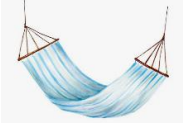




SENIOR ACTIVITES-AUGUST 2026
WASHINGTON SENIOR CENTER
860-868-0735



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 	4 	5 9am- Walking Club @ River Walk 11:30- Lunch & Learn- How to Lower Your Electric Bill 2pm-Dancerise	6 9am- New Milford Shopping 10:30- Essentrics 2pm- Mah Jongg & Games	7 9:30- Bocce 10am- Gentle Yoga 11:30- Zumba 1pm- Movie & Popcorn
10 9am- Exercise w/ Pam  10:30- Coffee & Muffins	11 10am- Tai Chi 11am- Lunch Date! Hopkins Inn 2pm- Crafternoon 1-4pm- Bridge Club	12 9am- Walking Club @ River Walk  2pm-Dancerise	13 *Food Bank Trip* 10:30- Essentrics  2pm- Mah Jongg & Games	14 9:30- Bocce 10am- Gentle Yoga 11:30- Zumba 1:30- BINGO
17 9am- Exercise w/ Pam  10:30- Coffee & Muffins	18 10am- Tai Chi  1-4pm- Bridge Club	19 9am- Walking Club @ River Walk 2pm-Dancerise	20 9am- New Milford Shopping 10:30- Essentrics  2pm- Mah Jongg & Games	21 9:30- Bocce 10am- Gentle Yoga 11:30-Zumba 2pm- Bocce & Mocktails
24 9am- Exercise w/ Pam  10:30- Coffee & Muffins	25 10am- Tai Chi 1-4pm- Bridge Club	26 9am- Walking Club @ River Walk 2pm-Dancerise	27 *Food Bank Trip* 10:30- Essentrics  2pm- Mah Jongg & Games	28 9:30- Bocce 10am- Gentle Yoga 11:30- Zumba
31 9am- Exercise w/ Pam  10:30- Coffee & Muffins				