



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30 Tai Chi <b>3</b> 11:00 Sit & Fit 12:30 Mah Jongg 1:15 SALTY	8:30 Yoga <b>4</b> 9:00 Trivia with Jim 10:00 Baked Goods Pickup 11:00 Light & Fit 12:00 Closed Bridge 12:15 Mobile Meals 2:00 French Club	9:00 Hiking Club <b>5</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 1:30 Fit & Strong	9:45 HIIT Class <b>6</b> 11:00 Sit & Fit 11:00 Mobile Meals 12:00 Open Bridge 1:00 Whole Foods 2:00 BINGO 4:00 Spanish Class 5:00 French Class	8:30 Zoom Yoga <b>7</b> 9:00 Wood Carving 9:00 Eastham COAch 9:30 Brown Bag Program 10:30 Emergency Preparedness Program 12:30 Eastham COAch 1:00 Painting 1:30 Fit & Strong
<b>HOLIDAY</b> <b>10</b>  <b>SENIOR CENTER CLOSED</b>	8:30 Yoga <b>11</b> 9:00 Trivia with Jim 10:00 Baked Goods Pickup 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 <b>12</b> 9:45 HIIT Class 12:30 Birthday Club 12:30 Mah Jongg 12:30 Rummikub 1:30 Fit & Strong	9:45 HIIT Class <b>13</b> 10:00 Sight Loss 11:00 Sit & Fit 11:00 Mobile Meals 12:00 Open Bridge 1:00 Whole Foods 2:00 BINGO 4:00 Spanish Class 5:00 French Class	8:30 Zoom Yoga <b>14</b> 9:00 Wood Carving 9:00 Eastham COAch 10:30 Resources Program 12:30 Eastham COAch 1:00 Painting 1:30 Fit & Strong
8:30 Tai Chi <b>17</b> 11:00 Sit & Fit 12:30 Mah Jongg 1:15 SALTY	8:30 Yoga <b>18</b> 9:00 Trivia with Jim 10:00 Baked Goods Pickup 11:00 Light & Fit 12:00 Closed Bridge 12:15 Mobile Meals 1:00 Flu Shot Clinic – Elks Lodge 2:00 French Club 2:45 Meditation 5:30 Fun Night Out: Medicare Program	9:00 Hiking Club <b>19</b> 11:00 Community Leaders Program 12:30 Eastham COAch – Trader Joe’s 12:30 Mah Jongg 12:30 Rummikub 1:30 Fit & Strong	11:00 Sit & Fit <b>20</b> 11:00 Mobile Meals 12:00 Open Bridge 1:00 Whole Foods 1:30 Men in Retirement 2:00 BINGO 4:00 Spanish Class 5:00 French Class	8:30 Zoom Yoga <b>21</b> 9:00 Wood Carving 9:00 Eastham COAch 10:00 Making Music & Memories 12:30 Eastham COAch 1:00 Painting 1:30 Fit & Strong
8:30 Tai Chi <b>24</b> 11:00 Sit & Fit 12:30 Mah Jongg 1:15 SALTY 	8:30 Yoga <b>25</b> 9:00 Trivia with Jim 10:00 Baked Goods Pickup 11:00 Light & Fit 12:00 Closed Bridge 12:15 Mobile Meals 12:30 Elder Attorney 1:30 Health Series 2:00 French Club 2:45 Meditation	9:00 Hiking Club <b>26</b> 9:30 Ladies’ Coffee 12:30 Mah Jongg 12:30 Rummikub 1:30 Fit & Strong 1:30 Men’s Meetup – Elks Lodge	9:30 Board Meeting <b>27</b> 9:30 AARP Safe Driving 11:00 Sit & Fit 11:00 Mobile Meals 12:00 Open Bridge 1:00 Whole Foods 2:00 BINGO 4:00 Spanish Class 5:00 French Class	8:30 Zoom Yoga <b>28</b> 9:00 Wood Carving 9:00 Eastham COAch 10:30 Elder Services 101 12:30 Eastham COAch 1:00 Painting 1:30 Fit & Strong
8:30 Tai Chi <b>31</b> 9:45 HIIT Class 11:00 Sit & Fit 12:30 Mah Jongg 1:15 SALTY 1:30 Matinée Monday – Hocus Pocus 2	