

East Haddam Senior Center OCTOBER 2023

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>8:15 Pilates 12:00 B.P. Clinic</p>	<p>3</p> <p>9:00 Tai Chi 10:00 Quilting 10-12 Computer Help 12:30 Mah Jongg</p>	<p>4</p> <p>8:15 Pilates 9:00 Casino 10:00 Coloring 1:00 Wii Bowling</p>	<p>5</p> <p>9:00 Tai Chi 10:00 Knitting 10-12 Computer Help</p>	<p>6</p> <p>8:15 Tai Chi 1:00 Game Day</p>
<p>9</p> <p style="text-align: center;">CLOSED!!</p> <p style="text-align: center;">Columbus Day...</p>	<p>10</p> <p>9:00 Tai Chi 9:00 Reiki 9:00 Shopping/ Crmwl. 10:00 Quilting 10-12 Computer Help 12:30 Mah Jongg 1:30 Flu Shot</p>	<p>11</p> <p>8:15 Pilates 10:00 Coloring 2:00 Ivrytn Plyhse</p>	<p>12</p> <p>9:00 Tai Chi 10:00 Knitting 10:30 Ex. Mtg. 10-12 Computer Help 1:30 Corn Hole/ Ladder Ball</p>	<p>13</p> <p>8:15 Pilates 8:30 Cora Msg. 1:00 Game Day</p>
<p>16</p> <p>8:15 Pilates 10:00 Ct. Care Talk 1:00 Club Mtg./ Chatham Health 1:00 Photography Club</p>	<p>17</p> <p>9:00 Tai Chi 10:00 Quilting 10-12 Computer Help 12:30 Mah Jongg 6:00p A life Well Lived</p>	<p>18</p> <p>8:15 Pilates 10:00 Coloring 1:00 Wii Bowling</p>	<p>19</p> <p>9:00 Tai Chi 10:00 Knitting 10-12 Computer Help 1:00 Bingo</p>	<p>20</p> <p>8:15 Pilates 10:00 Foot Dr. 1:00 Game Day</p>
<p>23</p> <p>8:15 Pilates 1:00 Movie 7:00p Joe Sina Romania Prestn.</p>	<p>24</p> <p>9:00 Tai Chi 9:00 Reiki 9:00 Shopping/ Wtrfrd. 10:00 Quilting 10-12 Computer Help 12:30 Mah Jongg</p>	<p>25</p> <p>8:15 Pilates 10:00 Coloring TBD Red Hats 1:30 Corn Hole/ Ladder Ball</p>	<p>26</p> <p>9:00 Tai Chi 10:00 Knitting 10-12 Computer Help 6:00 Halloween Bingo</p>	<p>27</p> <p>8:15 Pilates 8:30 Cora Msg. 1:00 Game Day</p>
<p>30</p> <p>8:15 Pilates 11:00 Mystery Lunch 1:00 Jam Session</p>	<p>31</p> <p>9:00 Tai Chi 10:00 Quilting 10-12 Computer Help- 12:30 Mah Jongg</p>			