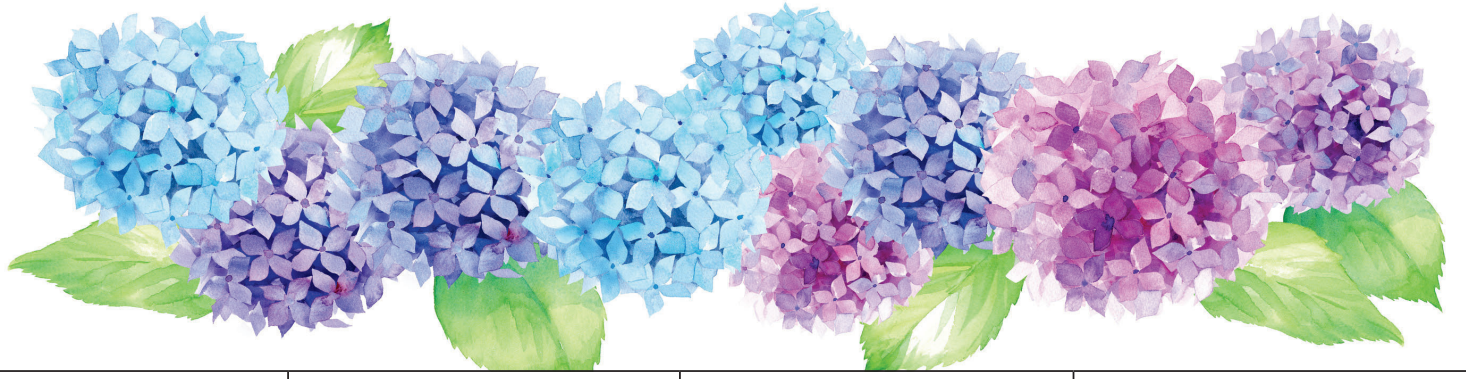



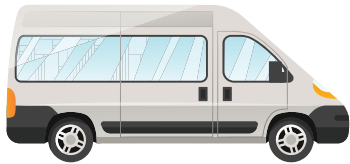




JULY 2025 SENIOR CENTER CALENDAR



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>8:30 Yoga 1</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 Qi Gong</p>	<p>8:30 HIIT Class 2</p> <p>9:00 Hiking Club</p> <p>9:45 Resistance Bands</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 3</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>HOLIDAY SENIOR CENTER CLOSED</p> 
<p>8:30 Tai Chi 7</p> <p>9:00 Seaside Café</p> <p>9:30 Cribbage</p> <p>9:45 HIIT Class</p> <p>11:00 Sit & Fit Video Class</p> <p>12:00 Watercolor Painting</p> <p>12:30 Mah Jongg</p> 	<p>8:30 Yoga 8</p> <p>9:45 Dance with Jenny</p> <p>10:00 Baked Goods Pickup</p> <p>11:00 Light & Fit Video Class</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 Qi Gong</p> <p>5:30 Fun Night Our</p>	<p>8:30 HIIT Class 9</p> <p>9:45 Resistance Bands</p> <p>1:00 AFSC Support Group (HOW)</p> <p>12:30 Mah Jongg</p> <p>12:30 Rummikub</p> <p>2:15 Ukulele</p> 	<p>8:30 HIIT Class 10</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 Class</p> <p>11:00 Sit & Fit Video Class</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>8:00 Eastham Farmers' Market 11</p> <p>8:30 Zumba</p> <p>9:30 Brown Bag Program</p> <p>9:45 Chair Yoga</p> <p>10:30 Grab & Go</p> <p>11:00 VNA Arthritis Exercise Class</p> 
<p>8:30 Tai Chi 14</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>12:00 RTE Workshop</p> <p>12:30 Mah Jongg</p> <p>12:30 Trader Joe's</p>	<p>8:30 Yoga 15</p> <p>9:45 Dance with Jenny</p> <p>10:00 Baked Goods Pickup</p> <p>10:00 Elder Lawyer</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 Qi Gong</p>	<p>8:30 HIIT Class 16</p> <p>9:00 Hiking Club</p> <p>9:45 Resistance Bands</p> <p>11:15 Summer Fit with Jim</p> <p>12:15 MyChart Workshop</p> <p>12:30 Mah Jongg</p> <p>12:30 Rummikub</p> <p>12:45 Summer Garden Tour with Jim</p> <p>2:15 Ukulele</p>	<p>8:30 HIIT Class 17</p> <p>8:30 Zoom at Home Yoga</p> <p>9:00 Veterans Social Club</p> <p>9:45 LIIT 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>8:00 Eastham Farmers' Market 18</p> <p>8:30 Zumba</p> <p>9:00 Eastham COAch</p> <p>9:45 Chair Yoga</p> <p>11:00 VNA Arthritis Exercise Class</p> <p>11:00 80+ Group</p> <p>12:30 Eastham COAch</p>
<p>9:00 Seaside Café 21</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>12:30 Jim's Adventures</p> 	<p>8:30 Yoga 22</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>2:00 French Club</p> <p>2:15 Qi Gong</p>	<p>8:30 HIIT Class 23</p> <p>9:00 Hiking Club</p> <p>9:45 Resistance Bands</p> <p>11:15 Summer Fit with Jim</p> <p>12:30 Mah Jongg</p> <p>12:30 Rummikub</p> <p>12:45 Summer Garden Tour with Jim</p> <p>1:00 AFSC Support Group (HOW)</p> <p>2:15 Ukulele</p>	<p>8:30 HIIT Class 24</p> <p>8:30 Zoom at Home Yoga</p> <p>9:00 Veterans Social Club</p> <p>9:00 Medical Bill Advocate</p> <p>9:45 LIIT Class</p> <p>10:00 CCC Focus Group</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>8:00 Eastham Farmers' Market 25</p> <p>8:30 Zumba</p> <p>9:00 Eastham COAch</p> <p>9:45 Chair Yoga</p> <p>10:30 Grab & Go</p> <p>11:00 VNA Arthritis Exercise Class</p> <p>12:30 Eastham COAch</p>
<p>9:00 Seaside Café 28</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>12:30 Mah Jongg</p> <p>1:00 Birthday Club</p> <p>2:00 Jim's Game Hour</p> 	<p>8:30 Yoga 29</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 Qi Gong</p>	<p>8:30 HIIT Class 30</p> <p>9:00 Hiking Club</p> <p>10:45 Bayberry Quilter's Show Shuttle</p> <p>11:30 Lobster Roll Lunch</p> <p>12:30 Mah Jongg</p> <p>12:30 Rummikub</p> <p>2:15 Ukulele</p>	<p>8:30 HIIT Class 31</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>	