

May 2012

Eastham Senior Center 508.255.6164
1405 Nauset Road, North Eastham, MA 02651

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>1 Grocery Shopping</p> <p>Parkinson's Exercise 10:30am</p> <p>Senior Exercise 12-1pm</p> <p>Crafts 1:15</p>	<p>2 Senior Dining 12-1pm</p> <p>Sit & Be Fit 11-11:45am</p> <p>Mah Jongg 12:30pm</p> <p>Needlepoint 1:15pm</p>	<p>3 Senior Exercise 12-1pm</p> <p>Closed Bridge 1-4pm</p>	<p>4 Outreach Presents: "Skill Building for Caregivers" 10am-2pm</p> 
<p>7 Senior Dining 12-1pm</p> <p>Rug Hooking 9am</p> <p>Sit & Be Fit 11-11:45am</p> <p>Open Bridge 12:30pm</p> <p>Mah Jongg 12:30pm</p>	<p>8 Grocery Shopping</p> <p>Caregivers Group 10:30am-12:00pm</p> <p>Senior Exercise 12-1pm</p> <p>Crafts 1:15</p>	<p>9 Senior Dining 12-1pm</p> <p>Sit & Be Fit 11-11:45am</p> <p>Mah Jongg 12:30pm</p> <p>Needlepoint 1:15pm</p>	<p>10 BLOOD PRESSURE CLINIC 10-11am</p> <p>Senior Exercise 12-1pm</p> <p>Chair Yoga 2:30-3:30pm</p> <p>Closed Bridge 1-4pm</p>	<p>11 Sight Loss Support 10am-12pm</p> <p>Eastham Senior Center 25th Anniversary Celebration 11:00 am Reservations Required</p> 
<p>14 Senior Dining 12-1pm</p> <p>Rug Hooking 9am</p> <p>Sit & Be Fit 11-11:45am</p> <p>Open Bridge 12:30pm</p> <p>Mah Jongg 12:30pm</p>	<p>15 Grocery Shopping</p> <p>Parkinson's Exercise 10:30am</p> <p>Senior Exercise 12-1pm</p> <p>Crafts 1:15</p>	<p>16 Senior Dining 12-1pm</p> <p>Friendship Club 11am</p> <p>Sit & Be Fit 11-11:45am</p> <p>Mah Jongg 12:30pm</p> <p>Needlepoint 1:15pm</p>	<p>17 Senior Exercise 12-1pm</p> <p>Closed Bridge 1-4pm</p>	<p>18 Outreach Presents: "5th Annual Health, Wellness & Safety Fair" 10am-1pm</p> 
<p>21 Senior Dining 12-1pm</p> <p>Rug Hooking 9am</p> <p>Sit & Be Fit 11-11:45am</p> <p>Open Bridge 12:30pm</p> <p>Mah Jongg 12:30pm</p>	<p>22 Grocery Shopping</p> <p>Parkinson's Exercise 10:30am</p> <p>Senior Exercise 12-1pm</p> <p>Crafts 1:15</p> <p>Pedi-Care (by appointment only)</p>	<p>23 Senior Dining 12-1pm</p> <p>Sit & Be Fit 11-11:45am</p> <p>Mah Jongg 12:30pm</p> <p>Needlepoint 1:15pm</p> <p>Elder Law Attorney (by appointment only)</p>	<p>24 BLOOD PRESSURE CLINIC 10-11am</p> <p>Senior Exercise 12-1pm</p> <p>Closed Bridge 1-4pm</p>	<p>25 Outreach Presents: "Maintaining the Brain" 11:00 am</p>  <p>12:30pm Free Flick Friday <i>Carnage</i></p>
<p>28</p> <p>*CENTER CLOSED*</p>  <p>MEMORIAL DAY</p>	<p>29 Grocery Shopping</p> <p>Parkinson's Exercise 10:30am</p> <p>Senior Exercise 12-1pm</p> <p>Crafts 1:15</p>	<p>30 Senior Dining 12-1pm</p> <p>Sit & Be Fit 11-11:45am</p> <p>Mah Jongg 12:30pm</p> <p>Needlepoint 1:15pm</p>	<p>31 Senior Exercise 12-1pm</p> <p>Closed Bridge 1-4pm</p>	