

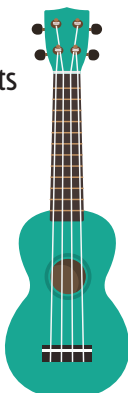




## AUGUST 2023

## SENIOR CENTER CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	8:30 Yoga <b>1</b> 9:00 Seaside Café & Trivia 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	9:00 Hiking Club <b>2</b> 9:30 SHINE Appointments 12:00 Farmers' Market Coupons 12:00 Mobile Pantry 12:00 Ask A Nurse 12:30 Mah Jongg 12:30 Rummikub 2:15 Ukulele	8:30 HIIT Class <b>3</b> 8:30 Zoom Yoga 9:00 Seaside Café/Cribbage 9:45 HIIT Class 11:00 Sit & Fit 12:00 Open Bridge 12:15 Mobile Meals 1:00 Whole Foods 2:00 BINGO 2:00 Summer Arts & Music Series	8:30 Zoom Yoga <b>4</b> 9:00 Eastham COAch 9:30 Brown Bag Program 12:30 Eastham COAch 1:00 Painting
	8:30 HIIT Class <b>7</b> 9:00 Seaside Café 9:30 Memoir Writing 9:45 HIIT Class 11:00 Sit & Fit 12:30 Mah Jongg 1:00 Brain Longevity 1:15 SALTY	8:30 Yoga <b>8</b> 9:00 Seaside Café & Trivia 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	8:30 HIIT Class <b>9</b> 9:00 Hiking Club 9:30 SHINE Appointments 12:30 Mah Jongg 12:30 Rummikub 2:15 Ukulele	8:30 HIIT Class <b>10</b> 8:30 Zoom Yoga 9:00 Seaside Café/Cribbage 9:45 HIIT Class 11:00 Sit & Fit 12:00 Open Bridge 12:15 Mobile Meals 1:00 Whole Foods 2:00 BINGO 2:00 Summer Arts & Music Series
8:15 Truro Farmers' Market <b>14</b> 8:30 HIIT Class 9:00 Seaside Café 9:30 Memoir Writing 9:45 HIIT Class 11:00 Sit & Fit 12:30 Mah Jongg 1:00 Brain Longevity 1:15 SALTY	8:30 Yoga <b>15</b> 9:00 Seaside Café & Trivia 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 5:30 Outreach: Fun Night Out	8:30 HIIT Class <b>16</b> 9:00 Hiking Club 9:30 SHINE Appointments 12:30 Mah Jongg 12:30 Rummikub 1:00 Birthday Club 2:15 Ukulele 	8:30 HIIT Class <b>17</b> 8:30 Zoom Yoga 9:00 Seaside Café/Cribbage 9:45 HIIT Class 11:00 Sit & Fit 12:00 Open Bridge 12:15 Mobile Meals 1:00 Whole Foods 2:00 BINGO 2:00 Summer Arts & Music	9:00 Eastham COAch <b>18</b> 10:30 Making Music & Memories 12:30 Eastham COAch 1:00 Painting
8:30 HIIT Class <b>21</b> 9:00 Seaside Café 9:30 Memoir Writing 9:45 HIIT Class 10:00 PBCB Sailing 11:00 Sit & Fit 12:30 Mah Jongg 1:00 Brain Longevity 1:15 SALTY	8:30 Yoga <b>22</b> 9:00 Seaside Café & Trivia 9:45 Dance with Jenny 10:00 Baked Goods Pickup 10:00 Elder Lawyer 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	8:30 HIIT Class <b>23</b> 9:00 Hiking Club 9:30 SHINE Appointments 12:00 Free Lunch 12:30 Mah Jongg 12:30 Rummikub 2:15 Ukulele 	8:30 HIIT Class <b>24</b> 8:30 Zoom Yoga 9:00 Seaside Café/Cribbage 9:45 HIIT Class 11:00 Sit & Fit 12:00 Open Bridge 12:15 Mobile Meals 1:00 Whole Foods 2:00 BINGO 2:00 Summer Arts & Music	9:00 Eastham COAch <b>25</b> 10:30 Grab & Go Meals 10:30 Emergency Storm Preparation 12:30 Eastham COAch 1:00 Painting
8:15 Truro Farmers' Market <b>28</b> 8:30 HIIT Class 9:00 Seaside Café 9:30 Memoir Writing 9:45 HIIT Class 10:00 PBCB Sailing 11:00 Sit & Fit 12:30 Mah Jongg 1:00 Brain Longevity 1:15 SALTY	8:30 Yoga <b>29</b> 9:00 Seaside Café & Trivia 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	8:30 HIIT Class <b>30</b> 9:00 Hiking Club 9:30 SHINE Appointments 10:00 PBCB Boating 12:30 Mah Jongg 12:30 Rummikub 2:15 Ukulele	8:30 HIIT Class <b>31</b> 8:30 Zoom Yoga 9:00 Seaside Café/Cribbage 9:30 Board Meeting 9:45 HIIT Class 11:00 Sit & Fit 12:00 Open Bridge 12:15 Mobile Meals 1:00 Whole Foods 2:00 BINGO 2:00 Summer Arts & Music	