

# East Haddam Senior Center    JUNE 2022

| Monday   | Tuesday  | Wednesday   | Thursday   | Friday   |
|--|--|---|--|--|
|  |  | 1<br>8:15 Pilates<br>10:00 Coloring   | 2<br>9:00 Tai Chi<br>10:00 Knitting<br>10-12 Computer Help<br>1:30 Cornhole/Ladder   | 3<br>8:15 Pilates<br>1:00 Game Day   |
| 6<br>8:15 Pilates  | 7<br>9:00 Tai Chi<br>10:00 Quilting<br>10-12 Computer Help<br>12:30 Mah Jongg<br>1:30 Painting W/ Denny                    | 8<br>8:00 <b>Mystery Brkfst.</b><br>8:15 Pilates<br>10:00 Coloring<br>1:00 Introduction<br>senior indoor/outdoor<br>games for fun & fitness | 9<br>9:00 Tai Chi<br>10:00 Knitting<br>10-12 Computer Help<br>10:30 Ex. Mtg.         | 10<br>8:15 Pilates<br>8:30 Cora Msg.<br>11:45 <b>Foot Dr.</b><br>1:00 Game Day |
| 13<br>8:15 Pilates<br>1:00 Club Mtg.<br>1:30 Arts & Crafts             | 14<br>9:00 Tai Chi<br>9:00 Reiki<br>9:00 <b>Shopping/ O.S.</b><br>10:00 Quilting<br>10-12 Computer Help<br>12:30 Mah Jongg | 15<br>8:15 Pilates<br>10:00 Coloring<br>10:00 <b>Red Hats Trip</b><br>1:30 Dancercise   | 16<br>9:00 Tai Chi<br>10:00 Knitting<br>10-12 Computer Help<br>1:30 Cornhole/Ladder  | 17<br>8:15 Pilates<br>1:00 Game Day  |
| 20<br>8:15 Pilates<br>10:45 <b>E.H. Hist.Soc.<br/>Tour &amp; Lunch</b> | 21<br>9:00 Tai Chi<br>10:00 Quilting<br>10-12 Computer Help<br>12:30 Mah Jongg<br>1:30 Painting W/ Denny                   | 22<br>8:15 Pilates<br>10:00 Coloring<br>1:00 Senior indoor/<br>outdoor games for<br>fitness.  | 23<br>9:00 Tai Chi<br>10:00 Knitting<br>10-12 Computer Help<br>1:00 Bingo            | 24<br>8:15 Pilates<br>1:00 Game Day  |
| 27<br>8:15 Pilates   | 28<br>9:00 Tai Chi<br>9:00 <b>Shopping/ Crmwl.</b><br>10:00 Quilting<br>10-12 Computer Help<br>12:30 Mah Jongg             | 29<br>8:15 Pilates<br>8:30 Cora Msg.<br>10:00 Coloring<br>1:00 Dancercise   | 30<br>9:00 Tai Chi<br>10:00 Knitting<br>10-12 Computer Help<br>1:30 Cornhole /Ladder |  |