

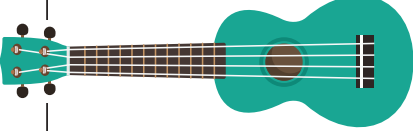



MAY 2025 SENIOR CENTER CALENDAR

Reminder: Friends Annual Meeting & Lunch
Wednesday, May 14! Details on page 9.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<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>				
			<p>8:30 HIIT Class 1</p> <p>8:30 Zoom at Home Yoga</p> <p>9:00 Veterans Social Club</p> <p>9:45 LIIT Class</p> <p>11:00 Sit & Fit</p> <p>12:15 Mobile Meals</p> <p>12:30 Open Bridge</p> <p>1:00 Whole Foods / Trader Joe's</p> <p>2:00 Master Gardener Series</p>	<p>8:15 Zumba (Library) 2</p> <p>9:00 Eastham COAch</p> <p>9:00 Wood Carving</p> <p>9:30 Brown Bag Program</p> <p>9:30 Chair Yoga (Library)</p> <p>10:00 VNA Walking Club</p> <p>12:30 Eastham COAch</p> <p>1:00 Lifelong Learning</p> <p>1:00 Painting</p>
<p>8:30 Qi Gong 5</p> <p>9:00 Seaside Café</p> <p>9:30 Memoir Writing</p> <p>9:30 Cribbage</p> <p>9:45 HIIT Class</p> <p>11:00 Sit & Fit</p> <p>12:00 Watercolor Painting</p> <p>12:30 Mah Jongg</p> <p>12:45 Jim's Adventures</p> <p>3:00 LGBTQ+ Community Coffee: Cinco de Mayo</p>	<p>8:30 Yoga 6</p> <p>9:00 Seaside Café & Trivia</p> <p>9:45 Dance with Jenny</p> <p>10:00 Baked Goods Pickup</p> <p>11:00 Light & Fit</p> <p>12:15 Mobile Meals</p> <p>12:15 MyHealtheVet Lunch & Learn</p> <p>12:30 Closed Bridge</p> <p>2:00 French Club</p> <p>2:15 Meditation</p>	<p>8:30 HIIT Class 7</p> <p>9:00 Hiking Club</p> <p>9:30 Cooking Club</p> <p>9:45 Resistance Bands</p> <p>11:30 Ask A Nurse</p> <p>12:00 Mobile Pantry</p> <p>12:30 Mah Jongg</p> <p>12:30 Rummikub</p> <p>2:15 Ukulele</p> 	<p>8:30 HIIT Class 8</p> <p>8:30 Zoom at Home Yoga</p> <p>9:00 Veterans Social Club</p> <p>9:45 LIIT Class</p> <p>10:00 Low Vision Support</p> <p>11:00 Sit & Fit</p> <p>12:15 Mobile Meals</p> <p>12:30 Open Bridge</p> <p>1:00 Eastham Focus Series</p> <p>1:00 Whole Foods / Trader Joe's</p>	<p>8:15 Zumba (Library) 9</p> <p>9:00 Eastham COAch</p> <p>9:00 Wood Carving</p> <p>9:30 Chair Yoga (Library)</p> <p>10:00 Eastham COA WellFest: Eastham/Orleans Elks</p> <p>10:00 VNA Walking Club</p> <p>10:30 Grab & Go</p> <p>12:30 Eastham COAch</p> <p>1:00 Painting</p>
<p>8:30 Qi Gong 12</p> <p>9:00 Seaside Café</p> <p>9:30 Memoir Writing</p> <p>9:30 Cribbage</p> <p>9:45 HIIT Video Class</p> <p>11:00 Sit & Fit</p> <p>12:00 Watercolor Painting</p> <p>12:30 Mah Jongg</p> <p>12:45 Orleans Shopping</p>	<p>8:30 Yoga 13</p> <p>9:00 Seaside Café & Trivia</p> <p>9:45 Dance with Jenny</p> <p>10:00 Baked Goods Pickup</p> <p>11:00 Light & Fit</p> <p>12:15 Mobile Meals</p> <p>12:30 Closed Bridge</p> <p>1:00 AI Technology with Russ Wilcox</p> <p>2:00 French Club</p> <p>2:15 Meditation</p>	<p>8:30 HIIT Video Class 14</p> <p>9:00 Hiking Club</p> <p>9:45 Resistance Bands Video Class</p> <p>11:15 Market Basket</p> <p>11:30 Friends Annual Meeting & Luncheon</p> <p>12:30 Mah Jongg</p> <p>12:30 Rummikub</p> <p>1:00 AFSC Support (HOW)</p> <p>2:15 Ukulele</p>	<p>8:30 HIIT Video Class 15</p> <p>8:30 Zoom at Home Yoga</p> <p>9:00 Veterans Social Club</p> <p>9:30 Veterans Cafe</p> <p>9:45 LIIT Video Class</p> <p>10:30 Ask-A-Dietitian</p> <p>11:00 Sit & Fit</p> <p>12:15 Mobile Meals</p> <p>12:30 Open Bridge</p> <p>1:00 Whole Foods/Trader Joe's</p> <p>1:00 Creative Connections</p>	<p>8:15 Zumba (Library) 16</p> <p>9:00 Eastham COAch</p> <p>9:00 Wood Carving</p> <p>9:30 Chair Yoga (Library)</p> <p>10:00 VNA Walking Club</p> <p>10:00 VNA Arthritis Exercise Class</p> <p>11:00 80+ Group</p> <p>12:30 Eastham COAch</p> <p>1:00 Painting</p> <p>1:00 VNA Stroke Awareness</p>
<p>8:30 Qi Gong 19</p> <p>9:00 Seaside Café</p> <p>9:30 Memoir Writing</p> <p>9:30 Cribbage</p> <p>9:45 HIIT Class</p> <p>11:00 Sit & Fit</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>8:30 Putnam Garden 20</p> <p>8:30 Yoga</p> <p>9:00 Seaside Café & Trivia</p> <p>9:45 Dance with Jenny</p> <p>10:00 Baked Goods Pickup</p> <p>11:00 Light & Fit</p> <p>12:15 Mobile Meals</p> <p>12:30 Closed Bridge</p> <p>1:00 Trivia Tuesday</p> <p>2:00 French Club</p> <p>2:15 Meditation</p>	<p>8:30 HIIT Class 21</p> <p>8:30 Bourne Cemetery</p> <p>9:45 Resistance Bands</p> <p>12:30 Mah Jongg</p> <p>12:30 Rummikub</p> <p>2:15 Ukulele</p> 	<p>8:30 HIIT Class 22</p> <p>8:30 Zoom at Home Yoga</p> <p>9:00 Veterans Social Club</p> <p>9:00 Medical Bill Advocate</p> <p>9:30 COA Board Meeting</p> <p>9:45 LIIT Class</p> <p>11:00 Sit & Fit</p> <p>12:15 Mobile Meals</p> <p>12:30 Open Bridge</p> <p>1:00 Whole Foods/Trader Joe's</p>	<p>8:15 Zumba (Library) 23</p> <p>9:00 Eastham COAch</p> <p>9:00 Wood Carving</p> <p>9:30 Chair Yoga (Library)</p> <p>10:00 VNA Walking Club</p> <p>10:00 VNA Arthritis Exercise Class</p> <p>10:30 Grab & Go</p> <p>12:30 Eastham COAch</p> <p>1:00 Painting</p>
<p>26</p> <p>HOLIDAY SENIOR CENTER CLOSED</p> 	<p>8:30 Yoga 27</p> <p>9:00 Seaside Café & Trivia</p> <p>9:30 Cribbage</p> <p>9:45 Dance with Jenny</p> <p>10:00 Baked Goods Pickup</p> <p>11:00 Light & Fit</p> <p>12:15 Mobile Meals</p> <p>12:30 Closed Bridge</p> <p>1:00 Health Series</p> <p>2:00 French Club</p> <p>2:15 Meditation</p>	<p>8:30 HIIT Class 28</p> <p>9:00 Hiking Club</p> <p>9:45 Resistance Bands</p> <p>12:00 Lunch with Friends</p> <p>12:15 Trader Joe's</p> <p>12:30 Mah Jongg</p> <p>12:30 Rummikub</p> <p>1:00 AFSC Support (HOW)</p> <p>2:15 Ukulele</p>	<p>8:30 HIIT Class 29</p> <p>8:30 Zoom at Home Yoga</p> <p>9:00 Veterans Social Club</p> <p>9:45 LIIT Class</p> <p>11:00 Sit & Fit</p> <p>12:15 Mobile Meals</p> <p>12:30 Open Bridge</p> <p>1:00 Whole Foods / Trader Joe's</p> <p>1:00 Aromatherapy</p>	<p>8:15 Zumba (Library) 30</p> <p>9:00 Eastham COAch</p> <p>9:00 Wood Carving</p> <p>9:30 Chair Yoga (Library)</p> <p>10:00 VNA Walking Club</p> <p>10:00 VNA Arthritis Exercise Class</p> <p>12:30 Eastham COAch</p> <p>1:00 Seed to Plate</p>