



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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 9am- Walking Club @ River Walk 2pm- Dancercise	2 9am- New Milford Shopping 2pm- Mah Jongg & Games	3 CLOSED FOR 4 TH OF JULY 
6 9am- Exercise w/ Pam 10:30- Coffee & Muffins	7 10am- Tai Chi  1-4pm- Bridge Club	8 9am- Walking Club @ River Walk  2pm- Dancercise	9 **Food Bank** 10:30- Essentrics 2pm- Mah Jongg & Games	10 9:30-Bocce 10am- Gentle Yoga 11:30- Zumba 1:30pm- Movie & Popcorn
13 9am- Exercise w/ Pam  10:30- Coffee & Muffins	14 10am- Tai Chi 12pm- Lunch Date! Hopkins Inn 1-4pm- Bridge Club	15 9am- Walking Club @ River Walk 11:30- Lunch & Learn: Building Routines 2pm- Dancercise	16 9am- New Milford Shopping 10:30- Essentrics 2pm- Mah Jongg & Games	17 9:30-Bocce 10am- Gentle Yoga 11:30- Zumba 
20 9am- Exercise w/ Pam 10:30- Tech Talk with Lindsey/Coffee & Muffins 1:30-3:30 Chair Massage (by appt)	21 10am- Tai Chi  1-4pm- Bridge Club	22 9am- Walking Club @ River Walk 2pm- Dancercise	23 **Food Bank** 10:30- Essentrics  2pm- Mah Jongg & Games	24 9:30-Bocce 10am- Gentle Yoga 11:30- Zumba
27 9am- Exercise w/ Pam 10:30- Coffee & Muffins	28 10am- Tai Chi  1-4pm- Bridge Club	29 9am- Walking Club @ River Walk 12pm- Potluck 2pm- Dancercise	30 10:30- Essentrics  2pm- Mah Jongg & Games	31 9:30-Bocce 10am- Gentle Yoga 11:30- Zumba