

East Haddam Senior Center July 2025

Monday	Tuesday	Wednesday	Thursday	Friday
	1 9:00 Tai Chi 10:00 Quilting 10-12 Computer Help 12:30 Mah Jongg	2 8:15 Pilates 9:00 Casino 10:00 Coloring 12:30 Livewell Wrksp. 1:00 Wii Bowling	3 9:00 Tai Chi 10:00 Knitting 10-12 Computer Help	4 CLOSED!!!
	7 8:15 Pilates 12:00 B.P. Clinic	8 9:00 Tai Chi 9:00 Reiki 9:00 Shopping/Crmwl 10:00 Quilting 10-12 Computer Help 12:30 Mah Jongg	9 8:15 Pilates 10:00 Coloring 12:30 Livewell Wrksp 1:00 Wii Bowling	10 9:00 Tai Chi 10:00 Knitting 10:30 Ex. Mtg. 10-12 Computer Help
14 8:15 Pilates 1:00 Club Mtg. 1:30 Chatham Health/ Outdoor Care	15 9:00 Tai Chi 10:00 Quilting 10-12 Computer Help 12:30 Mah Jongg 1:30 Let's Talk	16 8:15 Pilates 10:00 Coloring 10:00 RED HATS 12:30 Livewell Wrksp. 1:00 Wii Bowling	17 9:00 Tai Chi 10:00 Knitting 10-12 Computer Help 1:30 Blood Drive	18 8:15 Pilates 1:00 Game Day
21 8:15 Pilates 1:00 Movie	22 9:00 Tai Chi 9:00 Reiki 9:00 Shopping/O.S. 10:00 Quilting 10-12 Computer Help 12:30 Mah Jongg	23 8:15 Pilates 10:00 Coloring 11:00 Mystery Lunch 12:30 Livewell Wrksp 1:00 Wii Bowling	24 9:00 Tai Chi 10:00 Knitting 10:30 C.O.A. Mtg. 10-12 Computer Help 1:00 BINGO	25 8:15 Pilates 8:30 Cora Msg. 1:00 Game Day
28 8:15 Pilates 1:00 Jam Session	29 9:00 Tai Chi 10:00 Quilting 10-12 Computer Help 12:30 Mah Jongg	30 8:15 Pilates 10:00 Coloring 12:30 Livewell Wrksp 1:00 Wii Bowling	31 9:00 Tai Chi 10:00 Knitting 10-12 Computer Help	