
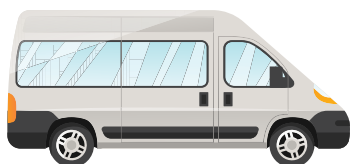



NOVEMBER 2025 SENIOR CENTER CALENDAR



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>9:00 Seaside Café 3</p> <p>9:45 HIIT Class</p> <p>10:00 Cribbage</p> <p>11:00 Sit & Fit</p> <p>12:00 Watercolor Painting</p> <p>12:30 Jim's Adventures</p> <p>12:30 Mah Jongg</p> <p>3:00 LGBTQ+ Community Coffee</p> <p>5:30 Beginner Mat Pilates (Library)</p>	<p>8:30 Yoga 4</p> <p>9:45 Dance</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>2:30 Qi Gong</p>	<p>8:30 HIIT Class 5</p> <p>9:00 Hiking Club</p> <p>9:30 Painting</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>5:15 Tai Chi</p> <p>6:15 LIIT Class</p>	<p>8:30 HIIT Class 6</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 Thursday Bridge</p> <p>1:00 Whole Foods</p> <p>1:00 Master Gardener Series</p> <p>1:00 Knitters' Circle</p>	<p>8:15 Zumba (Library) 7</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>11:30 Veterans Luncheon</p> <p>12:30 Eastham COAch</p>
<p>9:00 Seaside Café 10</p> <p>9:45 HIIT Class</p> <p>10:00 Cribbage</p> <p>10:00 Reading Club</p> <p>11:00 Sit & Fit</p> <p>12:00 Watercolor Painting</p> <p>12:30 Mah Jongg</p> <p>12:30 Ocean State Job Lot</p> <p>5:30 Beginner Mat Pilates (Library)</p>	<p>HOLIDAY 11</p> <p>SENIOR CENTER CLOSED</p> 	<p>8:30 Zoom at Home HIIT Class 12</p> <p>9:00 Hiking Club</p> <p>9:30 Painting</p> <p>9:45 Resistance Bands</p> <p>12:30 Trader Joe's</p> <p>12:30 Mah Jongg</p> <p>12:30 Rummikub</p> <p>1:00 AFSC Support Group (The Terraces)</p> <p>2:00 Cooking Club</p> <p>2:15 Ukulele</p> <p>5:15 Tai Chi</p> <p>6:15 LIIT Class</p>	<p>8:30 HIIT Class 13</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>10:00 Low Vision Support Group</p> <p>11:00 Sit & Fit</p> <p>12:15 Mobile Meals</p> <p>12:30 Thursday Bridge</p> <p>1:00 Whole Foods</p> <p>1:00 Eastham Focus Series (lunch 12:30)</p> <p>1:00 Knitters' Circle</p>	<p>8:15 Zumba (Library) 14</p> <p>9:00 Eastham COAch</p> <p>9:00 Wood Carving</p> <p>9:30 Chair Yoga (Library)</p> <p>9:30 Grab & Go Meals</p> <p>10:00 One Big Beautiful Bill</p> <p>12:30 Eastham COAch</p> <p>1:00 Holiday Movie: <i>It's a Wonderful Life</i></p> <p>5:30 Orleans COA LGBTQ+ "Friendsgiving"</p>

<p>9:00 Seaside Café 17</p> <p>9:45 HIIT Class</p> <p>10:00 Cribbage</p> <p>11:00 Sit & Fit</p> <p>12:00 Watercolor Painting</p> <p>12:30 Trader Joe's</p> <p>12:30 Mah Jongg</p> <p>1:00 AI Technology with Russ Wilcox</p> <p>5:30 Beginner Mat Pilates (Library)</p>	<p>8:30 Yoga 18</p> <p>9:45 Dance</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</p> <p>2:00 French Club</p> <p>2:30 Qi Gong</p>	<p>8:30 HIIT Class 19</p> <p>9:00 Hiking Club</p> <p>9:30 Painting</p> <p>9:45 Resistance Bands</p> <p>12:00 Lunch with Friends</p> <p>12:30 Market Basket</p> <p>12:30 Mah Jongg</p> <p>12:30 Rummikub</p> <p>2:15 Ukulele</p> <p>5:15 Tai Chi</p> <p>6:15 LIIT Class</p>	<p>8:30 HIIT Video Class 20</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 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 Thursday Bridge</p> <p>1:00 Whole Foods</p> <p>1:00 Creative Connections</p> <p>1:00 Knitters' Circle</p> 	<p>9:00 Eastham COAch 21</p> <p>9:00 Wood Carving</p> <p>11:00 80+ Group</p> <p>12:30 Eastham COAch</p> <p>12:30 Diabetes 101</p>
<p>9:00 Seaside Café 24</p> <p>9:45 HIIT Class</p> <p>10:00 Cribbage</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>5:30 Beginner Mat Pilates (Library)</p>	<p>8:30 Yoga 25</p> <p>9:45 Dance</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>2:30 Qi Gong</p>	<p>8:30 HIIT Video Class 26</p> <p>9:00 Hiking Club</p> <p>9:30 Grab & Go Meals</p> <p>9:45 Resistance Bands Video Class</p> <p>1:00 AFSC Support Group (The Terraces)</p> <p>COA closed at noon. No afternoon or evening programs.</p>	<p>HOLIDAY 27</p> <p>SENIOR CENTER CLOSED</p>	<p>HOLIDAY 28</p> <p>SENIOR CENTER CLOSED</p> 

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

