

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			9:45 HIIT Class 1 11:00 Sit & Fit 12:00 Open Bridge 12:15 Mobile Meals 1:00 Whole Foods 2:00 BINGO	8:30 Zoom Yoga 2 9:00 Eastham COAch 9:00 Wood Carving 9:30 Brown Bag Program 9:30 FTC Prepared Meals 12:30 Eastham COAch 1:00 Painting 1:30 Fit & Strong
9:45 HIIT Class 5 11:00 Sit & Fit 12:30 Mah Jongg 1:15 SALTY	8:30 Yoga 6 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 7 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 8 10:00 Sight Loss 11:00 Sit & Fit 12:00 Open Bridge 12:15 Mobile Meals 1:00 Whole Foods 1:30 Wild Care 2:00 BINGO	8:30 Zoom Yoga 9 9:00 Eastham COAch 9:00 Wood Carving 12:30 Eastham COAch 1:00 Painting 1:30 Fit & Strong
9:45 HIIT Class 12 11:00 Sit & Fit 12:30 Mah Jongg 1:15 SALTY	8:30 Yoga 13 9:00 Trivia with Jim 10:00 Baked Goods Pickup 11:00 Light & Fit 12:00 Closed Bridge 12:15 Mobile Meals 1:00 Tech Help 2:00 French Club	9:00 Hiking Club 14 9:45 HIIT Class 12:30 Birthday Club 12:30 Mah Jongg 12:30 Rummikub 1:30 Fit & Strong 5:30 Outreach Fun Night Out	9:45 HIIT Class 15 11:00 Sit & Fit 12:00 Open Bridge 12:15 Mobile Meals 1:00 Whole Foods 2:00 BINGO	8:30 Zoom Yoga 16 9:00 Eastham COAch 9:00 Wood Carving 10:30 Making Music & Memories 11:30 Holiday Sing 12:30 Eastham COAch 1:00 Painting 1:30 Fit & Strong
11:30 Holiday Luncheon at the Elks 19 No programs due to holiday luncheon	8:30 Yoga 20 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 Law Attorney 1:30 Health Series 2:00 French Club	9:00 Hiking Club 21 9:45 HIIT Class 12:30 Mah Jongg 12:30 Rummikub 12:30 Eastham COAch – Trader Joe’s	9:30 Board Meeting 22 9:45 HIIT Class 11:00 Sit & Fit 12:00 Open Bridge 12:15 Mobile Meals 1:00 Whole Foods 2:00 BINGO	8:30 Zoom Yoga 23 9:00 Eastham COAch 9:00 Wood Carving 12:30 Eastham COAch 1:00 Painting
HOLIDAY 26 SENIOR CENTER CLOSED 	HOLIDAY 27 SENIOR CENTER CLOSED	9:00 Hiking Club 28 9:30 Ladies’ Coffee 9:45 HIIT Class 12:30 Mah Jongg 12:30 Rummikub	9:45 HIIT Class 29 11:00 Sit & Fit 12:00 Open Bridge 12:15 Mobile Meals 1:00 Whole Foods 2:00 BINGO	8:30 Zoom Yoga 30 9:00 Eastham COAch 9:00 Wood Carving 12:30 Eastham COAch 1:00 Painting

