

MARCH 2023

SENIOR CENTER CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		9:00 Hiking Club 1 9:30 Cooking Club 9:45 Zoom HIIT Class 12:00 Mobile Pantry 12:00 Ask A Nurse 12:30 Mah Jongg 12:30 Rummikub 2:15 Ukulele	8:30 Zoom HIIT Class 2 9:00 Seaside Café/Yarn Club 9:45 Zoom HIIT Class 11:00 Sit & Fit 12:00 Open Bridge 12:15 Mobile Meals 1:00 Whole Foods 2:00 BINGO 2:15 Managing Your Energy Bill	8:30 AARP Tax-Aide by Appointment 3 8:30 Zoom Yoga 9:00 Eastham COAch 9:00 Wood Carving 9:30 Brown Bag Program 10:30 Grab & Go Meals 12:30 Eastham COAch 1:00 Painting with Joan Lockhart
9:00 Seaside Café & Cribbage 6 9:30 Memoir Writing 9:45 Zoom HIIT Class 11:00 Sit & Fit 12:00 Watercolor Class 12:30 Mah Jongg 1:15 SALTY	8:30 Yoga 7 9:00 Seaside Café & Trivia 9:45 Dance with Jenny 10:00 Baked Goods Pickup 11:00 Light & Fit 11:00 Sr. Tax Assistance Workshop at Library 12:00 Closed Bridge 12:15 Mobile Meals 2:00 French Club 2:45 Meditation 5:30 A Fun Night Out	9:00 Hiking Club 8 9:45 HIIT Class 12:30 Birthday Club 12:30 Mah Jongg 12:30 Rummikub 2:15 Ukulele <div style="text-align: center;">  </div>	8:30 HIIT Class 9 9:00 Seaside Café/Yarn Club 9:45 HIIT Class 10:00 Low Vision Support 11:00 Sit & Fit 12:00 Open Bridge 12:15 Mobile Meals 12:30 Fit & Strong 1:00 Whole Foods 2:00 BINGO 4:00 Spanish Class	8:30 AARP Tax-Aide by Appointment 10 8:30 Zoom Yoga 9:00 Eastham COAch 9:00 Wood Carving 10:30 Grab & Go Meals 12:30 Eastham COAch 1:00 Painting with Joan Lockhart
9:00 Seaside Café & Cribbage 13 9:00 Intro to Memoir Writing 9:30 Memoir Writing 9:45 HIIT Class 11:00 Sit & Fit 12:00 Watercolor Class 12:30 Mah Jongg 12:30 Fit & Strong 1:15 SALTY	8:30 Yoga 14 9:00 Seaside Café & Trivia 9:45 Dance with Jenny 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 2:45 Meditation 5:30 A Fun Night Out	9:00 Hiking Club 15 9:45 HIIT Class 11:30 Don Wilding: Henry Beston's Cape Cod 12:30 Mah Jongg 12:30 Rummikub 12:30 Eastham COAch - Trader Joe's 2:15 Ukulele	8:30 HIIT Class 16 9:00 Seaside Café/Yarn Club 9:45 HIIT Class 11:00 Sit & Fit 12:00 Open Bridge 12:15 Mobile Meals 12:30 Fit & Strong 1:00 Whole Foods 2:00 BINGO 2:15 A Whale of a Tale! 4:00 Spanish Class	8:30 AARP Tax-Aide by Appointment 17 8:30 Zoom Yoga 9:00 Eastham COAch 9:00 Wood Carving 10:30 Making Music & Memories 11:30 St. Patrick's Luncheon 12:30 Eastham COAch 1:00 Painting with Joan Lockhart
9:00 Seaside Café & Cribbage 20 9:00 Intro to Memoir Writing 9:30 Memoir Writing 9:45 HIIT Class 11:00 Sit & Fit 12:00 Watercolor Class 12:30 Mah Jongg 12:30 Fit & Strong 1:15 SALTY	8:30 Yoga 21 9:00 Seaside Café & Trivia 9:45 Dance with Jenny 10:00 Baked Goods Pickup 11:00 Light & Fit 12:00 Closed Bridge 12:15 Mobile Meals 1:00 Streaming 101 2:00 French Club 2:45 Meditation 5:30 A Fun Night Out	9:00 Hiking Club 22 9:45 HIIT Class 12:00 Free Lunch 12:30 Mah Jongg 12:30 Rummikub 2:15 Ukulele <div style="text-align: center;">  </div>	8:30 HIIT Class 23 9:00 Seaside Café/Yarn Club 9:45 HIIT Class 9:30 Board Meeting 11:00 Sit & Fit 12:00 Open Bridge 12:15 Mobile Meals 12:30 Fit & Strong 1:00 Whole Foods 2:00 BINGO 6:00 Streaming 101 4:00 Spanish Class	8:30 AARP Tax-Aide by Appointment 24 8:30 Zoom Yoga 9:00 Eastham COAch 9:00 Wood Carving 10:30 Grab & Go Meals 12:30 Eastham COAch 1:00 Painting with Joan Lockhart
9:00 Seaside Café & Cribbage 27 9:00 Intro to Memoir Writing 9:30 Memoir Writing 9:45 HIIT Class 11:00 Sit & Fit 12:00 Watercolor Class 12:30 Mah Jongg 12:30 Fit & Strong 1:15 SALTY	8:30 Yoga 28 9:00 Seaside Café & Trivia 9:45 Dance with Jenny 10:00 Baked Goods Pickup 11:00 Light & Fit 12:00 Closed Bridge 12:15 Mobile Meals 1:30 Zoom Health Series 2:00 French Club 2:45 Meditation	9:00 Hiking Club 29 9:45 HIIT Class 11:30 Wild Care 12:30 Mah Jongg 12:30 Rummikub 1:00 Veterans' Agent 2:15 Ukulele	8:30 HIIT Class 30 9:00 Seaside Café/Yarn Club 9:45 HIIT Class 11:00 Sit & Fit 12:00 Open Bridge 12:15 Mobile Meals 12:30 Fit & Strong 1:00 Whole Foods 2:00 BINGO 4:00 Spanish Class	8:30 AARP Tax-Aide by Appointment 31 8:30 Zoom Yoga 9:00 Eastham COAch 9:00 Wood Carving 10:30 Coffee with First Responders 12:30 Eastham COAch 1:00 Painting with Joan Lockhart