

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<p>8:30 Taxes 1</p> <p>8:30 Zoom Yoga</p> <p>9:00 Eastham COAch</p> <p>9:30 Brown Bag Program</p> <p>12:30 Eastham COAch</p> <p>1:00 Painting</p> <p>Open 8 am – 3 pm</p>
<p>9:00 Men's Meetup 4</p> <p>9:45 HIIT Class</p> <p>11:00 Sit & Fit</p> <p>1:15 Fit & Strong</p> <p>1:15 SALTY</p> <p>Open 8 am – 3 pm</p>	<p>8:30 Yoga 5</p> <p>9:00 Fun & Games</p> <p>10:00 Bread Pickup</p> <p>11:00 Light & Fit</p> <p>12:00 Closed Bridge</p> <p>12:15 Mobile Meals</p> <p>2:00 French Club</p> <p>2:45 Meditation Class</p> <p>Open 8 am – 3 pm</p>	<p>8:45 Core Stretch 6</p> <p>9:00 Hiking Club</p> <p>9:30 Cooking Club</p> <p>9:45 HIIT Class</p> <p>12:00 Mobile Pantry</p> <p>12:00 Ask A Nurse</p> <p>12:30 Mah Jongg</p> <p>12:30 Rummikub</p> <p>1:15 Fit & Strong</p> <p>5:30 Core Stretch</p> <p>Open 8 am – 3 pm</p>	<p>9:00 Fun & Games 7</p> <p>9:45 HIIT Class</p> <p>11:00 Sit & Fit</p> <p>11:00 Mobile Meals</p> <p>12:00 Open Bridge</p> <p>2:00 BINGO</p> <p>Open 8 am – 3 pm</p>	<p>8:30 Taxes 8</p> <p>8:30 Zoom Yoga</p> <p>9:00 Eastham COAch</p> <p>12:30 Eastham COAch</p> <p>1:00 Painting</p> <p>Open 8 am – 3 pm</p>
<p>8:30 Tai Chi 11</p> <p>9:00 Men's Meetup</p> <p>9:45 HIIT Class</p> <p>11:00 Sit & Fit</p> <p>1:15 Fit & Strong</p> <p>1:15 SALTY</p> <p>Open 8 am – 3 pm</p>	<p>8:30 Yoga 12</p> <p>9:00 Fun & Games</p> <p>10:00 Bread Pickup</p> <p>11:00 Light & Fit</p> <p>12:00 Closed Bridge</p> <p>12:15 Mobile Meals</p> <p>1:30 NN Book Club</p> <p>2:00 French Club</p> <p>2:45 Meditation Class</p> <p>Open 8 am – 3 pm</p>	<p>8:45 Core Stretch 13</p> <p>9:00 Hiking Club</p> <p>9:45 HIIT Class</p> <p>12:30 Mah Jongg</p> <p>12:30 Rummikub</p> <p>1:15 Fit & Strong</p> <p>5:30 Core Stretch</p> <p>Open 8 am – 3 pm</p>	<p>9:00 Fun & Games 14</p> <p>9:45 HIIT Class</p> <p>10:00 Sight Loss</p> <p>10:45 Sit & Fit</p> <p>11:00 Mobile Meals</p> <p>12:00 Open Bridge</p> <p>1:30 Gardening Program</p> <p>2:00 BINGO</p> <p>Open 8 am – 3 pm</p>	<p>8:30 Zoom Yoga 15</p> <p>9:00 Eastham COAch</p> <p>12:30 Eastham COAch</p> <p>1:00 Painting</p> <p>Open 8 am – 3 pm</p>
<p>HOLIDAY 18</p> <p>SENIOR CENTER</p> <p>CLOSED</p> 	<p>8:30 Yoga 19</p> <p>9:00 Men's Group</p> <p>9:00 Fun & Games</p> <p>10:00 Bread Pickup</p> <p>11:00 Light & Fit</p> <p>12:00 Closed Bridge</p> <p>12:15 Mobile Meals</p> <p>1:30 Outreach</p> <p>2:00 French Club</p> <p>2:45 Meditation Class</p> <p>Open 8 am – 3 pm</p>	<p>8:45 Core Stretch 20</p> <p>9:00 Hiking Club</p> <p>9:45 HIIT Class</p> <p>12:30 Mah Jongg</p> <p>12:30 Rummikub</p> <p>1:15 Fit & Strong</p> <p>5:30 Core Stretch</p> <p>Open 8 am – 3 pm</p>	<p>9:00 Fun & Games 21</p> <p>9:45 HIIT Class</p> <p>11:00 Sit & Fit</p> <p>11:00 Mobile Meals</p> <p>12:00 Open Bridge</p> <p>2:00 BINGO</p> <p>Open 8 am – 3 pm</p>	<p>8:30 Zoom Yoga 22</p> <p>9:00 Eastham COAch</p> <p>10:30 Dance for Every-Body</p> <p>12:30 Eastham COAch</p> <p>1:00 Eastham Town Leaders Program</p> <p>1:00 Painting</p> <p>Open 8 am – 3 pm</p>
<p>8:30 Tai Chi 25</p> <p>9:00 Men's Meetup</p> <p>9:45 HIIT Class</p> <p>11:00 Sit & Fit</p> <p>1:15 Fit & Strong</p> <p>1:15 SALTY</p> <p>Open 8 am – 3 pm</p>	<p>8:30 Yoga 26</p> <p>9:00 Fun & Games</p> <p>10:00 Bread Pickup</p> <p>11:00 Light & Fit</p> <p>12:00 Closed Bridge</p> <p>12:15 Mobile Meals</p> <p>1:30 Health Series</p> <p>2:00 French Club</p> <p>2:00 Tech Class at Library</p> <p>2:45 Meditation Class</p> <p>Open 8 am – 3 pm</p>	<p>8:45 Core Stretch 27</p> <p>9:00 Hiking Club</p> <p>9:30 Ladies Coffee</p> <p>9:45 HIIT Class</p> <p>12:30 Mah Jongg</p> <p>12:30 Rummikub</p> <p>1:15 Fit & Strong</p> <p>5:30 Core Stretch</p> <p>Open 8 am – 3 pm</p>	<p>9:00 Fun & Games 28</p> <p>9:30 Board Meeting</p> <p>9:45 HIIT Class</p> <p>11:00 Sit & Fit</p> <p>11:00 Mobile Meals</p> <p>12:00 Open Bridge</p> <p>1:30 Wild Care Program</p> <p>2:00 Tech Class at Library</p> <p>2:00 BINGO</p> <p>Open 8 am – 3 pm</p>	<p>8:00 CCRTA Training 29</p> <p>8:30 Zoom Yoga</p> <p>9:00 Eastham COAch</p> <p>10:30 Dance for Every-Body</p> <p>12:30 Eastham COAch</p> <p>1:00 Painting</p> <p>Open 8 am – 3 pm</p>