




OCTOBER 2023

SENIOR CENTER CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30 Tai Chi 2 9:00 Seaside Café 9:30 Memoir Writing 9:45 Zoom HIIT Class 11:00 Sit & Fit 12:00 Painting 12:30 Mah Jongg 1:15 SALTY	8:30 Yoga 3 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	8:30 HIIT Class 4 9:00 Cooking Club 9:00 Hiking Club 9:30 Friends Board Meeting 9:30 SHINE Appointments 12:00 Mobile Pantry 12:00 Ask A Nurse 12:30 Mah Jongg 12:30 Rummikub 2:15 Ukulele	8:30 HIIT Class 5 8:30 Zoom Yoga 9:00 Seaside Café/Cribbage 9:45 HIIT Class 11:00 Sit & Fit 12:00 Open Bridge 12:15 Mobile Meals 1:00 Whole Foods 2:00 BINGO 2:00 Master Gardener Series	9:00 Wood Carving 6 9:30 Brown Bag Program 10:30 Grab & Go Meals 1:00 Painting 
HOLIDAY SENIOR CENTER CLOSED 	8:30 Yoga 10 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 Drop-In Tech Help 2:00 French Club 2:45 Meditation	8:30 HIIT Class 11 9:00 Hiking Club 9:30 SHINE Appointments 12:30 Mah Jongg 12:30 Rummikub 1:00 Trader Joe's 2:15 Ukulele 	8:30 HIIT Class 12 8:30 Zoom Yoga 9:00 Seaside Café/Cribbage 9:45 HIIT Class 10:00 Low Vision Support 11:00 Sit & Fit 12:00 Open Bridge 12:15 Mobile Meals 1:00 Whole Foods 1:00 Flu Shot Clinic at Elks 2:00 BINGO 2:00 Let Me Entertain You 4:00 Spanish	9:00 Eastham COAch 13 9:00 Wood Carving 10:30 Making Music & Memories 12:30 Eastham COAch 1:00 Painting 
8:30 Tai Chi 16 9:00 Seaside Café 9:30 Memoir Writing 9:45 HIIT Class 11:00 Sit & Fit 12:00 Painting 12:30 Mah Jongg 1:15 SALTY	8:30 Yoga 17 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	8:30 HIIT Class 18 9:00 Hiking Club 9:30 SHINE Appointments 12:30 Mah Jongg 12:30 Rummikub 1:00 Birthday Club 2:15 Ukulele 	8:30 HIIT Class 19 8:30 Putnam Farm Tour 8:30 Zoom Yoga 9:00 Seaside Café/Cribbage 9:45 HIIT Class 11:00 Sit & Fit 12:00 Open Bridge 12:15 Mobile Meals 1:00 Whole Foods 2:00 BINGO 2:00 Arts & Music Series 4:00 Spanish	9:00 Wood Carving 20 10:30 Grab & Go Meals 10:30 Making Music & Memories 1:00 Painting 
8:30 Tai Chi 23 9:00 Seaside Café 9:30 Memoir Writing 9:45 HIIT Class 11:00 Sit & Fit 12:00 Painting 12:30 Mah Jongg 1:15 SALTY 	8:30 Yoga 24 9:00 Seaside Café & Trivia 9:45 Dance with Jenny 10:00 Elder Law Attorney 10:00 Baked Goods Pickup 11:00 Light & Fit 12:00 Closed Bridge 12:15 Mobile Meals 1:30 Health Series 2:00 French Club 2:45 Meditation	8:30 HIIT Class 25 9:00 Hiking Club 9:30 SHINE Appointments 12:00 Free Lunch 12:30 Mah Jongg 12:30 Rummikub 2:15 Ukulele	8:30 HIIT Class 26 8:30 Zoom Yoga 9:00 Seaside Café/Cribbage 9:30 COA Board Meeting 9:45 HIIT Class 11:00 Sit & Fit 12:00 Open Bridge 12:15 Mobile Meals 1:00 Whole Foods 2:00 BINGO 2:00 NPS: Penniman Photos 4:00 Spanish	9:00 Eastham COAch 27 9:00 Wood Carving 9:30 AARP Safe Driving Course 12:30 Eastham COAch 1:00 Painting 
8:30 Tai Chi 30 9:00 Seaside Café / Climate Action Committee 9:30 Memoir Writing 9:45 HIIT Class 11:00 Sit & Fit 12:00 Painting 12:30 Mah Jongg 1:15 SALTY 1:30 Stroke Awareness	8:30 Yoga 31 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 Drop-In Tech Help 2:00 French Club 2:45 Meditation	