



SENIOR ACTIVITES- APRIL 2024
WASHINGTON SENIOR CENTER
860-868-0735



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 9am- Exercise w/ Pam 10:30- Coffee & Muffins 	2 10am-Tai Chi 1-4pm- Bridge Club	3 9:30- Walking Club  2pm- Balance Class	4 **Food Bank Trip** 2pm- Fun & Games	5 10am- Gentle Mindful Yoga (Chair optional) 11:30- Zumba
8 9am- Exercise w/ Pam 10:30- Coffee & Muffins 	9 10am-Tai Chi 1-4pm- Bridge Club	10 9:30- Walking Club  2pm- Balance Class	11 11:30- Hearing Tests 2pm- Fun & Games	12 9am- New Milford Shopping Trip 10am- Gentle Mindful Yoga (Chair optional) 11:30- Zumba 1pm- Smoothie Bar
15 9am- Exercise w/ Pam 10:30- Coffee & Muffins  11am-12pm- Water Aerobics	16 10- Tai Chi 11am-12pm- Water Aerobics 1-4pm- Bridge Club	17 9:30- Walking Club 11am-12pm- Water Aerobics 11am- Blood Pressure Clinic 2pm- Balance Class	18 **Food Bank** 11am-12pm- Water Aerobics 2pm- Fun & Games	19 10:00- Gentle Mindful Yoga (Chair optional) 11am-12pm- Water Aerobics 11:30- Zumba 1pm- Bingo
22 9am- Exercise w/ Pam 10:30- Coffee & Muffins 	23 10- Tai Chi 11am- Lunch at Texas Roadhouse 1-4pm- Bridge Club	24 9:30- Walking Club 2pm- Balance Class	25 1pm- Movie Matinee  2pm- Fun & Games	26 9am- New Milford Shopping Trip 10:00- Gentle Mindful Yoga (Chair optional) 11:30- Zumba
29 9am- Exercise w/ Pam  10:30- Coffee & Muffins	30 10- Tai Chi 1-4pm- Bridge Club			