

ELLINGTON SENIOR CENTER EVENTS OCTOBER 2026

*Sign up in advance for these programs:
In Person - On MyActiveCenter - Call: 860-870-3133

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
Room Key: A = Activities C2= Conference 2 G = Game H = Health MP = Multipurpose C1= Conference F = Fitness Center GR = Great L = Library O = Off Site/Outdoors Schedule Subject to Change Rooms subject to change									
5 8:45am MP Interm. Tai Chi 9:00am GR Yoga 9:00am A Chess Mates 10:00am H *Flu/Covid Clinic 10:30am GR - Stability 12:30pm MP Needlecrafts 1:00pm A Board Games 2:00pm GR Chair Yoga 3:00pm MP Meditation 4:00pm A *Art with Maham 4:00pm MP *Beginner Tai Chi		6 NO Billiards 9:00am MP *Beg. Tai Chi 9:00am A *Acrylics: Birds 9:00am G Bridge 10:00am MP Adv. Tai Chi 10:00am *Ask the Realtor 11:00am-12:30pm GR Lunch 11:15am MP Stretch/Strength 1:00pm A Dominoes 1:00pm MP TED Talk “To future generations of women” 2:15pm GR/MP *Line Dancing 2:00pm G Shuffleboard		7 Billiards Open at 12pm 9:00am A *AARP Smart Driver Course 9:30am G Cut Ups Carvers 10:00am Welcome New Members 10:30am MP Singers 11:00am-12:30pm GR Lunch 11:30am C1 *Ask Steve 1:00pm MP *Movie: “Project Hail Mary” 1:30pm A Simply Strumming		8 9:00am MP Gentle Yoga 10:00am C2 *Ask the Dementia Specialist 10:00am A Coloring & Cards 11:00am-12:30pm GR Lunch 11:15am MP Stretch/Strength 1:00pm A Setback 1:00pm MP *Trivia & Treats 2:00pm GR Chair Volleyball		2 8:45am MP Tai Chi Practice 9:00am GR Breakfast 9:00am GR Wii Bowling 3 SATURDAY ★ ELLINGTON CELEBRATES 250 AT ARBOR PARK	
12 CLOSED 		13 9:00am MP *Beg. Tai Chi 9:00am A Bridge 10:00am MP Adv. Tai Chi 11:00am-12:30pm GR Lunch 11:15am MP Stretch/Strength 1:00pm A Dominoes 1:00pm MP TED Talk “Is luck random, or...” 2:00pm G Shuffleboard 2:15pm GR/MP *Line Dancing *TRIP: Studio Two		14 9:30am A Cut Ups Carvers 10:30am MP Singers 11:00am-12:30pm GR Lunch 11:30am C1 *Ask Steve 1:00pm MP *Movie: “Don’t Say Good Luck” 1:00pm C2 *Tech Assist 1:30pm A Simply Strumming		15 9:00am MP Yoga - Video 10:00am A Coloring & Cards 11:00am-12:30pm GR Lunch 11:15am MP Stretch & Strengthen 1:00pm MP *AEP Ready 1:00pm C2 Creative Writing 1:00pm A Setback 2:00pm GR Chair Volleyball		9 8:45am MP Tai Chi Practice 9:00am GR Breakfast 9:00am GR Wii Bowling 10:00am A *Photography with Fred: Close Ups	
19 8:45am MP Interm. Tai Chi 9:00am A Chess Mates 9:00am GR Gentle Yoga 10:00am C2 *Beginner Mahjongg Lessons (1/3) 10:30am GR Stability Class 12:30pm MP Needlecrafts 1:00pm A Board Games 2:00pm GR Chair Yoga 3:00pm MP Meditation 4:00pm A *Art with Maham 4:00pm MP *Beginner Tai Chi		20 9:00am MP *Beg. Tai Chi 9:00am A Bridge 9:00am O *Hike: Soapstone 10:00am MP Adv. Tai Chi 10:00am H *Massage 11:00am-12:30pm GR Lunch 11:15am MP Stretch/Strength 12:25pm *History Interviews 1:00pm A Dominoes 1:00pm MP TED Talk “Idiots are everywhere...” 2:00pm G Shuffleboard 2:15pm MP/GR *Line Dancing		21 Billiards Open at 12pm 9:30am G Cut Ups Carvers 10:00am C2 *Ask the Insurance Agent 10:30am A Book Club 10:30am MP Singers 11:00am-12:30pm GR Lunch 11:30am C1 *Ask Steve 12:25pm *History Interviews 1:00pm C2 Genealogy 1:00pm MP *Movie: “Pressure” 1:30pm A Simply Strumming		22 9:00am MP Yoga - Video 10:00am A Coloring & Cards 11:00am-12:30pm GR Lunch 11:15am MP Stretch & Strengthen 12:25pm *History Interviews 1:00pm MP *Medicare with Human Services 1:00pm A Setback 2:00pm GR Chair Volleyball		16 8:45am A Tai Chi Practice 9:00am GR Breakfast 9:00am C2 Chess Mates 9:00am GR Wii Bowling 10:30am MP Moving Forward with Parkinson's Disease	
26 8:45am MP Interm. Tai Chi 9:00am A Chess Mates 9:00am GR Gentle Yoga 10:00am C2 *Beginner Mahjongg Lessons (2/3) 10:30am GR Stability Class 12:25pm *History Interviews 12:30pm MP Needlecrafts 1:00pm A Board Games 2:00pm GR Chair Yoga 3:00pm MP Meditation 4:00pm A *Art with Maham 4:00pm MP *Beginner Tai Chi		27 9:00am MP *Beg. Tai Chi 9:00am A Bridge 9:30am H *Footcare 10:00am MP Adv. Tai Chi 11:00am-12:30pm GR Lunch/ Lunch with Laurie 11:15am MP Stretch/Strength 12:25pm *History Interviews 1:00pm A Dominoes 1:00pm MP TED Talk “We’ve solved many medical...” 2:00pm G Shuffleboard 2:15pm MP/GR *Line Dancing		28 9:30am A Cut Ups Carvers 10:00am C2 *Ask the Financial Advisor 10:00am H *Reiki 10:30am MP Singers 11:00am-12:30pm GR Lunch 11:30am C1 *Ask Steve 12:25pm *History Interviews 1:00pm MP *Movie: “The Devil All The Time” 1:00pm C2 *Tech Assist 1:30pm A Simply Strumming		29 8:30am-12:00pm Costume Contest 9:00am MP Gentle Yoga 10:00am A Coloring & Cards 11:00am-12:30pm GR Lunch 11:15am MP Stretch & Strengthen 1:00pm A Setback 2:00pm GR Chair Volleyball		30 8:45am MP Tai Chi Practice 9:00am GR Breakfast 9:00am GR Wii Bowling Deadline to sign up for vaccine clinics: Shingles, RSV, Pneumonia	