



SENIOR ACTIVITES- MARCH 2024

WASHINGTON SENIOR CENTER
860-868-0735



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 9am- New Milford Shopping 10:00- Gentle Mindful Yoga (Chair optional) 11:30- Zumba 
4 9am- Exercise w/ Pam 10:30- Coffee & Muffins 	5 10am- Tai Chi 1-4pm- Bridge Club	6 9am- Walking Club @ River Walk  2pm- Balance Class	7 **Food bank**  2pm- Fun & Games	8 12:00- Corned Beef & Cabbage Lunch
11 9am- Exercise w/ Pam 10:30- Coffee & Muffins 	12 10am- Tai Chi 11:30am- Lunch @ Marzano's 1-4pm- Bridge Club 4pm- Advisory Meeting	13 9am- Walking Club @ River Walk  2pm- Balance Class	14  2pm- Fun & Games	15 9am- New Milford Shopping 10:00- Gentle Mindful Yoga (Chair optional) 11:30- Zumba 1pm- Smoothie Bar
18 9am- Exercise w/ Pam 10:30- Coffee & Muffins 	19 10am- Tai Chi 1-4pm- Bridge Club	20 9am- Walking Club @ River Walk 2pm- Balance Class	21 **Food Bank** 1pm- Movie Matinee  2pm- Fun & Games	22 10:00- Gentle Mindful Yoga (Chair optional) 11:30- Zumba 12pm-Lunch & Learn At Warren Community Center "Beware of Scams"
25 9am- Exercise w/ Pam 10:30- Coffee & Muffins 	26 10am- Tai Chi 1-4pm- Bridge Club	27  2pm- Balance Class	28  2pm- Fun & Games	29 CLOSED FOR GOOD FRIDAY 