


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:45 HIIT Class 1 11:00 Sit & Fit 12:30 Mah Jongg 1:15 SALTY	8:30 Yoga 2 9:00 Trivia with Jim 10:00 Baked Goods 11:00 Light & Fit 12:00 Closed Bridge 2:00 French Club 2:45 Meditation	9:00 Hiking Club 3 9:45 HIIT Class 12:00 Mobile Pantry 12:00 Ask A Nurse 12:30 Mah Jongg 12:30 Rummikub	9:45 HIIT Class 4 11:00 Sit & Fit 12:00 Open Bridge 12:15 Mobile Meals 1:00 Whole Foods 2:00 BINGO 2:00 Ukulele with Julie	8:30 Zoom Yoga 5 9:00 Eastham COAch 9:30 Brown Bag Program 9:30 AARP Safe Driving 12:30 Eastham COAch 1:00 Painting
9:45 HIIT Class 8 11:00 Sit & Fit 12:30 Mah Jongg 1:15 SALTY	8:30 Yoga 9 9:00 Trivia with Jim 10:00 Baked Goods 11:00 Light & Fit 12:00 Closed Bridge 12:15 Mobile Meals 1:30 NN Book Club 2:00 French Club 2:45 Meditation	9:00 Hiking Club 10 9:45 HIIT Class 12:30 Mah Jongg 12:30 Rummikub 1:00 Birthday Club	9:45 HIIT Class 11 11:00 Sit & Fit 12:00 Open Bridge 12:15 Mobile Meals 1:00 Whole Foods 2:00 Senior Tax Aid Program 2:00 BINGO	8:30 Zoom Yoga 12 9:00 Eastham COAch 10:30 Model Ship Program – Dick Ellington 12:30 Eastham COAch 1:00 Painting
9:45 HIIT Class 15 11:00 Sit & Fit 12:30 Mah Jongg 1:15 SALTY 	8:30 Yoga 16 9:00 Trivia with Jim 10:00 Baked Goods 11:00 Light & Fit 12:00 Closed Bridge 12:15 Mobile Meals 2:00 French Club 2:45 Meditation 5:30 Fun Night Out BBQ with Natalia Bonfini	9:00 Hiking Club 17 9:45 HIIT Class 11:00 Cooking with Norma Jean 11:30 Bites & Bingo 12:30 Mah Jongg 12:30 Rummikub	10:45 Sit & Fit 18 12:00 Open Bridge 12:15 Mobile Meals 1:00 Whole Foods 2:00 BINGO	8:30 Zoom Yoga 19 9:00 Eastham COAch 12:30 Eastham COAch 1:00 Painting 1:00 Banjo Band Concert 
9:45 HIIT Class 22 11:00 Sit & Fit 12:30 Mah Jongg 1:15 SALTY	8:30 Yoga 23 9:00 Trivia with Jim 10:00 Baked Goods 11:00 Light & Fit 12:00 Closed Bridge 12:15 Mobile Meals 1:30 Health Series 2:00 French Club	9:00 Hiking Club 24 9:30 Ladies' Coffee 9:45 HIIT Class 10:00 Sailing Trip 12:30 Mah Jongg 12:30 Rummikub 1:00 Men's Meetup Elks Lodge	9:45 HIIT Class 25 11:00 Sit & Fit 12:00 Open Bridge 12:15 Mobile Meals 1:00 Whole Foods 2:00 BINGO	8:30 Zoom Yoga 26 9:00 Eastham COAch 11:30 Lobster Roll Luncheon with Julie Charland 12:30 Eastham COAch 1:00 Painting
9:45 HIIT Class 29 11:00 Sit & Fit 12:30 Mah Jongg 1:15 SALTY	8:30 Yoga 30 9:00 Trivia with Jim 10:00 Baked Goods 11:00 Light & Fit 12:00 Closed Bridge 12:15 Mobile Meals 2:00 French Club 