



# Eastham Senior Center

Your Center for Active Living



**Eating well in addition to having an active lifestyle can support healthy aging. We work with community partners to connect you to local resources so you have direct access to healthy foods.**

## **Baked Goods**

**Tuesday • 10:00 am**

Stop by the Center for day old baked goods every Tuesday.

## **Brown Bag**

**1st Friday of the month • 9:30 am**

The Boston Food Bank delivers non-perishable staples as well as fresh and frozen items. Eligible participants register the month prior.

## **Cooking Club**

**Once a Month • Wednesday • 9:30 am**

A natural chef offers a live demonstration of how to cook healthy meals. Participants receive recipes to take home and tips on how to shop for ingredients.

## **COA Food Pantry**

**Weekdays • 9:00 am – 2:00 pm**

For those in need, the Center has an on-site food pantry available.

## **Grocery Pickup**

**Thursday • 1:00 pm**

Stop by the Eastham Methodist Church, 3200 State Highway for various donated grocery items.

## **Meals in Motion ~ Mobile Food Pantry**

**1st Wednesday of the month • 12:30 pm**

The Family Pantry of Cape Cod offers a mobile food pantry at the Center. Eligible participants register the month prior.

## **COA Mobile Meals**

**Tuesday & Thursday • 12:30 pm**

Home cooked meals are delivered to eligible seniors. Participants must register by noon the Friday prior.

*For help or for more information call Cindy Dunham, (774) 801-3153.*