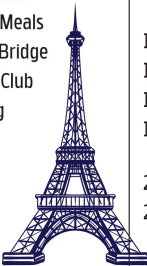





SEPTEMBER 2025 SENIOR CENTER CALENDAR



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOLIDAY SENIOR CENTER CLOSED 	8:30 Yoga 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 Trivia Tuesday 2:00 French Club 2:30 Qi Gong	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 	8:30 HIIT Video Class 8:30 Zoom at Home Yoga 9:00 Veterans Social Club 9:45 LIIT Video Class 11:00 Sit & Fit 12:15 Mobile Meals 12:30 Thursday Bridge 1:00 Whole Foods 2:00 Master Gardener Series 	8:15 Zumba (Library) 9:00 Eastham COAch 9:00 Wood Carving 9:30 Brown Bag Program 9:30 Chair Yoga (Library) 12:30 Eastham COAch
8:30 Tai Chi 9:00 Seaside Café 9:30 Writer's Workshop 9:45 HIIT Class 10:00 Cribbage 11:00 Sit & Fit 11:30 The DA & Us 12:30 Mah Jongg 12:30 Nantucket Historical Society 12:15 Jim's Adventures 3:00 LGBTQ+ Community Coffee	8:30 Yoga 9:45 Dance with Jenny 10:00 Baked Goods Pickup 11:00 Light & Fit 12:15 Mobile Meals 12:30 Closed Bridge 2:00 French Club 2:30 Qi Gong 	8:30 Zoom at Home HIIT Class 9:00 Hiking Club 10:00 Thrift Shop Volunteer Breakfast 12:30 Schoolhouse Tour 12:30 Mah Jongg 12:30 Rummikub 1:00 AFSC Support Group (The Terraces) 2:00 Cooking Club 2:15 Ukulele	8:30 HIIT Class 8:30 Zoom at Home Yoga 9:00 Veterans Social Club 9:45 LIIT Class 10:00 Low Vision Support Group 11:00 Sit & Fit 12:15 Mobile Meals 12:30 Thursday Bridge 1:00 Whole Foods 1:00 Eastham Focus Series	8:15 Zumba (Library) 9:00 Eastham COAch 9:00 Wood Carving 9:30 Chair Yoga (Library) 9:30 Grab & Go Meals 10:00 VNA Nordic Walking Club 12:30 Eastham COAch 

8:30 Tai Chi 9:00 Seaside Café 9:45 HIIT Video Class 10:00 Cribbage 10:00 Vaccine Clinic Reg. 11:00 Sit & Fit 12:00 RTE Workshop 12:15 Trader Joe's 12:30 Mah Jongg 5:30 Mat Pilates (Library)	8:30 Yoga 9:45 Dance with Jenny 10:00 Baked Goods Pickup 11:00 Light & Fit 12:15 Mobile Meals 12:30 Closed Bridge 1:00 Trivia 2:00 French Club 2:30 Qi Gong 5:30 Fun Night Out 	8:30 HIIT Video Class 9:00 Hiking Club 9:45 Resistance Bands Video Class 12:15 Market Basket 12:30 Mah Jongg 12:30 Rummikub 2:15 Ukulele	8:30 HIIT Video Class 8:30 Zoom at Home Yoga 9:00 Veterans Social Club 9:30 Veterans Cafe 9:45 LIIT Video Class 10:30 Ask-A-Dietitian 11:00 Sit & Fit 12:15 Mobile Meals 12:30 Thursday Bridge 1:00 Whole Foods 1:00 Creative Connections	9:00 Eastham COAch 9:00 Wood Carving 10:00 VNA Nordic Walking Club 11:00 80+ Group 12:30 Eastham COAch 1:00 Painting 
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8:30 Tai Chi 9:00 Seaside Café 9:30 Writer's Workshop 9:45 HIIT Video Class 10:00 Cribbage 11:00 Sit & Fit 12:15 Jim's Adventures 12:30 Mah Jongg 1:00 AI Technology with Russ Wilcox 5:30 Mat Pilates (Library)	8:30 Yoga 9:45 Dance with Jenny 10:00 Baked Goods Pickup 11:00 Light & Fit 12:30 Closed Bridge 1:00 Health Series 2:00 French Club 2:30 Qi Gong 	8:30 HIIT Class 9:00 Hiking Club 9:45 Resistance Bands 12:00 Lunch with Friends 12:30 Schoolhouse Tour 12:30 Mah Jongg 12:30 Rummikub 1:00 AFSC Support Group (The Terraces) 2:15 Ukulele 5:15 Tai Chi 6:15 HIIT Class	8:30 HIIT Class 8:30 Zoom at Home Yoga 9:00 Veterans Social Club 9:00 Medical Bill Advocate 9:45 LIIT Class 11:00 Sit & Fit 12:15 Mobile Meals 12:30 Thursday Bridge 1:00 Whole Foods 1:00 Managing Retirement Funds: Part 1	8:15 Zumba (Library) 9:00 Eastham COAch 9:00 Wood Carving 9:30 Chair Yoga (Library) 9:30 Grab & Go Meals 10:00 VNA Nordic Walking Club 12:30 Eastham COAch 1:00 SHINE Medicare Program 1:00 Painting
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8:30 Tai Chi 9:00 Seaside Café 9:45 HIIT Class 10:00 Cribbage 10:00 Vaccine Clinic Reg. 11:00 Sit & Fit 12:30 Mah Jongg 1:00 Birthday Club 2:00 Jim's Game Hour 5:30 Mat Pilates (Library)	8:30 Yoga 9:45 Dance with Jenny 10:00 Baked Goods Pickup 11:00 Light & Fit 12:15 Mobile Meals 12:30 Closed Bridge 2:00 French Club 2:15 Qi Gong
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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

