

East Haddam Senior Center OCTOBER 2025

Monday	Tuesday	Wednesday	Thursday	Friday
		1 8:15 Pilates 9:00 Casino 10:00 Coloring 1:00 Wii Bowling	2 9:00 Tai Chi 10:00 Knitting 10 –12 Computer Help	3 8:15 Pilates 1:00 Game Day
	6 8:15 Pilates 12:00 B.P. Clinic 1:00 Let's Talk	7 9:00 Tai Chi 10:00 Quilting 10-12 Computer Help 12:30 Mah Jongg	8 8:15 Pilates 10:00 Coloring 1:00 Wii Bowling	9 9:00 Tai Chi 10:00 Knitting 10-12 Computer Help 1:00 Arts & Crafts
	13 Columbus Day! CLOSED...	14 9:00 Tai Chi 9:00 Reiki 9:00 Shopping/ Crmwl. 10:00 Quilting 10-12 Computer Help 12:30 Mah Jongg	15 8:15 Pilates 10:00 Coloring 10:00 Red Hats 1:00 Wii Bowling	16 9:00 Tai Chi 10:00 Knitting 10:30 Ex. Mtg 10-12 Computer Help 1:00 Bingo
	20 8:15 Pilates 10:00 Ct. Care Talk 1:00 Club Mtg.	21 9:00 Tai Chi 10:00 Quilting 10-12 Computer Help 12:30 Mah Jongg 1:30 FLU Shot	22 8:15 Pilates 10:00 Coloring 11:00 Mystery Lunch 1:00 Wii Bowling	23 9:00 Tai Chi 10:00 Knitting 10-12 Computer Help 6:00 Halloween Bingo 
27 8:15 Pilates 1:00 Jam Session	28 9:00 Tai Chi 9:00 Reiki 9:00 Shopping/ O.S. 10:00 Quilting 10-12 Computer Help 12:30 Mah Jongg 1:00 Movie	29 8:15 Pilates 10:00 Coloring 1:00 Wii Bowling	30 9:00 Tai Chi 10:00 Knitting 10-12 Computer Help	31 8:15 Pilates 1:00 Game Day 