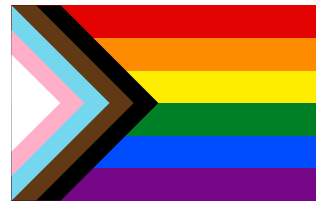
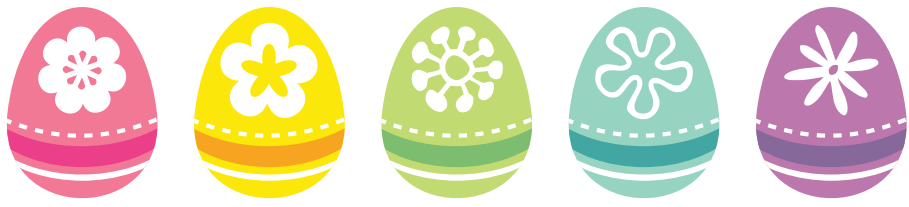


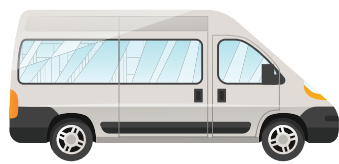





APRIL 2025 SENIOR CENTER CALENDAR



**Reminder: Game Night
on Friday, April 25
at 5:30 pm!**

Details on page 7.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 8:30 Yoga 9:00 Seaside Café & Trivia 9:45 Dance with Jenny 10:00 Baked Goods Pickup 10:00 Cribbage 11:00 Light & Fit 12:15 Mobile Meals 12:30 Closed Bridge 12:30 Hybrid Games 2:00 French Club 2:15 Meditation	2 8:30 HIIT Class 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 	3 8:30 HIIT Class 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	4 8:30 Tax Appointments 9:00 Eastham COAch 9:00 Wood Carving 9:30 Brown Bag Program 12:30 Eastham COAch 1:00 Painting 
	7 8:30 Qi Gong 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 Jim's Adventures 3:00 LGBTQ+ Community Coffee	8 8:30 Yoga 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	9 8:30 HIIT Video Class 9:00 Hiking Club 9:30 Cooking Club 9:45 Resistance Bands Video Class 11:15 Market Basket 12:00 Medicare Advocacy 12:30 Mah Jongg 12:30 Rummikub 1:00 AFSC Support Group 2:15 Ukulele	10 8:30 HIIT Video Class 8:30 Zoom at Home Yoga 9:00 Veterans Social Club 9:45 LIIT Video 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 1:30 Tech Appointments
14 8:30 Qi Gong 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 1:00 AI Technology with Russ Wilcox	15 8:30 Yoga 9:00 Seaside Café & Trivia 9:45 Dance with Jenny 10:00 Baked Goods Pickup 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	16 8:30 HIIT Class 9:00 Hiking Club 9:45 Resistance Bands 11:30 NPS: Cape Cod National Seashore 12:15 Trader Joe's 12:30 Mah Jongg 12:30 Rummikub 2:15 Ukulele 5:30 Fun Night Out: Line Dancing	17 8:30 HIIT Class 8:30 Zoom at Home Yoga 9:00 Veterans Social Club 9:00 Medical Bill Advocate 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 1:30 Tech Appointments	18 8:15 Zumba (Library) 9:00 Eastham COAch 9:00 Wood Carving 9:30 Chair Yoga (Library) 11:00 80 + Group 11:00 RMV Program 12:30 Eastham COAch 1:00 Painting 1:30 Digital Life 
HOLIDAY SENIOR CENTER CLOSED 	22 8:30 Zoom Yoga 9:00 Seaside Café & Trivia 9:45 Dance with Jenny 10:00 Cribbage 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	23 8:30 HIIT Class 9:00 Hiking Club 9:45 Resistance Bands 12:30 Mah Jongg 12:30 Rummikub 1:00 AFSC Support Group (Library) 1:00 Veterans Agent 2:15 Ukulele	24 8:30 HIIT Video Class 8:30 Zoom at Home Yoga 9:00 Veterans Social Club 9:30 COA Board Meeting 9:45 LIIT Video Class 11:00 Sit & Fit 12:15 Mobile Meals 12:30 Open Bridge 1:00 Whole Foods 1:30 Tech Appointments	25 8:15 Zumba (Library) 9:00 Eastham COAch 9:00 Wood Carving 9:30 Chair Yoga (Library) 10:30 Grab & Go 11:00 Safety Program 12:30 Eastham COAch 1:00 Painting 5:30 Game Night
28 8:30 Qi Gong 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 1:00 Birthday Club 2:00 Jim's Game Hour	29 8:30 Yoga 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	30 8:30 HIIT Class 9:00 Hiking Club 9:45 Resistance Bands 12:00 Lunch with Friends 12:30 Mah Jongg 12:30 Rummikub 2:15 Ukulele 	<p>Programs in BLUE are Hybrid programs. Attend in person or online!</p> <p>Programs in GREEN are online only; no in-person program</p> <p>Programs in ORANGE are Hosted at the Eastham Public Library</p> 