

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30 Tai Chi 2 9:00 Fun & Games 11:00 Sit & Fit 12:30 Mah Jongg 1:15 Fit & Strong 1:15 SALTY 7:00 Annual Town Meeting, High School Gymnasium	8:30 Yoga 3 9:00 Fun & Games 10:00 Bread Pickup 11:00 Light & Fit 12:00 Closed Bridge 12:15 Mobile Meals 2:00 French Club	9:00 Hiking Club 4 12:00 Mobile Pantry 12:00 Ask A Nurse 12:30 Mah Jongg 12:30 Rummikub 1:15 Fit & Strong	9:00 Fun & Games 5 11:00 Sit & Fit 12:00 Open Bridge 12:15 Mobile Meals 1:00 Whole Foods UMC 2:00 BINGO	8:30 Zoom Yoga 6 9:00 Wood Carving 9:00 Eastham COAch 9:30 Brown Bag Program 12:30 Eastham COAch 1:00 Painting
8:30 Tai Chi 9 9:00 Fun & Games 9:45 HIIT Class 11:00 Sit & Fit 12:30 Mah Jongg 1:15 Fit & Strong 1:15 SALTY	8:30 Yoga 10 9:00 Fun & Games 10:00 Bread Pickup 11:00 Light & Fit 12:00 Closed Bridge 12:15 Mobile Meals 1:30 NN Book Club 2:00 French Club	9:00 Hiking Club 11 9:30 Cooking Club 9:45 HIIT Class 12:30 Mah Jongg 12:30 Rummikub 1:15 Fit & Strong	9:00 Fun & Games 12 9:45 HIIT Class 10:00 Sight Loss 11:00 Sit & Fit 12:00 Open Bridge 12:15 Mobile Meals 1:00 Whole Foods UMC 1:30 National Seashore Program 2:00 BINGO	8:30 Zoom Yoga 13 9:00 Wood Carving 9:00 Eastham COAch 12:30 Eastham COAch 1:00 Painting
8:30 Tai Chi 16 9:00 Fun & Games 9:45 HIIT Class 11:00 Sit & Fit 12:30 Mah Jongg 1:15 SALTY	8:30 Yoga 17 9:00 Fun & Games 10:00 Bread Pickup 11:00 Light & Fit 12:00 Closed Bridge 12:15 Mobile Meals 1:30 Outreach Program 2:00 French Club <i>Town Election (Town Hall)</i>	9:00 Hiking Club 18 9:45 HIIT Class 11:30 BINGO 12:30 Mah Jongg 12:30 Rummikub	9:00 Fun & Games 19 8:30 COAch Cape Cod Tech School Trip 9:45 HIIT Class 12:00 Open Bridge 12:15 Mobile Meals 1:00 Whole Foods UMC 2:00 BINGO	8:30 Zoom Yoga 20 9:00 Wood Carving 9:00 Eastham COAch 12:30 Eastham COAch 1:00 Painting
8:30 Tai Chi 23 9:00 Fun & Games 11:00 Sit & Fit 12:30 Mah Jongg 1:15 SALTY	8:30 Yoga 24 9:00 Fun & Games 10:00 Bread Pickup 11:00 Light & Fit 12:00 Closed Bridge 12:15 Mobile Meals 1:30 Health Series 2:00 French Club	9:00 Hiking Club 25 9:30 Thrift Shop Volunteer Breakfast 9:45 HIIT Class 12:30 Mah Jongg 12:30 Rummikub 1:00 Men's Meetup Elks Lodge	9:00 Fun & Games 26 9:30 COA Board Meeting 9:45 HIIT Class 11:00 Sit & Fit 12:00 Open Bridge 12:15 Mobile Meals 1:00 Whole Foods UMC 2:00 BINGO	8:30 Zoom Yoga 27 9:00 Wood Carving 9:00 Eastham COAch 12:30 Eastham COAch 1:00 Painting
HOLIDAY SENIOR CENTER CLOSED 30	8:30 Yoga 31 9:00 Fun & Games 10:00 Bread Pickup 11:00 Light & Fit 12:00 Closed Bridge 12:15 Mobile Meals 2:00 French Club			The Senior Center is open Monday through Friday, 8:30 am – 3:30 pm