




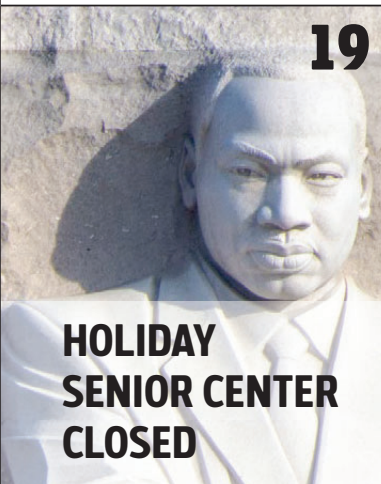


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Programs in BLUE are Hybrid programs. Attend in person or online!</b></p> <p><b>Programs in GREEN are online only; no in-person program</b></p> <p><b>Programs in ORANGE are hosted at the Eastham Public Library</b></p> <p><b>AFSC Support Groups is hosted at The Terraces, Orleans</b></p>			<p><b>1</b></p> <p><b>HOLIDAY SENIOR CENTER CLOSED</b></p> 	
				
<p>9:00 Seaside Café <b>5</b></p> <p>9:45 HIIT Class</p> <p>10:00 Cribbage</p> <p><b>11:15 Light &amp; Fit</b></p> <p>12:00 Watercolor Painting</p> <p>12:30 Cape Cod Adventures</p> <p>12:30 Mah Jongg</p> <p>3:00 LGBTQ+ Community Coffee</p> 	<p>8:45 Yoga <b>6</b></p> <p>10:00 Dance</p> <p>10:00 Baked Goods Pickup</p> <p>10:00 New Connections</p> <p><b>11:15 Sit &amp; Fit</b></p> <p>12:15 Mobile Meals</p> <p>12:30 Closed Bridge</p> <p><b>1:00 Trivia Tuesday</b></p> <p>2:00 French Club</p> <p>2:30 Qi Gong</p>	<p>8:30 Hiking Club <b>7</b></p> <p>8:45 HIIT Class</p> <p>9:30 Painting</p> <p>10:00 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><b>8:30 Zoom at Home Yoga 8</b></p> <p>8:45 HIIT Class</p> <p>9:00 Veterans Social Club</p> <p>9:30 Veterans Cafe</p> <p>10:00 LIIT Class</p> <p>10:00 Low Vision Support</p> <p><b>11:15 Sit &amp; Fit</b></p> <p>12:15 Mobile Meals</p> <p>12:30 Thursday Bridge</p> <p>1:00 Whole Foods</p> <p><b>1:00 Master Gardener</b></p> <p>1:00 Knitters' Circle</p>	<p><b>8:15 Zumba (Library) 9</b></p> <p>9:00 Eastham COAch</p> <p>9:00 Wood Carving</p> <p>9:30 Grab &amp; Go Meals</p> <p>9:30 Brown Bag</p> <p><b>9:30 Chair Yoga (Library)</b></p> <p>12:30 Eastham COAch</p> <p>1:00 Creative Fridays</p> 

<p>9:00 Seaside Café <b>12</b></p> <p><b>9:45 Zoom HIIT Class</b></p> <p>10:00 Cribbage</p> <p>10:00 Reading Club</p> <p><b>11:15 Light &amp; Fit</b></p> <p>12:00 Watercolor Painting</p> <p>12:30 Mah Jongg</p> <p><b>1:00 AI Technology with Russ Wilcox</b></p>	<p>8:45 Yoga <b>13</b></p> <p>10:00 Dance</p> <p>10:00 Baked Goods Pickup</p> <p><b>11:15 Sit &amp; Fit</b></p> <p>12:15 Mobile Meals</p> <p>12:30 Closed Bridge</p> <p><b>1:00 History of Cape Cod</b></p> <p>2:00 French Club</p> <p>2:30 Qi Gong</p> <p>5:30 Fun Night Out</p>	<p>8:30 Hiking Club <b>14</b></p> <p><b>8:45 Zoom HIIT Class</b></p> <p>9:30 Painting</p> <p>10:00 Resistance Bands</p> <p><b>11:15 Light &amp; Fit</b></p> <p>12:30 Market Basket</p> <p>12:30 Mah Jongg</p> <p>12:30 Rummikub</p> <p><b>1:00 AFSC Support Group</b></p> <p>2:00 Cooking Club</p> <p>2:15 Ukulele</p>	<p><b>8:30 Zoom Yoga 15</b></p> <p><b>8:45 Zoom HIIT Class</b></p> <p>9:00 Veterans Social Club</p> <p>9:00 Medical Bill Advocate</p> <p><b>10:00 Zoom LIIT Class</b></p> <p>10:30 Ask-A-Dietitian</p> <p><b>11:15 Sit &amp; Fit</b></p> <p>12:15 Mobile Meals</p> <p>12:30 Thursday Bridge</p> <p>1:00 Whole Foods</p> <p><b>1:00 Creative Connections</b></p> <p>1:00 Knitters' Circle</p>	<p><b>8:15 Zumba (Library) 16</b></p> <p>9:00 Eastham COAch</p> <p>9:00 Wood Carving</p> <p><b>9:30 Chair Yoga (Library)</b></p> <p>11:00 80+ Group</p> <p>11:00 Managing Your Energy Bill</p> <p>12:30 Eastham COAch</p>
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 <p><b>19</b></p> <p><b>HOLIDAY SENIOR CENTER CLOSED</b></p>	<p>8:45 Yoga <b>20</b></p> <p>10:00 Dance</p> <p>10:00 Cribbage</p> <p>10:00 Baked Goods Pickup</p> <p><b>11:15 Sit &amp; Fit</b></p> <p>12:15 Mobile Meals</p> <p>12:30 Closed Bridge</p> <p><b>1:00 Trivia</b></p> <p>2:00 French Club</p> <p>2:30 Qi Gong</p>	<p>8:30 Hiking Club <b>21</b></p> <p>8:45 HIIT Class</p> <p>9:30 Painting</p> <p>10:00 Resistance Bands</p> <p><b>11:15 Light &amp; Fit</b></p> <p>12:30 Trader Joe's</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 Beginner Mat Pilates</p>	<p><b>8:30 Zoom Yoga 22</b></p> <p>8:45 HIIT Class</p> <p>9:00 Veterans Social Club</p> <p>10:00 LIIT Class</p> <p><b>11:15 Sit &amp; Fit</b></p> <p>12:15 Mobile Meals</p> <p>12:30 Thursday Bridge</p> <p>1:00 Whole Foods</p> <p><b>1:00 Eastham Focus</b></p> <p>1:00 Knitters' Circle</p>	<p><b>8:15 Zumba (Library) 23</b></p> <p>9:00 Eastham COAch</p> <p>9:00 Wood Carving</p> <p>9:30 Grab &amp; Go</p> <p><b>9:30 Chair Yoga (Library)</b></p> <p>12:30 Eastham COAch</p> <p>1:00 Creative Fridays</p>
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<p>9:00 Seaside Café <b>26</b></p> <p>9:45 HIIT Class</p> <p>10:00 Cribbage</p> <p><b>11:15 Light &amp; Fit</b></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>8:45 Yoga <b>27</b></p> <p>10:00 Dance</p> <p>10:00 Baked Goods Pickup</p> <p><b>11:15 Sit &amp; Fit</b></p> <p>12:15 Mobile Meals</p> <p>12:30 Closed Bridge</p> <p><b>1:00 Health Series</b></p> <p>2:00 French Club</p> <p>2:30 Qi Gong</p>	<p>8:30 Hiking Club <b>28</b></p> <p>8:45 HIIT Class</p> <p>9:30 Painting</p> <p>10:00 Resistance Bands</p> <p><b>11:15 Light &amp; Fit</b></p> <p>12:30 Lunch with Friends</p> <p>12:30 Mah Jongg</p> <p>12:30 Rummikub</p> <p>12:30 Ocean State Job Lot</p> <p>2:15 Ukulele</p> <p>5:15 Tai Chi</p> <p>6:15 Beginner Mat Pilates</p>	<p><b>8:30 Zoom Yoga 29</b></p> <p>8:45 HIIT Class</p> <p>9:00 Veterans Social Club</p> <p>10:00 LIIT Class</p> <p><b>11:15 Sit &amp; Fit</b></p> <p>12:15 Mobile Meals</p> <p>12:30 Thursday Bridge</p> <p>1:00 Knitters' Circle</p> <p>1:00 Whole Foods</p> <p>1:00 Your Money &amp; Future</p>	<p><b>8:15 Zumba (Library) 30</b></p> <p>9:00 Eastham COAch</p> <p>9:00 Wood Carving</p> <p><b>9:30 Chair Yoga (Library)</b></p> <p>12:30 Eastham COAch</p> <p>1:00 Movie</p> 
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