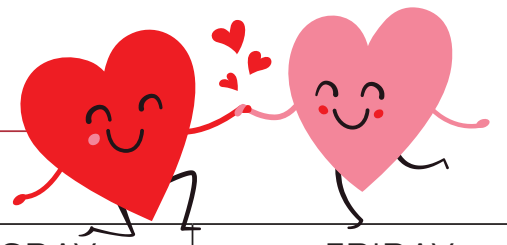

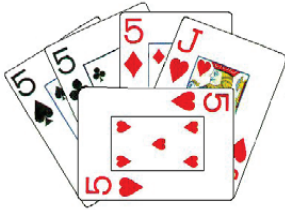
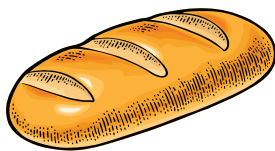





FEBRUARY 2026 SENIOR CENTER CALENDAR



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 Seaside Café 2 9:45 HIIT Class 10:00 Cribbage 11:15 Light & Fit 12:00 Watercolor Painting 12:30 Cape Cod Adventures 12:30 Mah Jongg 3:00 LGBTQ+ Community Coffee	8:45 Yoga 3 10:00 Dance 10:00 Baked Goods Pickup 10:00 New Connections 11:15 Sit & Fit 12:15 Mobile Meals 12:30 Closed Bridge 1:00 Trivia Tuesday 2:00 French Club 2:30 Qi Gong	8:30 Hiking Club 4 8:45 Zoom HIIT Class 9:30 Painting 10:00 Zoom 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 Beginner Mat Pilates	8:30 Zoom at Home Yoga 5 8:45 Zoom HIIT Class 9:00 Veterans Social Club 10:00 Zoom LIIT Class 11:15 Sit & Fit 12:15 Mobile Meals 12:30 Thursday Bridge 1:00 Whole Foods 1:00 Master Gardener 1:00 Knitters' Circle	8:15 Zumba (Library) 6 9:00 Eastham COAch 9:00 Wood Carving 9:30 Brown Bag 9:30 Chair Yoga (Library) 12:30 Eastham COAch 
9:00 Seaside Café 9 9:45 Zoom HIIT Class 10:00 Cribbage 10:00 Reading Club 11:15 Light & Fit 12:00 Watercolor Painting 12:30 Mah Jongg 1:00 AI Technology with Russ Wilcox 	8:45 Yoga 10 10:00 Dance 10:00 Baked Goods Pickup 11:15 Sit & Fi 12:15 Mobile Meals 12:30 Closed Bridge 1:00 History of Cape Cod 2:00 French Club 2:30 Qi Gong 5:30 Fun Night Out 	8:30 Hiking Club 11 8:45 HIIT Class 9:30 Painting 10:00 Resistance Bands 11:15 Light & Fit 12:30 Mah Jongg 12:30 Rummikub 12:30 Market Basket 1:00 AFSC Support Group 2:00 Cooking Club 2:15 Ukulele 5:15 Tai Chi 6:15 Beginner Mat Pilates	7:30 Veterans Breakfast at Fairway 12 8:30 Zoom at Home Yoga 8:45 HIIT Class 9:00 Veterans Social Club 9:30 Veterans Cafe 10:00 LIIT Class 10:00 Low Vision Support 11:15 Sit & Fit 12:15 Mobile Meals 12:30 Thursday Bridge 1:00 Whole Foods 1:00 Creative Connections 1:00 Knitters' Circle	8:30 Tax Appointments 13 8:15 Zumba (Library) 9:00 Eastham COAch 9:00 Wood Carving 9:30 Grab & Go Meals 9:30 Chair Yoga (Library) 12:30 Eastham COAch 1:30 Creative Fridays 

16 HOLIDAY SENIOR CENTER CLOSED 	8:45 Zoom Yoga 17 10:00 Dance 10:00 Baked Goods Pickup 10:00 Elder Lawyer 10:00 Cribbage 11:15 Sit & Fit 12:15 Mobile Meals 12:30 Closed Bridge 1:00 Trivia Tuesday 2:00 French Club 2:30 Qi Gong	8:30 Hiking Club 18 8:45 HIIT Class 9:30 Painting 10:00 Resistance Bands 11:15 Light & Fit 12:30 Trader Joe's 12:30 Mah Jongg 12:30 Rummikub 2:15 Ukulele 5:15 Tai Chi 6:15 Beginner Mat Pilates	8:30 Zoom at Home Yoga 19 8:45 HIIT Class 9:00 Veterans Social Club 10:00 LIIT Class 10:30 Ask-A-Dietitian 11:15 Sit & Fit 12:15 Mobile Meals 12:30 Thursday Bridge 1:00 Whole Foods 1:00 Eastham Focus Series 1:00 Knitters' Circle	8:30 Tax Appointments 20 8:15 Zumba (Library) 9:00 Eastham COAch 9:00 Wood Carving 9:30 Chair Yoga (Library) 11:00 80+ Group 12:30 Eastham COAch 1:00 Movie
23 HAPPY BIRTHDAY!	8:45 Yoga 24 9:30 Grab & Go Meals 10:00 Dance 10:00 Baked Goods Pickup 11:15 Sit & Fit 12:15 Mobile Meals 12:30 Closed Bridge 1:00 Health Series 2:00 French Club 2:30 Qi Gong	8:30 Hiking Club 25 8:45 HIIT Class 9:30 Painting 10:00 Resistance Bands 11:15 Light & Fit 12:30 Lunch with Friends 12:30 Mah Jongg 12:30 Rummikub 12:30 Ocean State Job Lot 1:00 AFSC Support Group 2:15 Ukulele 5:15 Tai Chi 6:15 Beginner Mat Pilates	8:30 Zoom at Home Yoga 26 8:45 HIIT Class 9:00 Veterans Social Club 9:00 Medical Bill Advocate 10:00 LIIT Class 11:15 Sit & Fit 12:15 Mobile Meals 12:30 Thursday Bridge 1:00 Whole Foods 1:00 ARC Hands-Only CPR 1:00 Knitters' Circle	8:30 Tax Appointments 27 8:15 Zumba (Library) 9:00 Eastham COAch 9:00 Wood Carving 9:30 Grab & Go 9:30 Chair Yoga (Library) 12:30 Eastham COAch 1:30 Creative Fridays 

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

AFSC Support Groups is hosted at The Terraces, Orleans

Learn Pet CPR!

Join us Saturday, February 28 at 10:00 am.

See page 15 for details.