



APRIL 2023

SENIOR CENTER CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 Seaside Café & Cribbage 3 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 4 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	9:00 Hiking Club 5 9:30 Cooking Club 9:45 HIIT Class 12:00 Mobile Pantry 12:00 Ask a Nurse 12:30 Mah Jongg 12:30 Rummikub 2:15 Ukulele	8:30 HIIT Class 6 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 6:00 Streaming 101	8:30 AARP Tax-Aide by Appointment 7 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 10 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 11 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 2:00 French Club 2:45 Meditation	9:00 Hiking Club 12 9:45 HIIT Class 12:30 Birthday Club 12:30 Mah Jongg 12:30 Rummikub 2:15 Ukulele 	8:30 HIIT Class 13 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 14 8:30 Zoom Yoga 9:00 Eastham COAch 9:00 Wood Carving 10:30 Grab & Go Meals 10:30 Making Music & Memories 12:30 Eastham COAch 1:00 Painting with Joan Lockhart

HOLIDAY SENIOR CENTER CLOSED 17 	8:30 Yoga 18 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	9:00 Hiking Club 19 9:45 HIIT Class 11:30 Wild Care 12:30 Mah Jongg 12:30 Rummikub 12:30 Eastham COAch - Trader Joe's 2:15 Ukulele	8:30 HIIT Class 20 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	8:30 AARP Tax-Aide by Appointment 21 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
8:30 Tai Chi 24 9:00 Seaside Café & Cribbage 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 25 9:00 Seaside Café & Trivia 9:45 Dance with Jenny 10:00 Baked Goods Pickup 10:00 Elder Lawyer 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 26 9:45 HIIT Class 12:00 Free Lunch 12:30 Mah Jongg 12:30 Rummikub 2:15 Ukulele 	8:30 HIIT Class 27 9:00 Seaside Café/Yarn Club 9:30 Board Meeting 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 Community Leaders Housing Program	8:30 AARP Tax-Aide by Appointment 28 8:30 Zoom Yoga 9:00 Eastham COAch 9:00 Wood Carving 10:00 Spelling Bee 10:30 Grab & Go Meals 12:30 Eastham COAch 1:00 Painting with Joan Lockhart

