

HARWICH COUNCIL ON AGING

January 2026

Monday	Tuesday	Wednesday	Thursday	Friday
			1 CLOSED Happy New Year's!	2 CLOSED Happy New Year's!
5 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>	6 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	7 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	8 10:00 Busting Myths About Senior Living 12:15 Balance Boosters 1:30 Introduction to Mindfulness	9 9:15 Jill's Senior Workout (\$) 9:30 Men's Breakfast 10:00 Tai Chi Intermediate (\$) 11:00 & 12:00 Chair Yoga 11:15 Tai Chi Beginner (\$) 1:00 Cribbage
12 11:30 Jill's Seated Exercise (\$) 1:00 Cooking with Balance 1:00 Ukulele 2 (\$) 1:30 Scrapbooking 2:00 Ukulele 1 (\$) 3:00 Ukulele-Absolute Beginner (\$) <i>Van trip: Hyannis Shopping</i>	13 10:00 Legal Appointments 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 1:30 Movement Arts Showcase 2:00 January Birthday Party	14 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 1:00 Heart Health Talk	15 10:00 iPhone 102 (\$) 10:00 Hearing Clinic (by appt) 12:15 Balance Boosters 1:00 Legacy Film School (at Cape Media Center)	16 9:15 Jill's Senior Workout (\$) 10:00 Tai Chi Intermediate (\$) 10:00 Pizza & Proxies 11:00 & 12:00 Chair Yoga 11:15 Tai Chi Beginner (\$) 1:00 Movie Day (Current film) 1:00 Cribbage
19 CLOSED Honoring Martin Luther King, Jr	20 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 Understanding Advanced Directives	21 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	22 10:00 Consumer Protection Talk 12:15 Balance Boosters 1:00 Legacy Film School (at Cape Media Center) 1:30 Mindfulness Class (\$)	23 9:15 Jill's Senior Workout (\$) 9:30 Women's Breakfast 10:00 Tai Chi Intermediate (\$) 11:00 & 12:00 Chair Yoga 11:15 Tai Chi Beginner (\$) 1:00 Cribbage 1:00 Craft Workshop: Sailor's Valentines
26 9:30 Caregiver Workshop 11:30 Jill's Seated Exercise (\$) 1:00 Beyond the Book: Greg O'Brien, On Pluto 1:00 Ukulele 2 (\$) 2:00 Ukulele 1 (\$) 3:00 Ukulele-Absolute Beginner (\$) <i>Van trip: Market Basket</i>	27 10:00 Tai Chi Advanced (\$) 11:15 Tai Chi Beginner (\$) 12:30 Homeless Prevention Council 1:00 Mah Jongg 1:00 Rummikub	28 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	29 1:00 Cardio Chats (by appt) 1:00 Legacy Film School (at Cape Media Center) 1:30 Mindfulness Class (\$)	30 9:15 Jill's Senior Workout (\$) 10:00 Tai Chi Intermediate (\$) 11:00 & 12:00 Chair Yoga 11:15 Tai Chi Beginner (\$) 1:00 Cribbage 1:00 Movie Day (Classic film)