



SENIOR ACTIVITIES- OCTOBER 2026
WASHINGTON SENIOR CENTER
860-868-0735



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 New Milford Shopping Trip 10:30- Essentrics 12:30- Balance Class 2pm- Mahjong & Games	2 9:30- Bocce 10am- Gentle Yoga 11:30- Zumba
5 10:30- Coffee & Muffins 	6 9-11am- Flu Clinic at Town Hall 10am- Tai Chi 1-4pm- Bridge Club	7 9am- Walking Club @ River Walk 11:30-1:30pm- Learn to Play Mahjong 2pm- Dancercise	8 *Food Bank Trip* 10:30- Essentrics 12:30- Balance Class 2pm- Mahjong & Games	9 9:30- Bocce 10am- Gentle Yoga 11:30- Zumba
12  CLOSED FOR COLUMBUS DAY	13 10am- Tai Chi 11:30- Lunch & Learn How to Stay Curious 1-4pm- Bridge Club	14 9am- Walking Club @ River Walk  2pm- Dancercise	15 New Milford Shopping Trip 10:30- Essentrics 12:30- Balance Class 2pm- Mahjong & Games	16 9:30- Bocce 10am- Gentle Yoga 11:30- Zumba 1:30- BINGO 
19 10:30- Washington History with a side of Coffee & Muffins 	20 10am- Tai Chi  1-4pm- Bridge Club	21 9am- Walking Club @ River Walk  2pm- Dancercise	22 *Food Bank Trip* 10:30- Essentrics 12:30- Balance Class  2pm- Mahjong & Games	23 9:30- Bocce 10am- Gentle Yoga 11:30- Zumba 
26 10:30- Coffee & Muffins 	27 10am- Tai Chi 2pm Crafternoon No Sew Patchwork Art 1-4pm- Bridge Club 	28 9am- Walking Club @ River Walk 12pm- Potluck 1pm- Tech Time 2pm- Dancercise	29 10:30- Essentrics 12:30- Balance Class  2pm- Mahjong & Games	30 9:30- Bocce 10am- Gentle Yoga 11:30- Zumba 