

East Haddam Senior Center **JULY 2026**

Monday	Tuesday	Wednesday	Thursday	Friday
		1. 8:15 Pilates 10:00 Coloring 1:00 Cornhole/ Wii	2. 9:00 Tai Chi 10:00 Knitting 10-12 Computer Help	3. CLOSED! Happy 4th of July
6. 8:15 Pilates	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 Cornhole/ Wii	9. 9:00 Tai Chi 10:00 Knitting 10:30 Ex. Mtg. 10-12 Computer Help 1:00 Arts & Crafts	10. 8:15 Pilates 8:30 Cora Msg. 1:00 Game Day
13. 8:15 Pilates 1:00 Club Mtg./ 1:30 Prst. On Fall Prev.	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 TBD Red Hats 1:00 Cornhole/ Wii	16. 9:00 Tai Chi 10:00 Knitting 10-12 Computer Help 1:30 Blood Drive	17. 8:15 Pilates 1:00 Game Day
20. 8:15 Pilates 1:00 Movie	21. 9:00 Tai Chi 10:00 Quilting 10-12 Computer Help 12:30 Mah Jongg	22. 8:15 Pilates 11:00 Mystery Lunch 10:00 Coloring 1:00 Cornhole/ Wii	23. 9:00 Tai Chi 10:00 Knitting 10:30 C.O.A. Mtg. 10-12 Computer Help 1:00 BINGO	24. 8:15 Pilates 1:00 Game Day
27. 8:15 Pilates	28. 9:00 Tai Chi 9:00 Reiki 9:00 Shopping/ Glstbry. 10:00 Quilting 10-12 Computer Help 12:30 Mah Jongg	29. 8:15 Pilates 10:00 Coloring 1:00 Cornhole/ Wii	30. 9:00 Tai Chi 10:00 Knitting 10-12 Computer Help 6:00 Pizza/Bingo	31. 8:15 Pilates 1:00 Game Day