

Mashpee Senior Center Activities

Below is a complete list of activities currently offered at the Mashpee Senior Center. Activities are held weekly unless indicated otherwise by a specific week in parentheses (). **Activities may be changed or cancelled, so please stop by the front desk or call the Senior Center to check for latest schedules (508) 539-1440.**

Transportation is available for activities, either through our van or Cape Cod Regional Transit Authority at 1-800-352-7155.

Regular Scheduled Events and Activities

*Activities are held weekly unless indicated otherwise by a specific week in parentheses ().
If a red * is indicated below, please contact the Senior Center to schedule an appointment.*

MONDAYS		TUESDAYS		WEDNESDAYS	
8:30-9:30	Strength Training	8:30-9:30	Exercise	8:30-9:30	Strength Training
9:00-12:00	PC Laptop Skills (1 st and 3 rd) *	9:00-12:00	Woodcarving	10:00-3:30	Foot Care Clinic (3 rd) *
9:45-11:00	Gentle Yoga	9:00-11:00	Attorney Services (2 nd) *	10:00-11:00	Zumba Gold
10:00-11:30	Attorney Services (4 th) *	10:00-12:00	Men's Club (1 st)	10:00-12:00	Independence House Relationship Education and Advocacy (2 nd)
11:00-12:00	Chair Yoga	10:00-11:00	Zumba Gold		
12:30-4:00	Mah Jongg	11:00-2:00	Sea Mist Swimming ***	10:00-12:00	Painting
12:30-3:00	Pinocle	1:00-4:00	SHINE *	1:00-3:00	Painting
1:00-4:00	Hand and Foot/Pony Canasta	1:00-3:00	Watercolor Painters	1:00-2:00	Line Dancing
		1:00-3:00	Attorney Services (1 st) *	1:00-3:00	Meditation (1 st)
		2:30-3:30	Aerobics for the Brain (2 nd & 4 th)	12:30-3:00	Canasta
				1:30-3:30	CARES Support Group (2 nd & 4 th)
				2:30-4:30	Tai Chi for Healthy Aging **
THURSDAYS		FRIDAYS		SATURDAYS	
8:30-9:30	Exercise	8:30-9:30	Strength Training	8:30-9:30	Exercise
9:00-12:00	SHINE *	9:00-10:00	Ask-A-Nurse (4 th)		
9:30-11:30	Mashpee Singing Seniors	9:15	Bowling		
10:00-11:30	Cribbage	9:45-10:45	Ageless Yoga Neighborhood		
10:00-11:30	Parkinson Support Network (2 nd)	10:00-11:30	Sight Loss Services Spt. Group (4 th)		
11:00-2:00	Sea Mist Swimming ***	11:00-12:00	Zumba Gold		
12:00-2:00	PC and Gadgets *	12:30-4:00	Mah Jongg		
12:15-1:15	Ballroom Dancing	1:15- 3:30	Veterans Services (1 st & 3 rd) *		
1:00-2:30	Sketching	2:00-3:00	Book Club (3 rd)		
2:00-3:00	Hearing Tests (3 rd)				
1:00-4:00	Social Bridge				
7:00-9:30	Tai Chi (Beginners, please come 1 st Thurs)				

*** Appointments required; please schedule with the Receptionist at Front Desk**

** Open to Mashpee residents only. Please stop by the Front Desk at the Senior Center to complete a liability form prior to going to Sea Mist for swimming

*** Waiting list sign up required. Please stop by the Front Desk or contact the Mashpee Senior Center at (508) 539-1440 to add your name to the wait list.