


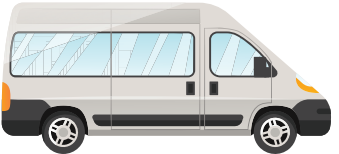



# JUNE 2025 SENIOR CENTER CALENDAR

**Reminder:**  
**Volunteer Recognition Luncheon Wednesday, June 11!**  
Details on page 9.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30 Tai Chi <b>2</b> 9:00 Seaside Café 9:30 Memoir Writing 9:30 Cribbage 9:45 HIIT Class <b>11:00 Sit &amp; Fit</b> 12:00 Watercolor Painting 12:30 Mah Jongg 12:45 Jim's Adventures 2:00 Pride Month High Tea	8:30 Yoga <b>3</b> 9:00 Seaside Café & Trivia 9:45 Dance with Jenny 10:00 Baked Goods Pickup <b>11:00 Light &amp; Fit</b> 12:15 Mobile Meals 12:30 Closed Bridge <b>1:00 Trivia Tuesday</b> 2:00 French Club 2:15 Qi Gong	8:30 HIIT Class <b>4</b> 9:00 Hiking Club 9:30 Cooking 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 <b>5</b> <b>8:30 Zoom at Home Yoga</b> 9:00 Veterans Social Club 9:45 LIIT Class <b>11:00 Sit &amp; Fit</b> 12:15 Mobile Meals 12:30 Open Bridge 1:00 Whole Foods/Trader Joe's <b>2:00 Master Gardener Series</b>	<b>8:15 Zumba (Library) 6</b> 9:00 Eastham COAch 9:00 Wood Carving 9:30 Brown Bag Program <b>9:30 Chair Yoga (Library)</b> 10:00 VNA Walking Club 10:00 AARP Safe Driving 12:30 Eastham COAch
8:30 Tai Chi <b>9</b> 9:00 Seaside Café 9:30 Memoir Writing 9:30 Cribbage 9:45 HIIT Class <b>11:00 Sit &amp; Fit</b> 12:00 Watercolor Painting 12:30 Mah Jongg 12:45 Orleans Shopping	8:30 Yoga <b>10</b> 9:00 Seaside Café & Trivia 9:45 Dance with Jenny 10:00 Baked Goods Pickup <b>11:00 Light &amp; Fit</b> 12:15 Mobile Meals 12:30 Closed Bridge <b>1:00 AI Technology with Russ Wilcox</b> 2:00 French Club 2:15 Qi Gong	<b>11</b> 11:00 Volunteer Recognition Luncheon 1:00 AFSC Support Group (HOW) 5:30 Fun Night Out: Line Dancing 	8:30 HIIT Class <b>12</b> <b>8:30 Zoom at Home Yoga</b> 9:00 Veterans Social Club 9:30 Veterans Cafe 9:45 LIIT Class 10:00 Low Vision Support <b>11:00 Sit &amp; Fit</b> 12:15 Mobile Meals 12:30 Open Bridge <b>1:00 Eastham Focus Series</b> 1:00 Whole Foods / Trader Joe's	<b>8:15 Zumba (Library) 13</b> 9:00 Eastham COAch 9:00 Wood Carving <b>9:30 Chair Yoga (Library)</b> 10:00 VNA Arthritis Exercise Class 10:30 Grab & Go 12:30 Eastham COAch

8:30 Tai Chi <b>16</b> 9:00 Seaside Café 9:30 Memoir Writing 9:30 Cribbage <b>9:45 HIIT Video Class</b> <b>11:00 Sit &amp; Fit</b> 12:00 Watercolor Painting 12:30 Mah Jongg 12:45 Jim's Adventures	8:30 Yoga <b>17</b> 9:00 Seaside Café & Trivia 9:45 Dance with Jenny 10:00 Baked Goods Pickup 10:00 Elder Lawyer <b>11:00 Light &amp; Fit</b> 12:15 Mobile Meals 12:30 Closed Bridge <b>1:00 Trivia Tuesday</b> 2:00 French Club 2:15 Qi Gong	8:30 HIIT Class <b>18</b> 9:00 Hiking Club 9:45 Resistance Bands 11:15 Market Basket 12:30 Mah Jongg 12:30 Rummikub 2:15 Ukulele 	<b>19</b> <b>Juneteenth</b> <b>SENIOR CENTER CLOSED</b> 	9:00 Eastham COAch <b>20</b> 9:00 Wood Carving 10:00 VNA Arthritis Exercise Class 11:00 80 + Group 12:30 Eastham COAch 
---	---	---	--	---

8:30 Tai Chi <b>23</b> 9:00 Seaside Café 9:30 Memoir Writing 9:30 Cribbage 9:45 HIIT Class <b>11:00 Sit &amp; Fit</b> 12:00 Watercolor Painting 12:30 Mah Jongg 12:45 Orleans Shopping 	8:30 Yoga <b>24</b> 9:00 Seaside Café & Trivia 9:45 Dance with Jenny 10:00 Baked Goods Pickup <b>11:00 Light &amp; Fit</b> 12:15 Mobile Meals 12:30 Closed Bridge <b>1:00 Health Series</b> 2:00 French Club 2:15 Qi Gong	8:30 HIIT Class <b>25</b> 9:00 Hiking Club 9:45 Resistance Bands 12:00 Lunch with Friends 12:15 Trader Joe's 12:30 Mah Jongg 12:30 Rummikub 1:00 AFSC Support Group (HOW) 2:15 Ukulele	8:30 HIIT Class <b>26</b> <b>8:30 Zoom at Home Yoga</b> 9:00 Veterans Social Club 9:00 Medical Bill Advocate 9:30 COA Board Meeting 9:45 LIIT Class 10:30 Ask-A-Dietitian <b>11:00 Sit &amp; Fit</b> 12:15 Mobile Meals 12:30 Open Bridge 1:00 Whole Foods / Trader Joe's <b>1:00 Creative Connections</b>	<b>8:15 Zumba (Library) 27</b> 9:00 Eastham COAch 9:00 Wood Carving <b>9:30 Chair Yoga (Library)</b> 10:00 VNA Arthritis Exercise Class 10:30 Grab & Go 12:30 Eastham COAch
--	--	--	---	---

8:30 Tai Chi <b>30</b> 9:00 Seaside Café 9:30 Memoir Writing 9:30 Cribbage 9:45 HIIT Class <b>11:00 Sit &amp; Fit</b> 12:00 Watercolor Painting 12:30 Mah Jongg 1:00 Birthday Club 2:00 Jim's Game Hour
--



**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**