

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		9:00 Hiking Club <b>1</b> 9:30 Cooking Club 9:45 HIIT Class 12:00 Mobile Pantry 12:00 Ask A Nurse 12:30 Mah Jongg 12:30 Rummikub	9:00 Fun & Games <b>2</b> 8:45 COAch Bourne Cemetery Trip 9:45 HIIT Class 12:00 Open Bridge 12:15 Mobile Meals 1:00 Whole Foods UMC 1:30 Photo Scrapbook Class 2:00 BINGO	8:30 Zoom Yoga <b>3</b> 9:00 Wood Carving 9:00 Eastham COAch 9:30 Brown Bag Program 12:30 Eastham COAch 1:00 Painting
	8:30 Tai Chi <b>6</b> 9:00 Fun & Games 9:45 HIIT Class 11:00 Sit & Fit 12:30 Mah Jongg 1:15 SALTY	8:30 Yoga <b>7</b> 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 <b>8</b> 9:45 HIIT Class 12:30 Mah Jongg 12:30 Rummikub	9:00 Fun & Games <b>9</b> 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 Atlantic White Shark Conservancy Program 2:00 BINGO 5:00 BBQ/Ice Cream Social, Elks Lodge
8:30 Tai Chi <b>13</b> 9:00 Fun & Games 11:00 Sit & Fit 12:30 Mah Jongg 1:15 SALTY	8:30 Yoga <b>14</b> 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 <b>15</b> 9:45 HIIT Class 11:30 Sing Along 12:30 Mah Jongg 12:30 Rummikub	9:00 Fun & Games <b>16</b> 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 <b>17</b> 9:00 Wood Carving 9:00 Eastham COAch 12:30 Eastham COAch 1:00 Painting
<b>HOLIDAY SENIOR CENTER CLOSED</b> 	8:30 Yoga <b>21</b> 9:00 Men's Group 9:00 Fun & Games 10:00 Bread Pickup 11:00 Light & Fit 12:00 Closed Bridge 12:15 Mobile Meals 2:00 French Club 5:30 Outreach "Night Out" Program	9:00 Hiking Club <b>22</b> 9:30 Ladies Coffee 9:45 HIIT Class 12:30 Mah Jongg 12:30 Rummikub 1:00 Men's Meetup Elks Lodge	9:00 Fun & Games <b>23</b> 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 <b>24</b> 9:00 Wood Carving 9:00 Eastham COAch 10:00 Health & Wellness Fair 12:30 Eastham COAch 1:00 Painting
9:00 Fun & Games <b>27</b> 9:45 HIIT Class 11:00 Sit & Fit 12:30 Mah Jongg 1:15 SALTY	8:30 Yoga <b>28</b> 9:00 Veterans Agent 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 <b>29</b> 9:45 HIIT Class 12:30 Mah Jongg 12:30 Rummikub	9:00 Fun & Games <b>30</b> 9:45 HIIT Class 11:00 Sit & Fit 12:00 Open Bridge 12:15 Mobile Meals 1:00 Whole Foods UMC 2:00 BINGO	