

East Haddam Senior Center JULY 2022

Monday	Tuesday	Wednesday	Thursday	Friday
				1 8:15 Pilates 1:00 Game Day
4 CLOSED !! Happy 4th of July.....	5 9:00 Tai Chi 10:00 Quilting 10-12 Computer Help 12:30 Mah Jongg 1:30 Painting W/ Denny	6 8:15 Pilates 10:00 Coloring 1:00 senior indoor/ outdoor games for fun & fitness	7 9:00 Tai Chi 10:00 Knitting 10-12 Computer Help 10:30 Ex. Mtg. 1:30 CornHole/Ladder Ball	8 8:15 Pilates 8:30 Cora Msg. 1:00 Game Day
11 8:15 Pilates 1:00 Club Mtg. 12:30 Mah Jongg Class	12 9:00 Tai Chi 9:00 Reiki 9:00 Shopping/ O.S. 10:00 Quilting 10-12 Computer Help 12:30 Mah Jongg	13 8:15 Pilates 10:00 Coloring 10:00 Red Hats Trip	14 9:00 Tai Chi 10:00 Knitting 10-12 Computer Help 1:00 Bingo	15 8:15 Pilates 1:00 Game Day
18 8:15 Pilates 1:00 Club Mtg. 12:30 Mah Jongg Class 1:00 Movie	19 9:00 Tai Chi 10:00 Quilting 10-12 Computer Help 12:30 Mah Jongg 1:30 Painting W/ Denny	20 8:15 Pilates 10:00 Coloring 1:00 Senior indoor/ outdoor games for fitness. 1:00 Ivryton Plyhse.	21 9:00 Tai Chi 10:00 Knitting 10-12 Computer Help 1:30 Blood Drive	22 8:15 Pilates 8:30 Cora Msg. 1:00 Game Day
25 8:15 Pilates 12:30 Mah Jongg Class 1:00 Jam Session	26 9:00 Tai Chi 9:00 Reiki 9:00 Shopping/ CrmwL. 10:00 Quilting 10-12 Computer Help 12:30 Mah Jongg	27 8:15 Pilates 10:00 Coloring 6:00 Pizza & Bingo	28 9:00 Tai Chi 9:45 Log Cabin Trip 10:00 Knitting 10:30 C.O.A. Mtg. 10-12 Computer Help 1:30 Cornhole /Ladder	29 8:15 Pilates 10-12 Frmers Mrkt, Voucher 1:00 Game Day