

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	8:30 Yoga 1 9:00 Trivia with Jim 10:00 Baked Goods Pickup 11:00 Light & Fit 12:00 Closed Bridge 12:15 Mobile Meals 2:00 French Club	9:00 Hiking Club 2 9:30 Cooking Club 9:45 HIIT Class 12:00 Mobile Pantry 12:00 Ask A Nurse 12:30 Mah Jongg 12:30 Rummikub 1:30 Fit & Strong	9:45 HIIT Class 3 11:00 Sit & Fit 12:00 Open Bridge 12:15 Mobile Meals 1:00 Whole Foods 1:30 Who Dunit? 5:00 Multigenerational Dinner at Elks Lodge	8:30 Zoom Yoga 4 9:00 Eastham COAch 9:00 Wood Carving 9:30 Brown Bag Program 9:30 FTC Prepared Meals 10:30 Cape Cod Lore 12:30 Eastham COAch 1:00 Painting 1:30 Fit & Strong
	8:30 Tai Chi 7 9:45 HIIT Class 11:00 Sit & Fit 12:30 Mah Jongg 1:15 SALTY	8:30 Yoga 8 9:00 Trivia with Jim 10:00 Baked Goods Pickup 11:00 Light & Fit 12:00 Closed Bridge 12:15 Mobile Meals 2:00 French Club STATE ELECTION Polls Open at Town Hall	9:00 Hiking Club 9 9:45 HIIT Class 12:30 Birthday Club 12:30 Mah Jongg 12:30 Rummikub 1:30 Fit & Strong	10:00 Sight Loss 10 11:30 Veterans' Lunch 12:00 Open Bridge 12:15 Mobile Meals 1:00 Whole Foods 2:00 BINGO
8:30 Tai Chi 14 9:45 HIIT Class 11:00 Sit & Fit 12:30 Mah Jongg 1:15 SALTY	8:30 Yoga 15 9:00 Trivia with Jim 10:00 Baked Goods Pickup 11:00 Light & Fit 12:00 Closed Bridge 12:15 Mobile Meals 1:00 Tech Help 2:00 French Club 5:30 Outreach Fun Night Out	9:00 Hiking Club 16 9:45 HIIT Class 12:30 Mah Jongg 12:30 Rummikub 12:30 Eastham COAch – Trader Joe's 1:30 Fit & Strong	9:30 Board Meeting 17 9:45 HIIT Class 11:00 Sit & Fit 12:00 Open Bridge 12:15 Mobile Meals 1:00 Whole Foods 1:30 Healing Energy 2:00 BINGO	8:30 Zoom Yoga 18 9:00 Eastham COAch 9:00 Wood Carving 10:30 Making Music & Memories 12:30 Eastham COAch 1:00 Painting 1:30 Fit & Strong
8:30 Tai Chi 21 9:45 HIIT Class 11:00 Sit & Fit 12:30 Mah Jongg 1:15 SALTY	8:30 Yoga 22 9:00 Trivia with Jim 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	9:00 Hiking Club 23 9:30 Ladies' Coffee 9:45 HIIT Class NO AFTERNOON PROGRAMS	HOLIDAY 24 SENIOR CENTER CLOSED	HOLIDAY 25 SENIOR CENTER CLOSED
11:00 Sit & Fit 28 12:30 Mah Jongg 1:15 SALTY 	8:30 Yoga 29 9:00 Trivia with Jim 10:00 Baked Goods Pickup 11:00 Light & Fit 12:00 Closed Bridge 12:15 Mobile Meals 2:00 French Club GivingTuesday	9:00 Hiking Club 30 9:00 Veterans' Agent 9:45 HIIT Class 12:30 Mah Jongg 12:30 Rummikub 1:30 Fit & Strong		