

# East Haddam Senior Center    October 2022

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>8:15 Pilates</p>	<p>4</p> <p>9:00 Tai Chi</p> <p>10:00 Quilting</p> <p>10-12 Computer Help</p> <p>12:30 Mah Jongg</p> <p>1:30 Booster Shots</p>	<p>5</p> <p>8:15 Pilates</p> <p>8:15 <b>Casino</b></p> <p>10:00 Coloring</p>	<p>6</p> <p>9:00 Tai Chi</p> <p>10:00 Knitting</p> <p>10-12 Computer Help</p> <p>1:30 Cornhole/Ladder ball</p>	<p>7</p> <p>8:15 Pilates</p> <p>1:00 Game Day</p>
<p>10</p> <p style="text-align: center;"><b>Columbus Day!</b> <b>Closed...</b></p>	<p>11</p> <p>9:00 Tai Chi</p> <p>9:00 Reiki</p> <p>10:00 Quilting</p> <p>10:00 <b>Aqua Turf Trip</b></p> <p>10-12 Computer Help</p> <p>12:30 Mah Jongg</p>	<p>12</p> <p>8:15 Pilates</p> <p>10:00 Coloring</p>	<p>13</p> <p>9:00 Tai Chi</p> <p>10:00 Knitting</p> <p>10:30 Ex. Mtg.</p> <p>10-12 Computer Help</p> <p>1:30 Flu Shots</p>	<p>14</p> <p>8:15 Pilates</p> <p>8:30 Cora Msg.</p> <p>11:45 Foot Dr.</p> <p>1:00 Game Day</p>
<p>17</p> <p>8:15 Pilates</p> <p>10:00 Ct. Care Rep.</p> <p>1:00 Club Mtg.</p>	<p>18</p> <p>9:00 Tai Chi</p> <p>9:00 Reiki</p> <p>10:00 Quilting</p> <p>10-12 Computer Help</p> <p>12:30 Mah Jongg</p>	<p>19</p> <p>8:15 Pilates</p> <p>9:00 Medi. Open En.</p> <p>10:00 Coloring</p>	<p>20</p> <p>9:00 Tai Chi</p> <p>10:00 Knitting</p> <p>10-12 Computer Help</p> <p>1:30 Cornhole/Ladder ball</p>	<p>21</p> <p>8:15 Pilates</p> <p>1:00 Game Day</p>
<p>24</p> <p>8:15 Pilates</p> <p>1:00 Movie</p>	<p>25</p> <p>9:00 Tai Chi</p> <p>9:00 Reiki</p> <p>9:00 <b>Shopping/ O.S.</b></p> <p>10:00 Quilting</p> <p>10-12 Computer Help</p> <p>12:30 Mah Jongg</p>	<p>26</p> <p>8:15 Pilates</p> <p>9:00 Reiki</p> <p>10:00 Coloring</p> <p>1:30 Arts &amp; Crafts</p>	<p>27</p> <p>9:00 Tai Chi</p> <p>10:00 Knitting</p> <p>10-12 Computer Help</p> <p>6:00p Halloween Bingo</p>	<p>28</p> <p>8:15 Pilates</p> <p>8:30 Cora Msg.</p> <p>1:00 Game Day</p>
<p>31</p> <p>8:15 Pilates</p>				