


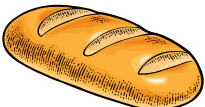
# OCTOBER 2025



## SENIOR CENTER CALENDAR

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p><b>Don't miss the Pride Halloween Party on Friday, October 31, 5:30-8:00 pm</b></p>	8:30 HIIT Class <b>1</b>	8:30 HIIT Class <b>2</b>	8:15 Zumba (Library) <b>3</b>
		9:00 Hiking Club	8:30 Zoom at Home Yoga	9:00 Eastham COAch
9:00 Seaside Café <b>6</b>	8:30 Yoga <b>7</b>	9:00 Hiking Club	8:30 Zoom at Home Yoga <b>9</b>	8:15 Zumba (Library) <b>10</b>
9:45 HIIT Class	9:45 Dance with Jenny	9:45 Resistance Bands	9:00 Veterans Social Club	9:00 Eastham COAch
10:00 Cribbage	10:00 Baked Goods Pickup	12:30 Schoolhouse Tour	9:00 Veterans Cafe	9:00 Wood Carving
11:00 Sit & Fit	11:00 Light & Fit	12:30 Mah Jongg	9:45 LIIT Class	9:30 Chair Yoga (Library)
12:00 Watercolor Painting	12:15 Mobile Meals	12:30 Rummikub	10:00 Low Vision Support Group	9:30 Grab & Go Meals
12:00 RTE Workshop	12:30 Closed Bridge	1:00 AFSC Support Group (The Terraces)	11:00 Sit & Fit	10:00 VNA Nordic Walking Club
12:15 Jim's Adventures	1:00 Trivia Tuesday	2:00 Cooking Club	11:00 Interplay (Library)	11:30 Housing Rehab Program
12:30 Mah Jongg	2:00 French Club	2:15 Ukulele	12:15 Mobile Meals	12:30 Eastham COAch
3:00 LGBTQ+ Community Coffee	2:30 Qi Gong	5:15 Tai Chi	12:30 Thursday Bridge	1:00 Painting
5:30 Mat Pilates (Library)		6:15 HIIT Class	1:00 Whole Foods	
			1:00 Eastham Focus (lunch at 12:30 pm)	

<p><b>HOLIDAY SENIOR CENTER CLOSED</b></p> 	8:30 Yoga <b>13</b>	8:30 HIIT Class <b>14</b>	8:30 HIIT Class <b>15</b>	8:30 HIIT Class <b>16</b>	8:15 Zumba (Library) <b>17</b>
	9:45 Dance with Jenny	9:45 Baked Goods Pickup	9:00 Hiking Club	8:30 Zoom at Home Yoga	9:00 Eastham COAch
	10:00 Cribbage	10:00 Cribbage	9:45 Resistance Bands	9:00 Veterans Social Club	9:00 Wood Carving
	11:00 Light & Fit	11:00 Light & Fit	12:15 Trader Joe's	9:45 LIIT Class	9:30 Chair Yoga (Library)
	12:15 Mobile Meals	12:15 Mobile Meals	12:30 Mah Jongg	10:30 Ask-A-Dietitian	10:00 VNA Nordic Walking Club
	12:30 Closed Bridge	12:30 Closed Bridge	12:30 Rummikub	11:00 Sit & Fit	11:00 80+ Group
	2:00 French Club	2:00 French Club	2:15 Ukulele	11:00 Interplay (Library)	12:30 Eastham COAch
	2:30 Qi Gong	2:30 Qi Gong	5:15 Tai Chi	12:15 Mobile Meals	1:00 Painting
			6:15 HIIT Class	12:30 Thursday Bridge	1:00 Tea Tasting
				1:00 Whole Foods	
				1:00 Creative Connections	
9:00 Seaside Café <b>20</b>	8:30 Yoga <b>21</b>	8:30 HIIT Class <b>22</b>	8:30 HIIT Class <b>23</b>	8:15 Zumba (Library) <b>24</b>	
9:30 Writer's Workshop	9:45 Dance with Jenny	9:00 Hiking Club	8:30 Zoom at Home Yoga	9:00 Eastham COAch	
9:45 HIIT Class	10:00 Baked Goods Pickup	9:45 Resistance Bands	9:00 Veterans Social Club	9:00 Wood Carving	
10:00 Cribbage	10:00 Elder Lawyer	12:30 Schoolhouse Tour	9:00 Medical Bill Advocate	9:30 Chair Yoga (Library)	
11:00 Sit & Fit	11:00 Light & Fit	12:30 Mah Jongg	9:45 LIIT Class	9:30 Grab & Go Meals	
12:00 Watercolor Painting	12:15 Mobile Meals	12:30 Rummikub	11:00 Sit & Fit	12:30 Eastham COAch	
12:15 Market Basket	12:30 Closed Bridge	1:00 AFSC Support Group (The Terraces)	11:00 Interplay (Library)	1:00 Painting	
12:30 Mah Jongg	1:00 Trivia Tuesday	2:15 Ukulele	12:15 Mobile Meals		
1:00 AI Technology with Russ Wilcox	2:00 French Club	5:15 Tai Chi	12:30 Thursday Bridge		
5:30 Mat Pilates (Library)	2:30 Qi Gong	6:15 HIIT Class	1:00 Whole Foods		
			1:00 All About Honeybees		
9:00 Seaside Café <b>27</b>	8:30 Yoga <b>28</b>	8:30 HIIT Class <b>29</b>	8:30 HIIT Class <b>30</b>	8:15 Zumba (Library) <b>31</b>	
9:30 Writer's Workshop	9:45 Dance with Jenny	9:00 Hiking Club	8:30 Zoom at Home Yoga	9:00 Eastham COAch	
9:45 HIIT Class	10:00 Baked Goods Pickup	9:45 Resistance Bands	9:00 Veterans Social Club	9:00 Wood Carving	
10:00 Cribbage	11:00 Light & Fit	12:00 Lunch with Friends	9:45 LIIT Class	9:30 Chair Yoga (Library)	
11:00 Sit & Fit	12:15 Mobile Meals	12:15 Trader Joe's	11:00 Sit & Fit	11:30 SHINE Medicare Workshops	
12:00 Watercolor Painting	12:30 Closed Bridge	12:30 Mah Jongg	11:00 Interplay (Library)	12:30 Eastham COAch	
12:30 Mah Jongg	1:00 Health Series	12:30 Rummikub	12:15 Mobile Meals	5:30 Pride Halloween Party	
1:00 Birthday Club	2:00 French Club	2:15 Ukulele	12:30 Thursday Bridge		
2:00 Jim's Game Hour	2:30 Qi Gong	5:15 Tai Chi	1:00 Whole Foods		
5:30 Mat Pilates (Library)		6:15 HIIT Class	1:00 Managing Retirement Funds: Part 2		