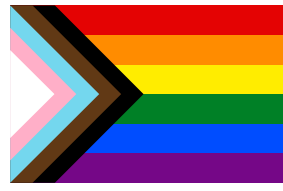

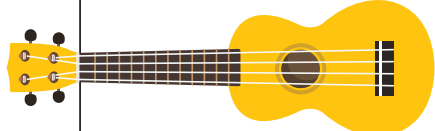


FEBRUARY 2025 SENIOR CENTER CALENDAR



Reminder: Shake Off the Winter Blues Pride Potluck, Saturday, February 1 at 5:30 pm. Details on page 7.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30 Qi Gong 3 9:00 Seaside Café 9:30 Memoir Writing 9:45 Zoom HIIT Class 10:00 Cribbage 11:00 Sit & Fit 12:00 Watercolor Painting 12:30 Mah Jongg 12:45 Jim's Adventures 3:00 LGBTQ+ Community Coffee 6:00 Zoom at Home Brain Longevity	8:30 Yoga 4 9:00 Seaside Café & Trivia 9:45 Dance with Jenny 10:00 Baked Goods Pickup 11:00 Light & Fit 12:15 Mobile Meals 12:30 Closed Bridge 12:30 Hybrid Games 1:30 Tech Appointments 2:00 French Club 2:15 Meditation	8:30 HIIT Class 5 9:00 Hiking Club 9:45 Resistance Bands 11:30 Ask A Nurse 12:00 Mobile Pantry 12:30 Mah Jongg 12:30 Rummikub 2:15 Ukulele	8:30 HIIT Class 6 8:30 Zoom at Home Yoga 9:00 Veterans Social Club 9:45 LIIT Class 11:00 Sit & Fit 12:15 Mobile Meals 12:30 Open Bridge 1:00 Whole Foods 1:30 Tech Appointments 2:00 Master Gardener Series	8:15 Zumba (Library) 7 8:30 Tax Appointments 9:00 Eastham COAch 9:00 Wood Carving 9:30 Brown Bag Program 9:30 Chair Yoga (Library) 12:30 Eastham COAch 1:00 Free Flick Friday 1:00 Painting
8:30 Qi Gong 10 9:00 Seaside Café 9:30 Memoir Writing 9:45 HIIT Video Class 10:00 Cribbage 11:00 Sit & Fit 12:00 Watercolor Painting 12:30 Mah Jongg 12:45 Orleans Shopping 1:30 Tech Appointments	8:30 Zoom Yoga 11 9:00 Seaside Café & Trivia 9:45 Dance with Jenny 10:00 Baked Goods Pickup 11:00 Light & Fit 12:15 Mobile Meals 12:30 Closed Bridge 12:30 Hybrid Games 2:00 French Club 2:15 Meditation 5:30 Fun Night Out	8:30 HIIT Class 12 9:00 Hiking Club 9:30 Cooking Club 9:45 Resistance Bands 11:00 Environmental Series 11:15 Market Basket 12:30 Mah Jongg 12:30 Rummikub 1:00 Veterans Agent 1:00 AFSC Support Group 1:30 Tech Appointments 2:15 Ukulele	8:30 HIIT Class 13 8:30 Zoom at Home Yoga 9:00 Veterans Social Club 9:45 LIIT Class 10:00 Low Vision Support Group 11:00 Sit & Fit 12:15 Mobile Meals 12:30 Open Bridge 1:00 Eastham Focus Series 1:00 Whole Foods	8:15 Zumba (Library) 14 8:30 Tax Appointments 9:00 Eastham COAch 9:30 80+ Group 9:30 Chair Yoga (Library) 10:30 Grab & Go 11:00 Valentine's Day Lunch 12:30 Eastham COAch 1:00 Painting 1:00 Gone Fishin' 1:30 Tech Appointments

17 HOLIDAY SENIOR CENTER CLOSED 	8:30 Zoom Yoga 18 9:00 Seaside Café & Trivia 9:45 Dance with Jenny 10:00 Baked Goods Pickup 10:00 Cribbage 10:00 Elder Lawyer 11:00 Light & Fit 12:15 Mobile Meals 12:30 Closed Bridge 12:30 Hybrid Games 2:00 French Club 2:15 Meditation	8:30 HIIT Class 19 9:00 Hiking Club 9:45 Resistance Bands 12:00 Cape Cod Connections 12:15 Trader Joe's 12:30 Mah Jongg 12:30 Rummikub 2:15 Ukulele 	8:30 HIIT Class 20 8:30 Zoom at Home Yoga 9:00 Veterans Social Club 9:00 Veterans Cafe 9:45 LIIT Class 10:30 Ask-A-Dietitian 11:00 Sit & Fit 12:15 Mobile Meals 12:30 Open Bridge 1:00 Whole Foods 1:00 Creative Connections	8:15 Zumba (Library) 21 8:30 Tax Appointments 9:00 Eastham COAch 9:00 Wood Carving 9:30 Chair Yoga (Library) 11:00 Heart Health Program 12:30 Eastham COAch 1:00 Painting
24 HAPPY BIRTHDAY!	8:30 Zoom Yoga 25 9:00 Seaside Café & Trivia 9:45 Dance with Jenny 10:00 Baked Goods Pickup 11:00 Light & Fit 12:15 Mobile Meals 12:30 Closed Bridge 1:00 Health Series 1:30 Tech Appointments 2:00 French Club 2:15 Meditation	8:30 Zoom HIIT Class 26 9:00 Hiking Club 9:45 Zoom Resistance Bands 12:00 Lunch with Friends 12:30 Mah Jongg 12:30 Rummikub 1:00 AFSC Support Group 2:15 Ukulele	8:30 Zoom HIIT Class 27 8:30 Zoom at Home Yoga 9:00 Veterans Social Club 9:30 COA Board Meeting 9:45 Zoom LIIT Class 11:00 Sit & Fit 12:00 Ease Into Shakespeare Luncheon 12:15 Mobile Meals 12:30 Open Bridge 1:00 Whole Foods	8:15 Zumba (Library) 28 8:30 Tax Appointments 9:00 Eastham COAch 9:00 Wood Carving 9:30 Chair Yoga (Library) 10:30 Grab & Go 12:30 Eastham COAch 1:00 Painting

Programs in BLUE are Hybrid programs. Attend in person or online!

Programs in GREEN are online only; no in-person program

Programs in ORANGE are hosted at the Eastham Public Library

