

# HARWICH COUNCIL ON AGING

January 2026

Monday	Tuesday	Wednesday	Thursday	Friday
			<b>CLOSED</b> Happy New Year's!	1 <b>CLOSED</b> 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 (\$) <b>10:30 Sight Loss Svc Support Grp</b> 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 <b>2:00 AFSC Dementia Support Grp</b>	8 <b>10:00 Busting Myths About Senior Living</b> 12:15 Balance Boosters <b>1:30 Introduction to Mindfulness</b>	9 9:15 Jill's Senior Workout (\$) <b>9:30 Men's Breakfast</b> 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 (\$) <b>1:00 Cooking with Balance</b> 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  <b>1:30 Movement Arts Showcase</b> <b>2:00 January Birthday Party</b>	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 <b>1:00 Heart Health Talk</b>	15 <b>10:00 iPhone 102 (\$)</b> <b>10:00 Hearing Clinic</b> (by appt) 12:15 Balance Boosters <b>1:00 Legacy Film School</b> (at Cape Media Center)	16 9:15 Jill's Senior Workout (\$) 10:00 Tai Chi Intermediate (\$) <b>10:00 Pizza &amp; Proxies</b> 11:00 & 12:00 Chair Yoga 11:15 Tai Chi Beginner (\$) <b>1:00 Movie Day (Current film)</b> 1:00 Cribbage
19 <b>CLOSED</b>  <b>Honoring Martin Luther King, Jr</b>	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  <b>1:00 Understanding Advanced Directives</b>	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 <b>2:00 AFSC Dementia Support Grp</b>	22 <b>10:00 Consumer Protection Talk</b> 12:15 Balance Boosters <b>1:00 Legacy Film School</b> (at Cape Media Center) <b>1:30 Mindfulness Class (\$)</b>	23 9:15 Jill's Senior Workout (\$) <b>9:30 Women's Breakfast</b> 10:00 Tai Chi Intermediate (\$) 11:00 & 12:00 Chair Yoga 11:15 Tai Chi Beginner (\$) 1:00 Cribbage <b>1:00 Craft Workshop: Sailor's Valentines</b>
26 <b>9:30 Caregiver Workshop</b> 11:30 Jill's Seated Exercise (\$) <b>1:00 Beyond the Book: Greg O'Brien, On Pluto</b> 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 <b>1:00 Cardio Chats (by appt)</b> <b>1:00 Legacy Film School</b> (at Cape Media Center) <b>1:30 Mindfulness Class (\$)</b>	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 <b>1:00 Movie Day (Classic film)</b>