Gong 11:30 St Pat's Day Luncheon 1:00 Mexican Train Dominos</p>	<p>12</p> <p>10:00 Oral Health 12:15 Balance Boosters</p>	<p>13</p> <p>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</p>
<p>16</p> <p>11:30 Jill's Seated Exercise (\$) 1:00 Ukulele 2 (\$) 12:00 St Pat's Performance 1:30 Scrapbooking 2:00 Ukulele 1 (\$) 3:00 Ukulele-Absolute Beginner (\$)</p> <p><i>Van Trip: Hyannis Shopping</i></p>	<p>17</p> <p>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 Chair Volleyball 1:00 Mah Jongg 1:00 Rummikub</p>	<p>18</p> <p>9:00 Footcare Appts-Autumn Knight 9:15 Jill's Senior Workout (\$) 9:30 Wellness Clinic w/Town Nurse 10:00 Qi Gong 1:00 Mexican Train Dominos 2:00 AFSC Dementia Support Grp</p>	<p>19</p> <p>10:00 Hearing Clinic 12:00 Light in the Dark - QPR 1:00 Movie Day 1:00 Cooking w Balance at 204 2:00 Birthday Party</p>	<p>20</p> <p>9:15 Jill's Senior Workout (\$) 10:00 Tai Chi Advanced (\$) 11:00 & 12:00 Chair Yoga 11:15 Tai Chi Beginner (\$) 1:00 My Chart 1:00 Cribbage</p>
<p>23</p> <p>11:30 Jill's Seated Exercise (\$) 1:00 Ukulele 2 (\$) 1:30 Scrapbooking 2:00 Ukulele 1 (\$) 3:00 Ukulele-Absolute Beginner (\$)</p> <p><i>Van trip: Market Basket</i></p>	<p>24</p> <p>10:00 Balance Boosters 10:00 Tai Chi Advanced (\$) 10:00 Learn Mah Jongg #1 11:15 Balance Boosters 11:15 Tai Chi Beginner (\$) 12:30 Homeless Prevention Council 1:00 Bladder Health 1:00 Mah Jongg 1:00 Rummikub</p>	<p>25</p> <p>9:00 Footcare Appts-Janet Tinney 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</p>	<p>26</p> <p>10:00 Social Security Updates 10:00 Learn Mah Jongg #2 12:15 Balance Boosters</p>	<p>27</p> <p>9:15 Jill's Senior Workout (\$) 9:30 Women's Breakfast 10:00 Learn Mah Jongg #3 10:00 Tai Chi Advanced (\$) 11:00 & 12:00 Chair Yoga 11:15 Tai Chi Beginner (\$) 1:00 Cribbage 1:30 Craft Workshop</p>
<p>30</p> <p>11:30 Jill's Seated Exercise (\$) 1:00 Ukulele 2 (\$) 1:30 Scrapbooking 2:00 Ukulele 1 (\$) 3:00 Ukulele-Absolute Beginner (\$)</p> <p><i>Van trip: Hyannis Shopping</i></p>	<p>31</p> <p>10:00 Medicare & Rehab Trans. 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 / Rummikub</p>			