


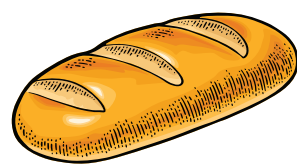









MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 Seaside Café <b>2</b> 9:45 <b>Zoom HIIT Class</b> 10:00 Cribbage 11:15 <b>Light &amp; Fit</b> 12:00 Watercolor Painting 12:30 Cape Cod Adventures 12:30 Mah Jongg 3:00 LGBTQ+ Community Coffee 	8:45 Yoga <b>3</b> 10:00 Dance 10:00 Baked Goods Pickup 10:00 New Connections 11:15 <b>Sit &amp; Fit</b> 12:15 Mobile Meals 12:30 Closed Bridge 1:00 <b>Trivia Tuesday</b> 2:00 French Club 2:30 Qi Gong	8:30 Hiking Club <b>4</b> 8:45 <b>Zoom HIIT Class</b> 9:30 Painting 10:00 <b>Zoom Resistance Bands</b> 11:30 Ask A Nurse 12:00 Mobile Pantry 12:30 Mah Jongg 12:30 Rummikub 2:15 Ukulele 5:15 Tai Chi Makeup Class 6:15 Mat Pilates Makeup Class	8:30 <b>Zoom at Home Yoga</b> <b>5</b> 8:45 <b>Zoom HIIT Class</b> 9:00 Veterans Social Club 10:00 <b>Zoom LIIT Class</b> 11:15 <b>Sit &amp; Fit</b> 12:15 Mobile Meals 12:30 Thursday Bridge 1:00 Grocery Pickup 1:00 <b>Master Gardener</b> 1:00 Knitters' Circle	8:15 <b>Zumba (Library)</b> <b>6</b> 8:30 Tax Appointments 9:00 Eastham COAch 9:00 Wood Carving 9:30 Brown Bag 9:30 <b>Chair Yoga (Library)</b> 12:30 Eastham COAch 1:00 We Do Not Care Club 
9:00 Seaside Café <b>9</b> 9:45 <b>Zoom HIIT Class</b> 10:00 Cribbage 10:00 Reading Club 11:15 <b>Light &amp; Fit</b> 12:00 Watercolor Painting 12:30 Mah Jongg 12:30 Ocean State Job Lot 	8:45 Yoga <b>10</b> 10:00 Dance 10:00 Baked Goods Pickup 11:15 <b>Sit &amp; Fi</b> 12:15 Mobile Meals 12:30 Closed Bridge 12:30 Grief Support 1:00 <b>History of Cape Cod</b> 2:00 French Club 2:30 Qi Gong 	8:30 Hiking Club <b>11</b> 8:45 HIIT Class 9:30 Painting 10:00 Resistance Bands 11:15 <b>Light &amp; Fit</b> 12:30 Mah Jongg 12:30 Rummikub 12:30 Market Basket 1:00 <b>AFSC Support Group</b> 2:00 Cooking Club 2:15 Ukulele 5:15 Tai Chi 5:15 Circuit Training 6:15 Beginner Mat Pilates	8:30 <b>Zoom at Home Yoga</b> <b>12</b> 8:45 <b>Video HIIT Class</b> 9:00 Veterans Social Club 9:30 Veterans Cafe 10:00 <b>Video LIIT Class</b> 10:00 Low Vision Support 11:00 <b>InterPlay (Library)</b> 11:15 <b>Sit &amp; Fit</b> 12:15 Mobile Meals 12:30 Thursday Bridge 1:00 Grocery Pickup 1:00 <b>Eastham Focus Series</b> 1:00 Knitters' Circle	8:15 <b>Zumba (Library)</b> <b>13</b> 9:00 Eastham COAch 9:00 Wood Carving 9:30 Grab & Go Meals 9:30 <b>Chair Yoga (Library)</b> 11:00 80+ Group 11:30 St. Pat's Luncheon 12:30 Eastham COAch 1:00 Creative Fridays 

9:00 Seaside Café <b>16</b> 9:45 HIIT Class 10:00 Cribbage 11:15 <b>Light &amp; Fit</b> 12:00 Watercolor Painting 12:30 Mah Jongg 1:00 <b>AI Technology with Russ Wilcox</b> 	8:45 Yoga <b>17</b> 10:00 Dance 10:00 Baked Goods Pickup 11:15 <b>Sit &amp; Fit</b> 12:15 Mobile Meals 12:30 Closed Bridge 1:00 <b>Trivia Tuesday</b> 2:00 French Club 2:30 Qi Gong 	8:30 Hiking Club <b>18</b> 8:45 HIIT Class 9:30 Painting 10:00 Resistance Bands 11:15 <b>Light &amp; Fit</b> 12:30 Mah Jongg 12:30 Rummikub 12:30 Trader Joe's 2:15 Ukulele 5:15 Tai Chi 5:15 Circuit Training 6:15 Beginner Mat Pilates	8:30 <b>Zoom Yoga</b> <b>19</b> 8:45 HIIT Class 9:00 Veterans Social Club 10:00 LIIT Class 10:30 Ask-A-Dietitian 11:00 <b>InterPlay (Library)</b> 11:15 <b>Sit &amp; Fit</b> 12:15 Mobile Meals 12:30 Thursday Bridge 12:45 Eastham COAch 1:00 Grocery Pickup 1:00 <b>Creative Connections</b> 1:00 Knitters' Circle	8:30 Tax Appointments <b>20</b> 8:15 <b>Zumba (Library)</b> 9:00 Eastham COAch 9:00 Wood Carving 9:30 <b>Chair Yoga (Library)</b> 11:30 <b>RMV Program</b> 12:00 Mixed Media Workshop 12:30 Eastham COAch
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9:00 Seaside Café <b>23</b> 9:45 HIIT Class 10:00 Cribbage 11:15 <b>Light &amp; Fit</b> 12:00 Watercolor Painting 12:30 Mah Jongg 12:30 Ocean State Job Lot 1:00 YouTube Workshop 	8:45 Yoga <b>24</b> 9:30 Grab & Go Meals 10:00 Dance 10:00 Baked Goods Pickup 11:15 <b>Sit &amp; Fit</b> 12:15 Mobile Meals 12:30 Closed Bridge 12:30 Grief Support 1:00 <b>Health Series</b> 2:00 French Club 2:30 Qi Gong	8:30 Hiking Club <b>25</b> 8:45 HIIT Class 10:00 Resistance Bands 11:15 <b>Light &amp; Fit</b> 12:30 Lunch with Friends 12:30 Mah Jongg 12:30 Rummikub 1:00 <b>AFSC Support Group</b> 2:15 Ukulele 5:15 Tai Chi 5:15 Circuit Training 6:15 Beginner Mat Pilates	8:30 <b>Zoom Yoga</b> <b>26</b> 8:45 HIIT Class 9:00 Veterans Social Club 9:00 Medical Bill Advocate 10:00 LIIT Class 11:00 <b>InterPlay (Library)</b> 11:15 <b>Sit &amp; Fit</b> 12:15 Mobile Meals 12:30 Thursday Bridge 12:45 Walking Group 1:00 Grocery Pickup 1:00 Knitters' Circle	8:30 Tax Appointments <b>27</b> 9:00 Eastham COAch 9:00 Wood Carving 9:30 Grab & Go 11:00 Homeless Prevention Program 12:30 Eastham COAch 1:00 Creative Fridays 
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9:00 Seaside Café <b>30</b> 9:45 HIIT Class 10:00 Cribbage 11:15 <b>Light &amp; Fit</b> 12:30 Mah Jongg 1:00 Birthday Club 2:00 Jim's Game Hour 	8:45 Yoga 9:30 Grab & Go Meals 10:00 Dance 10:00 Baked Goods Pickup 10:00 HPC Appointments 11:15 <b>Sit &amp; Fit</b> 12:15 Mobile Meals 12:30 Closed Bridge 12:30 Grief Support <b>31</b> 1:00 <b>Health Series</b> 2:00 French Club 2:30 Qi Gong 
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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