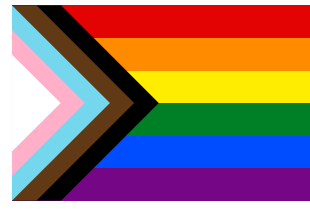
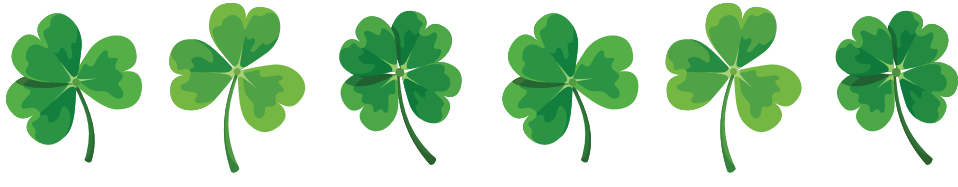


MARCH 2025 SENIOR CENTER CALENDAR



Reminder: Sage Table on Friday, March 21 at 5:30 pm at the Orleans Senior Center!

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	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 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 2:00 Master Gardener Series 2:00 Grief 101 (Library)	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 1:30 Digital Life
8:30 Qi Gong 10 9:00 Seaside Café 9:30 Memoir Writing 9:45 HIIT Class 10:00 Cribbage 11:00 Sit & Fit 12:00 Watercolor Painting 12:30 Mah Jongg 12:45 Orleans Shopping 	8:30 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 Digital Life 2:00 French Club 2:15 Meditation	8:30 HIIT Class 12 9:00 Hiking Club 9:30 Cooking Club 9:45 Resistance Bands 11:15 Market Basket 12:00 Dad I Wanna' Go Fishin' 12:30 Mah Jongg 12:30 Rummikub 1:00 AFSC Support Group (Library) 2:15 Ukulele	8:30 HIIT Class 13 8:30 Zoom at Home Yoga 9:00 Veterans Social Club 9:30 Cape Cod VA Center 9:45 LIIT Class 10:00 Low Vision Support 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 9:00 Eastham COAch 9:00 Wood Carving 9:30 Chair Yoga (Library) 10:30 Grab & Go 11:00 80+ Group 11:30 St. Patrick's Day Luncheon 12:30 Eastham COAch

8:30 Qi Gong 17 9:00 Seaside Café 9:30 Memoir Writing 9:45 HIIT Class 10:00 Cribbage 11:00 Sit & Fit 12:00 Watercolor Painting 12:30 Mah Jongg 12:45 Orleans Shopping	8:30 Yoga 18 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	8:30 HIIT Class 19 9:00 Hiking Club 9:45 Resistance Bands 11:30 NPS: Bird Program 12:15 Trader Joe's 12:30 Mah Jongg 12:30 Rummikub 1:00 Veterans Agent 2:15 Ukulele	8:30 HIIT Class 20 8:30 Zoom at Home Yoga 9:00 Veterans Social Club 9:30 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) 12:30 Eastham COAch 5:30 SAGE Table Orleans Council on Aging
8:30 Qi Gong 24 9:00 Seaside Café 9:30 Memoir Writing 9:45 HIIT Class 10:00 Cribbage 11:00 Sit & Fit 12:00 Watercolor Painting 12:30 Mah Jongg 1:00 Birthday Club 2:00 Jim's Game Hour 	8:30 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 2:00 French Club 2:15 Meditation	8:30 HIIT Class 26 9:00 Hiking Club 9:45 Resistance Bands 11:00 The DA & Us 12:00 Lunch with Friends 12:30 Mah Jongg 12:30 Rummikub 1:00 AFSC Support Group (Library) 2:15 Ukulele	8:30 HIIT Class 27 8:30 Zoom at Home Yoga 9:00 Veterans Social Club 9:30 COA Board Meeting 9:45 LIIT Class 11:00 Sit & Fit 12:15 Mobile Meals 12:30 Open Bridge 1:00 Whole Foods 1:00 Connecting Memories: Eastham Historical Society	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 11:00 Senior Medicare Patrol 12:30 Eastham COAch 1:00 Gone Fishin'

9:00 FREE Cape Cod Tech Fair 31 9:45 Zoom at Home HIIT 12:00 Watercolor Painting 12:30 Mah Jongg 12:45 Jim's Adventures 1:00 AI Technology with Russ Wilcox
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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