

East Haddam Senior Center August 2025

Monday	Tuesday	Wednesday	Thursday	Friday
				1 8:15 Pilates 1:00 Game Day
4 8:15 Pilates 12:00 B.P. Clinic	5 9:00 Tai Chi 10:00 Quilting 10-12 Computer Help 12:30 Mah Jongg	6 8:15 Pilates 9:00 Casino 10:00 Coloring 12:30 Livewell Wrksp 1:00 Wii Bowling	7 9:00 Tai Chi 10:00 Knitting 10:30 Ex. Mtg. 10-12 Computer Help	8 8:15 Pilates 8:30 Cora Msg. 1:00 Game Day
11 8:15 Pilates 1:00 Club Mtg. 1:30 EHYFS: Energy Asst.	12 9:00 Tai Chi 9:00 Reiki 9:00 Shopping/Cromwl 10:00 Quilting 10-12 Computer Help 12:30 Mah Jongg	13 8:15 Pilates 10:00 Coloring 11:00 Mystery Lunch 1:00 Wii Bowling	14 9:00 Tai Chi 10:00 Knitting 10-12 Computer Help 6:00 Pizza & Bingo	15 8:15 Pilates 1:00 Game Day
18 8:15 Pilates 1:00 Movie	19 9:00 Tai Chi 10:00 Quilting 10-12 Computer Help 12:30 Mah Jongg	20 8:15 Pilates 10:00 Coloring 10:00 Red Hats 1:00 Wii Bowling	21 9:00 Tai Chi 10:00 Knitting 10-12 Computer Help 1:00 BINGO 5:00 E.H. Community Lions Ice Cream Social 	22 8:15 Pilates 8:30 Cora Msg. 1:00 Game Day
25 8:15 Pilates 1:00 Jam Session	26 9:00 Tai Chi 9:00 Reiki 9:00 Shopping/Waterford 10:00 Quilting 10-12 Computer Help 12:30 Mah Jongg	27 8:15 Pilates 10:00 Coloring 1:00 Wii Bowling 5:15 Yard Goats Baseball Game 	28 9:00 Tai Chi 10:00 Knitting 10-12 Computer Help 1:00 Ivrytn. Plyhse.	29 8:15 Pilates 1:00 Game Day