



February 2010



Eastham Senior Center

(508) 255.6164

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Senior Dining 12-1 Rug Hooking 9 A.M Open Bridge 12:30 Mah Jongg 12:30 Stretch & Strengthen 3:00	2 Grocery Shopping Painting 9:00 Parkinson's Exercise 10:30 Senior Exercise 12-1 Humanities 1:15 Crafts 1:15	3 Senior Dining 12-1 Sit & Be Fit 11-Noon Mah Jongg 12:30 Needlepoint 1:15	4 Senior Exercise 12-1	5 FRIDAY PROGRAM 10:30 AM <u>Derek Mann- Love and Laughter</u> Free Friday Flick 1 PM <u>My Sister's Keeper</u>
8 CAREGIVERS 10:30 Senior Dining 12-1 Rug Hooking 9 A.M Open Bridge 12:30 Mah Jongg 12:30 Stretch & Strengthen 3:00	9 Grocery Shopping Painting 9:00 Parkinson's Exercise 10:30 Senior Exercise 12-1 Humanities 1:15 Crafts 1:15	10 Senior Dining 12-1 Sit & Be Fit 11-Noon Mah Jongg 12:30 Needlepoint 1:15	11 BLOOD PRESSURE CLINIC 10-11AM Senior Exercise 12-1 Bereavement Group 2:30	12 SIGHT LOSS 10:00 11:00 OUTREACH PRESENTATION "Safe Use of Prescription Medication" <u>by Ray Tomasi</u> Free Friday Flick 1 PM <u>Memoirs of a Geisha</u>
15 Senior Dining 12-1 Rug Hooking 9 A.M Open Bridge 12:30 Mah Jongg 12:30 Stretch & Strengthen 3:00	16 Grocery Shopping Painting 9:00 Parkinson's Exercise 10:30 Senior Exercise 12-1 Humanities 1:15 Crafts 1:15	17 Senior Dining 12-1 Sit & Be Fit 11-Noon Mah Jongg 12:30 Needlepoint 1:15	18 Senior Exercise 12-1	19 FRIDAY PROGRAM 10:30 AM <u>Ben Franklin- Colonial Times in Ben's Life</u> Free Friday Flick 1 PM <u>My Life in Ruins</u>
22 CAREGIVERS 10:30 Senior Dining 12-1 Rug Hooking 9 A.M Open Bridge 12:30 Mah Jongg 12:30 Stretch & Strengthen 3:00 PEDI-CARE 8:00 - 2:00 (Appointment needed)	23 Grocery Shopping Painting 9:00 Parkinson's Exercise 10:30 Senior Exercise 12-1 Humanities 1:15 Crafts 1:15	24 Senior Dining 12-1 Sit & Be Fit 11-Noon Mah Jongg 12:30 Needlepoint 1:15	25 BLOOD PRESSURE CLINIC 10-11AM Senior Exercise 12-1 Bereavement Group 2:30	26 11:00 OUTREACH PRESENTATION "Falls Prevention" <u>w/ Louis Howe</u> Free Friday Flick 1 PM <u>The Taking of Pelham 123</u>