


# July 2010

Eastham Senior Center

(508) 255.6164

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Senior Exercise 12-1	2 <b>Free Friday Flick 1 PM</b> <i>Breakfast at Tiffany's</i>
5  <b>CLOSED</b>  <b>OBSERVING INDEPENDENCE DAY</b>	6 <b>Grocery Shopping</b> Painting 9:00 Parkinson's Exercise 10:15 Senior Exercise 12-1	7 <b>Senior Dining 12-1</b> Sit & Be Fit 11-Noon Mah Jongg 12:30	8 <b>BLOOD PRESSURE CLINIC 10-11AM</b>  Senior Exercise 12-1  "Guided Meditation" Nancy Higgins-VNA 2:00-3:00	9 <b>Free Friday Flick 1 PM</b> <i>Did You Hear About The Morgans?</i>
12 <b>Senior Dining 12-1</b>  Rug Hooking 9 A.M Open Bridge 12:30 Mah Jongg 12:30 Stretch & Strengthen 2:30	13 <b>Grocery Shopping</b> Painting 9:00 Parkinson's Exercise 10:15 Senior Exercise 12-1	14 <b>Senior Dining 12-1</b> Sit & Be Fit 11-Noon Mah Jongg 12:30	15  Senior Exercise 12-1	16 <b>**ENCORE**</b>  <b>Free Friday Flick 1 PM</b> <i>The Blind Side</i>
19 <b>Senior Dining 12-1</b>  Rug Hooking 9 A.M Open Bridge 12:30 Mah Jongg 12:30 Stretch & Strengthen 2:30	20 <b>Grocery Shopping</b> Painting 9:00 Parkinson's Exercise 10:15 Senior Exercise 12-1	21 <b>Senior Dining 12-1</b> Sit & Be Fit 11-Noon Mah Jongg 12:30	22 <b>BLOOD PRESSURE CLINIC 10-11AM</b>  Senior Exercise 12-1  "Guided Meditation" Nancy Higgins-VNA 2:00-3:00	23 <b>OUTREACH PRESENTATION 11:00</b> <u>Diabetes 101</u>  <b>HIGH TEA 12-1</b>  <b>Free Friday Flick 1 PM</b> <i>It's A Wonderful Life</i>
26 <b>Senior Dining 12-1</b>  Rug Hooking 9 A.M Open Bridge 12:30 Mah Jongg 12:30 Stretch & Strengthen 2:30  <b>PEDI-CARE 8:00 – 2:00 (Appointment needed)</b>	27 <b>Grocery Shopping</b> Painting 9:00 Parkinson's Exercise 10:15 Senior Exercise 12-1	28 <b>Senior Dining 12-1</b> Sit & Be Fit 11-Noon Mah Jongg 12:30  <b>12:30 ELDER LAW ATTORNEY (Appointment needed)</b>	29  Senior Exercise 12-1	30  <b>Free Friday Flick 1 PM</b> <i>JFK: Special Edition</i>