



SENIOR ACTIVITES- NOVEMBER 2026  
WASHINGTON SENIOR CENTER  
860-868-0735



| MONDAY                                                                                                                                                                                  | TUESDAY                                                                                                                                                                                               | WEDNESDAY                                                                                                                | THURSDAY                                                                                                                                                                          | FRIDAY                                                                                                                            |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------|
| 2<br>10:30- Coffee & Muffins<br>                                                                       | 3<br>10am- Tai Chi<br><br>1-4pm Bridge                                                                               | 4<br>9am- Walking Club @ River Walk<br><br>11:30- Lunch & Learn- Healthy Smiles for Healthy Aging<br><br>2pm- Dancercise | 5<br>New Milford Shopping<br>10:30- Essentrics<br>12:30- Balance Class<br>2pm- Mahjong & Games                                                                                    | 6<br>10am- Gentle Yoga<br><br>11:30- Zumba<br> |
| 9<br>10:30- Coffee & Muffins<br><br>1pm- Tech Time- How to do Holiday Shopping (& Paying) Easier     | 10<br><br>10am- Tai Chi<br>12:30- Fall Class @ Town Hall<br>1-4pm- Bridge Club                                     | 11<br>CLOSED FOR VETERANS DAY<br><br>THANK YOU TO ALL WHO HAVE SERVED!                                                   | 12<br>**Food Bank**<br>10:30- Essentrics<br>12:30- Balance Class<br>2pm- Mahjong & Games<br> | 13<br>10am- Gentle Yoga<br><br>11:30- Zumba  |
| 16<br>10:30- Coffee & Muffins<br><br>1pm- Wreath Making                                              | 17<br>10am- Tai Chi<br>12:30- Fall Class @ Town Hall<br><br>1-4pm- Bridge Club                                     | 18<br>No Walking Club<br><br>Christmas Spectacular at Radio City Music Hall<br><br>No Dancercise                         | 19<br>New Milford Shopping<br>10:30- Essentrics<br>12:30- Balance Class<br>2pm- Mahjong & Games                                                                                   | 20<br>10am- Gentle Yoga<br><br>11:30- Zumba  |
| 23<br>10:30- Coffee & Muffins<br><br>11:45am- Thanksgiving Luncheon at Washington Primary School<br> | 24<br>10am- Tai Chi<br>12:30- Fall Class @ Town Hall<br>2pm- Crafternoon at Gunn Library<br>1-4pm- Bridge Club<br> | 25<br>9am- Walking Club @ River Walk<br><br>11:30- Lunch & Learn- AI Presentation<br><br>No Dancercise                   | 26<br>HAPPY THANKSGIVING<br>                                                                 | 27<br>SENIOR CENTER CLOSED<br>               |
| 30<br>10:30- Coffee & Muffins<br>                                                                    |                                                                                                                                                                                                       |                                                                                                                          |                                                                                                                                                                                   |                                                                                                                                   |