



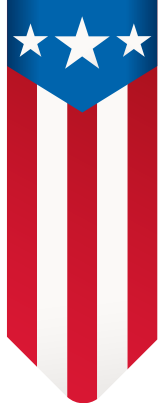
MAY 2023

SENIOR CENTER CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30 Tai Chi 1 9:00 Seaside Café & Cribbage 9:30 Memoir Writing 9:45 HIIT Class 11:00 Sit & Fit 12:00 Watercolor Class 12:30 Mah Jongg 12:30 Fit & Strong	8:30 Yoga 2 9:00 Seaside Café & Trivia 9:00 Nutrition Series 9:45 Dance with Jenny 10:00 Baked Goods Pickup 11:00 Light & Fit 12:00 Closed Bridge 12:15 Mobile Meals 2:00 French Club 2:45 Meditation	9:00 Hiking Club 3 9:00 Cooking Club 9:30 SHINE Appointments 9:45 HIIT Class 12:00 Mobile Pantry 12:00 Ask A Nurse 12:30 Mah Jongg 12:30 Rummikub 2:15 Ukulele	8:30 HIIT Class 4 9:00 Seaside Café/Chess 9:45 HIIT Class 11:00 Sit & Fit 12:00 Open Bridge 12:15 Mobile Meals 12:30 Fit & Strong 1:00 Whole Foods 2:00 BINGO	8:30 Zoom Yoga 5 9:00 Wood Carving 9:30 Brown Bag Program 10:30 Grab & Go Meals 1:00 Painting
8:30 Tai Chi 8 9:00 Seaside Café & Cribbage 9:30 Memoir Writing 9:45 Zoom HIIT Class 11:00 Sit & Fit 12:00 Watercolor Class 12:30 Mah Jongg 1:15 SALTY	8:30 Yoga 9 9:00 Seaside Café & Trivia 9:00 Nutrition Series 9:45 Dance with Jenny 10:00 Baked Goods Pickup 11:00 Light & Fit 12:00 Closed Bridge 12:15 Mobile Meals 1:00 Streaming 101 2:00 French Club 2:45 Meditation	9:45 Zoom HIIT Class 10 11:00 Volunteer Luncheon (RSVP Required) 	8:15 Eastham COAch 11 Trader Joe's 8:30 HIIT Class 9:00 Seaside Café/Chess 9:45 HIIT Class 10:00 Sight Loss 11:00 Sit & Fit 12:00 Open Bridge 12:15 Mobile Meals 1:00 Whole Foods 2:00 BINGO 2:15 NPS: Mysteries of the Penniman Photos	8:30 Wood Carving 12 8:30 Zoom Yoga 9:00 Eastham COAch 11:00 Health & Wellness Fair 12:30 Eastham COAch 

8:30 Tai Chi 15 9:00 Seaside Café & Cribbage 9:30 Memoir Writing 9:45 HIIT Class 11:00 Sit & Fit 12:00 Watercolor Class 12:30 Mah Jongg 12:30 Fit & Strong 1:15 SALTY	8:30 Yoga 16 9:00 Seaside Café & Trivia 9:00 Nutrition Series 9:45 Dance with Jenny 10:00 Baked Goods Pickup 11:00 Light & Fit 12:00 Closed Bridge 12:15 Mobile Meals 1:00 Drop-In Tech Help 2:00 French Club 2:45 Meditation	9:00 Hiking Club 17 9:30 SHINE Appointments 9:45 HIIT Class 11:30 Don Wilding: Henry Beston's Cape Cod 12:30 Mah Jongg 12:30 Rummikub 1:00 Birthday Club 2:15 Ukulele	8:30 HIIT Class 18 9:00 Seaside Café/Chess 9:45 HIIT Class 11:00 Sit & Fit 12:00 Open Bridge 12:15 Mobile Meals 12:30 Fit & Strong 1:00 Whole Foods 2:00 BINGO	8:30 Zoom Yoga 19 9:00 Eastham COAch 9:00 Wood Carving 10:30 Grab & Go Meals 10:30 Making Music & Memories 12:30 Eastham COAch 1:00 Painting
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8:30 Tai Chi 22 9:00 Seaside Café & Cribbage 9:30 Memoir Writing 9:45 HIIT Class 11:00 Sit & Fit 12:00 Watercolor Class 12:30 Mah Jongg 12:30 Fit & Strong	8:30 Yoga 23 9:00 Seaside Café & Trivia 9:00 Nutrition Series 9:45 Dance with Jenny 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 2:45 Meditation 5:30 Outreach: Night Out	9:30 SHINE 24 Appointments 9:45 HIIT Class 12:00 Free Lunch 12:30 Mah Jongg 12:30 Rummikub 2:15 Ukulele	8:30 HIIT Class 25 9:00 Seaside Café/Chess 9:30 Board Meeting 9:45 HIIT Class 11:00 Sit & Fit 12:00 Open Bridge 12:15 Mobile Meals 12:30 Fit & Strong 1:00 Whole Foods	8:30 Zoom Yoga 26 9:00 Wood Carving 10:30 Coffee with First Responders 1:00 Painting
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 29 HOLIDAY SENIOR CENTER CLOSED	8:30 Yoga 30 9:00 Seaside Café & Trivia 9:00 Nutrition Series 9:45 Dance with Jenny 10:00 Baked Goods Pickup 11:00 Light & Fit 12:00 Closed Bridge 12:15 Mobile Meals 2:00 French Club 2:45 Meditation	8:45 Bourne Cemetery Trip 31 9:30 SHINE Appointments 11:00 "Friends" Annual Meeting 12:30 Mah Jongg 12:30 Rummikub 1:00 Veterans' Agent 2:15 Ukulele
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