

East Haddam Senior Center OCTOBER 2026

Monday	Tuesday	Wednesday	Thursday	Friday
			1. 9:00 Tai Chi 10:00 Knitting 10-12 Computer Help	2. 8:15 Pilates 1:00 Game Day
5. 8:15 Pilates 12:00 B.P. Clinic	6. 9:00 Tai Chi 10:00 Quilting 10-12 Computer Help 12:30 Mah Jongg	7. 8:15 Pilates 10:00 Coloring 1:00 Cornhole/ Wii	8. 9:00 Tai Chi 10:00 Knitting 10-12 Computer Help 1:00 Arts & Crafts	9. 8:15 Pilates 8:30 Cora Msg. 1:00 Game Day
12 CLOSED!! Columbus Day	13. 9:00 Tai Chi 9:00 Reiki 9:00 Shopping/ Crmwl. 10:00 Quilting 10-12 Computer Help 12:30 Mah Jongg 1:30 FLU SHOT	14. 8:15 Pilates 9:00 Casino 10:00 Coloring 1:00 Cornhole/ Wii	15. 9:00 Tai Chi 10:00 Knitting 10-12 Computer Help 1:00 BINGO 6:00 Around The World In 50 Min.	16. 8:15 Pilates 1:00 Game Day
19. 8:15 Pilates 1:00 Movie	20. 9:00 Tai Chi 10:00 Quilting 10-12 Computer Help 12:30 Mah Jongg	21. 8:15 Pilates 9:00 Medicare O.E. 10:00 Coloring TBD Red Hats 1:00 Cornhole/ Wii	22. 9:00 Tai Chi 10:00 Knitting 10-12 Computer Help	23. 8:15 Pilates 8:30 Cora Msg. 1:00 Game Day
26. 8:15 Pilates 1:00 Jam Session	27. 9:00 Tai Chi 9:00 Reiki 9:00 Shopping/Norwich 10:00 Quilting 10-12 Computer Help 12:30 Mah Jongg 1:30 COVID SHOT	28. 8:15 Pilates 9:00 Medicare O.E. 10:00 Coloring 11:00 Mystery Lunch 1:00 Cornhole/ Wii	29. 8:15 Tai Chi 10:00 Knitting 10-12 Computer Help 6:00 Halloween Bingo	30. 8:15 Pilates 1:00 Game Day