



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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 10am- Tai Chi 1-4pm- Bridge Club	2 9am- Walking Club @ River Walk 2pm- Dancercise	3 New Milford Shopping Trip 10:30- Essentrics 12:30- Balance Class 2pm- Mah Jong & Games	4 9:30- Bocce 10am- Gentle Yoga 11:30- Zumba 
7  CLOSED FOR LABOR DAY 	8 10am- Tai Chi 11:30- Lunch & Learn Building Routines 1-4pm- Bridge Club	9 9am- Walking Club @ River Walk 12pm- End of Summer BBQ No Dancercise	10 *Food Bank Trip* 10:30- Essentrics 12:30- Balance Class 2pm- Mahjong & Games	11 CLOSED ROSH HASHANAH 
14 10:30- Coffee & Muffins 	15  10am- Tai Chi 11am- Presentation- Get Ready for Medicare Open Enrollment 1-4pm- Bridge Club	16 9am- Walking Club @ River Walk 11:30- Lunch & Learn Regional Hospice 2pm- Dancercise	17 New Milford Shopping Trip 10:30- Essentrics 12:30- Balance Class 2pm- Mahjong & Games	18 9:30- Bocce 10am- Gentle Yoga 11:30- Zumba 2pm- Bocce & Mocktails 
21 CLOSED FOR YOM KIPPUR	22  10am- Tai Chi 2pm Crafternoon Sunflower Ornaments 1-4pm- Bridge Club	23 9am- Walking Club @ River Walk 11:30-1:30pm- Learn to Play Mahjong 2pm- Dancercise	24 *Food Bank Trip*  10:30- Essentrics 12:30- Balance Class 2pm- Mahjong & Games	25 9:30- Bocce 10am- Gentle Yoga No Zumba 
28 10:30- Coffee & Muffins 12pm- Potluck 1pm- Tech Time	29 10am- Tai Chi 1-4pm- Bridge Club	30 9am- Walking Club @ River Walk 11:30-1:30pm- Learn to Play Mahjong 2pm- Dancercise		