



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Programs in BLUE are Hybrid programs. Attend in person or online!</b></p> <p><b>Programs in GREEN are online only; no in-person program</b></p> <p><b>Programs in ORANGE are Hosted at the Eastham Public Library</b></p> 		<p><b>HAPPY NEW YEAR!</b> <b>1</b></p> <p><b>CLOSED FOR THE HOLIDAY</b></p> 	<p><b>8:30 Zoom HIIT Class</b> <b>2</b></p> <p>9:00 Veterans Social Club</p> <p><b>9:45 Zoom LIIT Class</b></p> <p><b>11:00 Sit &amp; Fit</b></p> <p>12:15 Mobile Meals</p> <p>12:30 Open Bridge</p> <p>1:00 Whole Foods</p> <p><b>2:00 Master Gardener Series</b></p>	<p>9:00 Eastham COAch <b>3</b></p> <p>9:00 Wood Carving</p> <p>9:30 Brown Bag Program</p> <p>12:30 Eastham COAch</p> <p>1:00 Free Flick Friday</p> <p>1:00 Painting</p> <p><b>1:30 Tech Appointments</b></p> 
<p>8:30 Qi Gong <b>6</b></p> <p>9:00 Seaside Café</p> <p>9:30 Memoir Writing</p> <p><b>9:45 Zoom HIIT Class</b></p> <p>10:00 Cribbage</p> <p><b>11:00 Sit &amp; Fit</b></p> <p>12:00 Watercolor Painting</p> <p>12:30 Mah Jongg</p> <p>12:45 Jim's Adventures</p> <p><b>1:00 Discover Good Health</b></p> <p>3:00 LGBTQ+ Community Coffee</p>	<p>8:30 Yoga <b>7</b></p> <p>9:00 Seaside Café &amp; Trivia</p> <p>9:45 Dance with Jenny</p> <p>10:00 Baked Goods Pickup</p> <p><b>11:00 Light &amp; Fit</b></p> <p>12:15 Mobile Meals</p> <p>12:30 Closed Bridge</p> <p><b>12:30 Hybrid Games</b></p> <p><b>1:30 Tech Appointments</b></p> <p>2:00 French Club</p> <p>2:15 Meditation</p>	<p>8:30 HIIT Class <b>8</b></p> <p>9:00 Hiking Club</p> <p>9:30 Cooking Club</p> <p>9:45 Resistance Bands</p> <p><b>11:00 Environmental Series</b></p> <p>11:15 Market Basket</p> <p>11:30 Ask A Nurse</p> <p>12:30 Mah Jongg</p> <p>12:30 Rummikub</p> <p><b>1:00 AFSC Support Group</b></p> <p>2:15 Ukulele</p>	<p>8:30 HIIT Class <b>9</b></p> <p>9:00 Veterans Social Club</p> <p>9:45 LIIT Class</p> <p>10:00 Low Vision Support</p> <p><b>11:00 Sit &amp; Fit</b></p> <p>12:15 Mobile Meals</p> <p>12:30 Open Bridge</p> <p><b>1:00 Eastham Focus Series</b></p> <p>1:00 Whole Foods</p> <p><b>1:30 Tech Appointments</b></p>	<p><b>8:15 Zumba (Library)</b> <b>10</b></p> <p>9:00 Eastham COAch</p> <p>9:00 Wood Carving</p> <p><b>9:30 Chair Yoga (Library)</b></p> <p>10:30 Grab &amp; Go</p> <p>12:30 Eastham COAch</p> <p>1:00 Painting</p>
<p>8:30 Qi Gong <b>13</b></p> <p>9:00 Seaside Café</p> <p>9:30 Memoir Writing</p> <p>9:45 HIIT Class</p> <p>10:00 Cribbage</p> <p><b>11:00 Sit &amp; Fit</b></p> <p>12:00 Watercolor Painting</p> <p>12:30 Mah Jongg</p> <p>12:45 Orleans Shopping</p> <p><b>1:00 Lifelong Learning</b></p> <p><b>1:30 Tech Appointments</b></p>	<p><b>8:30 Zoom Yoga</b> <b>14</b></p> <p>9:00 Seaside Café &amp; Trivia</p> <p>9:45 Dance with Jenny</p> <p>10:00 Baked Goods Pickup</p> <p><b>11:00 Light &amp; Fit</b></p> <p>12:15 Mobile Meals</p> <p>12:30 Closed Bridge</p> <p><b>12:30 Hybrid Games</b></p> <p>2:00 French Club</p> <p>2:15 Meditation</p> <p>5:30 Fun Night Out</p>	<p>8:30 HIIT Class <b>15</b></p> <p>9:00 Hiking Club</p> <p>9:45 Resistance Bands</p> <p><b>12:00 Cape Cod Connections</b></p> <p>12:15 Trader Joe's</p> <p>12:30 Mah Jongg</p> <p>12:30 Rummikub</p> <p><b>1:30 Tech Appointments</b></p> <p>2:15 Ukulele</p>	<p>8:30 HIIT Class <b>16</b></p> <p><b>8:30 Zoom at Home Yoga</b></p> <p>9:00 Veterans Social Club</p> <p>9:00 Medical Bill Advocate</p> <p>9:30 Veterans Cafe</p> <p>9:45 LIIT Class</p> <p>10:30 Ask-A-Dietitian</p> <p><b>11:00 Sit &amp; Fit</b></p> <p>12:15 Mobile Meals</p> <p>12:30 Open Bridge</p> <p>1:00 Whole Foods</p> <p><b>1:00 Creative Connections</b></p>	<p><b>8:15 Zumba (Library)</b> <b>17</b></p> <p>9:00 Eastham COAch</p> <p>9:00 Wood Carving</p> <p><b>9:30 Chair Yoga (Library)</b></p> <p>9:30 80 + Group</p> <p><b>11:00 RMV Driving Tips</b></p> <p>12:30 Eastham COAch</p> <p>1:00 Painting</p> <p><b>1:00 Gone Fishin'</b></p> <p><b>1:30 Tech Appointments</b></p>
 <p><b>HOLIDAY SENIOR CENTER CLOSED</b></p> <p><b>20</b></p>	<p><b>8:30 Zoom Yoga</b> <b>21</b></p> <p>9:00 Seaside Café &amp; Trivia</p> <p>9:45 Dance with Jenny</p> <p>10:00 Baked Goods Pickup</p> <p>10:00 Cribbage</p> <p><b>11:00 Light &amp; Fit</b></p> <p>12:15 Mobile Meals</p> <p>12:30 Closed Bridge</p> <p><b>12:30 Hybrid Games</b></p> <p>2:00 French Club</p> <p>2:15 Meditation</p>	<p>8:30 HIIT Class <b>22</b></p> <p>9:00 Hiking Club</p> <p>9:45 Resistance Bands</p> <p>12:00 Lunch with Friends</p> <p>12:30 Mah Jongg</p> <p>12:30 Rummikub</p> <p><b>1:00 AFSC Support Group</b></p> <p>2:15 Ukulele</p>	<p>8:30 HIIT Class <b>23</b></p> <p><b>8:30 Zoom at Home Yoga</b></p> <p>9:00 Veterans Social Club</p> <p>9:30 COA Board Meeting</p> <p>9:45 LIIT Class</p> <p><b>11:00 Sit &amp; Fit</b></p> <p>12:15 Mobile Meals</p> <p>12:30 Open Bridge</p> <p>1:00 Whole Foods</p>	<p><b>8:15 Zumba (Library)</b> <b>24</b></p> <p>9:00 Eastham COAch</p> <p>9:00 Wood Carving</p> <p><b>9:30 Chair Yoga (Library)</b></p> <p>10:30 Grab &amp; Go</p> <p>12:30 Eastham COAch</p> <p>1:00 Painting</p>
<p>8:30 Qi Gong <b>27</b></p> <p>9:00 Seaside Café</p> <p>9:30 Memoir Writing</p> <p><b>9:45 Zoom HIIT Class</b></p> <p>10:00 Cribbage</p> <p><b>11:00 Sit &amp; Fit</b></p> <p>12:00 Watercolor Painting</p> <p>12:30 Mah Jongg</p> <p>1:00 Birthday Club</p> <p>2:00 Jim's Game Hour</p>	<p><b>8:30 Zoom Yoga</b> <b>28</b></p> <p>9:00 Seaside Café &amp; Trivia</p> <p>9:45 Dance with Jenny</p> <p>10:00 Baked Goods Pickup</p> <p><b>11:00 Light &amp; Fit</b></p> <p>12:15 Mobile Meals</p> <p>12:30 Closed Bridge</p> <p><b>1:00 Health Series</b></p> <p>2:00 French Club</p> <p>2:15 Meditation</p>	<p><b>8:30 Zoom HIIT Class</b> <b>29</b></p> <p>9:00 Hiking Club</p> <p><b>9:45 Zoom Resistance Bands</b></p> <p>12:30 Mah Jongg</p> <p>12:30 Rummikub</p> <p><b>1:30 Tech Appointments</b></p> <p>2:15 Ukulele</p>	<p><b>8:30 Zoom HIIT Class</b> <b>30</b></p> <p><b>8:30 Zoom at Home Yoga</b></p> <p>9:00 Veterans Social Club</p> <p><b>9:45 Zoom LIIT Class</b></p> <p><b>11:00 Sit &amp; Fit</b></p> <p>12:15 Mobile Meals</p> <p>12:30 Open Bridge</p> <p>1:00 Whole Foods</p>	<p><b>8:15 Zumba (Library)</b> <b>31</b></p> <p>9:00 Eastham COAch</p> <p>9:00 Wood Carving</p> <p><b>9:30 Chair Yoga (Library)</b></p> <p>12:30 Eastham COAch</p> <p>1:00 Painting</p> <p><b>1:30 Digital Life</b></p>