

# HARWICH COUNCIL ON AGING

# April 2026

Monday	Tuesday	Wednesday	Thursday	Friday
		1 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>	2 <b>10:00 Shipwrecks of Cape Cod</b>	3 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 <b>2:00 Red Sox Home Opener</b>
6 10:30 Sight Loss Support Grp 11:30 Jill's Seated Exercise (\$) 1:00 Ukulele 2 (\$) 1:30 Scrapbooking 2:00 Ukulele 1 (\$) 3:00 Ukulele-Absolute Beginner (\$)	7 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 / Rummikub <b>1:30 Intimacy w Aging</b>	8 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 <b>1:00 HCT Walk – Cold Brook Pres.</b>	9 <b>10:00 Estate Planning</b> 12:15 Balance Boosters <b>1:30 Death &amp; Desserts</b>	10 9:15 Jill's Senior Workout (\$) <b>9:30 Men's Breakfast</b> 10:00 Tai Chi Advanced (\$) 11:00 & 12:00 Chair Yoga 11:15 Tai Chi Beginner (\$) 1:00 Cribbage
13 <b>10:30 Disability Placards</b> 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>	14 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	15 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>	16 10:00 Hearing Clinic <b>1:00 Cooking w Balance at 204</b> <b>1:00 Movie Day</b> <b>2:00 Birthday Party</b>	17 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 <b>1:00 Movie Day</b> <b>2:00 Beyond the Book - Partelow</b>
20  <b>Closed Patriots Day</b>	21 10:00 Balance Boosters 10:00 Tai Chi Advanced (\$) 11:15 Balance Boosters 11:15 Tai Chi Beginner (\$) 12:30 Homeless Prevention Council <b>1:00 Hospice 101</b> 1:00 Mah Jongg 1:00 Rummikub	22 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	23 <b>10:00 Soil Health</b> 12:15 Balance Boosters	24 9:15 Jill's Senior Workout (\$) <b>9:30 Women's Breakfast</b> 10:00 Tai Chi Advanced (\$) 11:00 & 12:00 Chair Yoga 11:15 Tai Chi Beginner (\$) 1:00 Cribbage <b>1:30 Craft Workshop</b>
27 <b>10:00 Nordic Walking</b> 11:30 Jill's Seated Exercise (\$) 1:00 Ukulele 2 (\$) 2:00 Ukulele 1 (\$) 3:00 Ukulele-Absolute Beginner (\$)	28 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	29 9:15 Jill's Senior Workout (\$) 9:30 Wellness Clinic w/Town Nurse 10:00 Qi Gong 1:00 Mexican Train Dominos	30 12:15 Balance Boosters	