

# East Haddam Senior Center August 2022

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> 8:15 Pilates 12:30 Mah Jongg Class	<b>2</b> 9:00 Tai Chi 10:00 Quilting 10-12 Computer Help 12:30 Mah Jongg 1:30 Painting W/ Denny	<b>3</b> 8:15 Pilates 9:00 Reiki 10:00 Coloring	<b>4</b> 9:00 Tai Chi 10:00 Knitting 10-12 Computer Help 10:30 Ex. Mtg.	<b>5</b> 8:15 Pilates 1:00 Game Day
<b>8</b> 8:15 Pilates 12:30 Mah Jongg Class 1:00 Club Mtg.	<b>9</b> 9:00 Tai Chi 9:00 Shopping/ Wtrfd. 10:00 Quilting 10-12 Computer Help 12:30 Mah Jongg	<b>10</b> 8:15 Pilates 10:00 Coloring 1:00 Senior Indoor/ Outdoor games for fun & fitness	<b>11</b> 9:00 Tai Chi 10:00 Knitting 10-12 Computer Help 1:30 Cornhole/Ladder Ball	<b>12</b> 8:15 Pilates 8:30 Cora Msg. 11:45 Foot Dr. 1:00 Game Day
<b>15</b> 8:15 Pilates 10:15 Mystic Trip 12:30 Mah Jongg Class	<b>16</b> 9:00 Tai Chi 9:00 Reiki 10:00 Red Hats Trip 10:00 Quilting 10-12 Computer Help 12:30 Mah Jongg 1:30 Painting w/ Denny	<b>17</b> 8:15 Pilates 10:00 Coloring	<b>18</b> 9:00 Tai Chi 10:00 Knitting 10-12 Computer Help 1:00 Bingo	<b>19</b> 8:15 Pilates 1:00 Game Day
<b>22</b> 8:15 Pilates 1:00 Movie	<b>23</b> 9:00 Tai Chi 9:00 Shopping/ O.S. 10:00 Quilting 10-12 Computer Help 12:30 Mah Jongg	<b>24</b> 8:15 Pilates 9:00 Reiki 10:00 Coloring 1:00 Senior Indoor/ Outdoor for fun 6:00 Pot Luck Supper	<b>25</b> 9:00 Tai Chi 10:00 Knitting 10-12 Computer Help 1:30 Cornhole/ Ladder Ball	<b>26</b> 8:15 Pilates 8:30 Cora Msg. 1:00 Game Day
<b>29</b> 8:15 Pilates 1:00 Jam Session	<b>30</b> 9:00 Tai Chi 10:00 Quilting 10-12 Computer Help 12:30 Mah Jongg	<b>31</b> 8:15 Pilates 10:00 Coloring 11:00 Mystery Lunch		