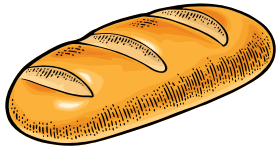








DECEMBER 2025

SENIOR CENTER CALENDAR

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|---|--|--|
| 9:00 Seaside Café 1 9:45 HIIT Class 10:00 Cribbage 11:00 Sit & Fit 12:00 Watercolor Painting 12:30 Jim's Adventures 12:30 Mah Jongg 12:30 Lunch & Learn: Tax Relief 3:00 LGBTQ+ Community Coffee 5:30 Beginner Mat Pilates (Library) | 8:30 Yoga 2 9:45 Dance 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 3 9:00 Hiking Club 9:30 Painting 9:45 Resistance Bands 11:30 Ask A Nurse 12:00 Mobile Pantry 12:30 Mah Jongg 12:30 Rummikub 2:15 Ukulele 5:15 Tai Chi 6:15 LIIT Class | 8:30 HIIT Class 4 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 1:00 Knitters' Circle | 8:15 Zumba (Library) 5 9:00 Eastham COAch 9:00 Wood Carving 9:30 Brown Bag Program 9:30 Chair Yoga (Library) 12:30 Eastham COAch 1:00 Identity Theft & Fraud Protection Program  |
| 9:00 Seaside Café 8 9:45 HIIT Class 10:00 Cribbage 10:00 Reading Club 11:00 Sit & Fit 12:00 Watercolor Painting 12:30 Mah Jongg 12:30 Market Basket 1:00 AI Technology with Russ Wilcox 5:30 Beginner Mat Pilates (Library) | 8:30 Yoga 9 8:45 PAAM Trip 9:45 Dance 10:00 Baked Goods Pickup 11:00 Light & Fit Video Class 12:15 Mobile Meals 12:30 Closed Bridge 1:00 History of Cape Cod 2:00 French Club 2:30 Qi Gong | 8:30 Zoom at Home HIIT Class 10 9:00 Hiking Club 9:30 Painting 9:45 Resistance Bands 12:30 Mah Jongg 12:30 Rummikub 12:30 Trader Joe's 1:00 AFSC Support Group (The Terraces) 2:00 Cooking Club 2:15 Ukulele 5:15 Tai Chi 6:15 LIIT Class | 8:30 HIIT Class 11 8:30 Zoom at Home Yoga 9:00 Veterans Social Club 9:00 Veterans Cafe 9:00 Medical Bill Advocate 9:45 LIIT Class 10:00 Low Vision Support 11:00 Sit & Fit 12:15 Mobile Meals 12:30 Thursday Bridge 1:00 Whole Foods 1:00 Eastham Focus Series (lunch 12:30) 1:00 Knitters' Circle | 9:00 Eastham COAch 12 9:00 Wood Carving 9:30 Grab & Go Meals 11:30 Holiday Sing Along Lunch with Eastham Elementary 12:30 Eastham COAch  |

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| 9:45 Zoom at Home HIIT Class (no in-person) 15 11:30 Holiday Luncheon at the Elks - RSVP Required No in-person programs due to the Holiday Luncheon  | 8:30 Yoga 16 9:45 Dance 10:00 Baked Goods Pickup 10:00 Elder Lawyer 10:00 Cribbage 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 17 9:00 Hiking Club 9:30 Painting 9:45 Resistance Bands 12:00 Lunch with Friends 12:30 Market Basket 12:30 Mah Jongg 12:30 Rummikub 2:15 Ukulele 5:15 Tai Chi 6:15 LIIT Class | 8:30 HIIT Class 18 8:30 Zoom at Home Yoga 9:00 Veterans Social Club 9:45 LIIT 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 1:00 Knitters' Circle | 8:15 Zumba (Library) 19 9:00 Eastham COAch 9:00 Wood Carving 9:30 Chair Yoga (Library) 11:00 80+ Group 12:30 Eastham COAch 1:00 Holiday Movie: <i>Miracle on 34th Street</i> |
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| 9:00 Seaside Café 22 9:45 HIIT Video Class 10:00 Cribbage 11:00 Sit & Fit 12:00 Watercolor Painting 12:30 Ocean State Job Lot 12:30 Mah Jongg  | 8:30 Yoga 23 9:30 Grab & Go Meals 9:45 Dance 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 HIIT Video Class 24 9:00 Hiking Club 9:45 Resistance Bands Video Class 1:00 AFSC Support Group (The Terraces) COA closed at noon. No afternoon or evening programs. | HOLIDAY SENIOR CENTER CLOSED 25  | 8:15 Zumba (Library) 26 9:00 Eastham COAch 9:30 Chair Yoga (Library) 12:30 Eastham COAch  |
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| 9:00 Seaside Café 29 9:45 HIIT Video Class 10:00 Cribbage 11:00 Sit & Fit 12:00 Watercolor Painting 12:30 Mah Jongg 1:00 Birthday Club 2:00 Jim's Game Hour | 8:30 Yoga 30 9:45 Dance 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 HIIT Video Class 31 9:00 Hiking Club 9:45 Resistance Bands Video Class  | 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 | |
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