

ELLINGTON SENIOR CENTER EVENTS NOVEMBER 2026

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 8:30am H *Haircuts 8:45am MP Interm. Tai Chi 9:00am A Chess Mates 9:00am GR Yoga 10:00am C2 *Beginner Mahjongg Lessons (3/3) 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 MP *Begin. Tai Chi	3 NO Billiards 9:00am A *Acrylics: Ornament 9:00am MP *Beginner Tai Chi 9:00am G Bridge 10:00am MP Advance 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 “Why.. cities like Disney” 2:00pm G Shuffleboard 2:15pm MP/GR *Line Dancing	4 9:30am A Cut Ups Carvers 9:45am MP Singers 10:00am *Welcome New Members 11:00am-12:30pm GR Lunch 11:30am C1 *Ask Steve 1:00pm MP *Movie: “My Old Lady” 1:00pm C2 *Medicaid/SNAP 1:00pm C1 *Tech Assist 1:30pm A Simply Strumming	5 9:00am MP Yoga 9:30am H *Footcare 10:00am A Coloring & Cards 11:00am-12:30am GR Lunch 11:15am MP Stretch/Strength 1:00pm A Setback 1:00pm MP *What is Seasonal Depression? 2:00pm GR Chair Volleyball	6 8:45am MP Tai Chi Practice 9:00am GR Breakfast 9:00am GR Wii Bowling
9 NO Meditation 8:45am MP Interm. Tai Chi 9:00am GR Yoga 9:00am A Chess Mates 10:00am C2 *Beginner Mahjongg Lessons (1/3) 10:30am GR - Stability 12:30pm MP Needlecrafts 1:00pm A Board Games 2:00pm GR Chair Yoga 3:00pm GR *TRI-M Music Performance 4:00pm MP *Begin. Tai Chi	10 9:00am MP *Beginner Tai Chi 9:00am A Bridge 10:00am MP Advance Tai Chi 11:00am-12:30pm GR Lunch 11:15am MP Stretch/Strength 1:00pm C1 *Ask Selectman 1:00pm A Dominoes 1:00pm MP TED Talk “How to use family dinners to teach politics” 2:00pm G Shuffleboard 2:15pm GR/MP *Line Dancing *TRIP: Jukebox 45	11 ★ WE WILL BE ★ CLOSED FOR VETERANS DAY ★ ★ ★ ★ ★ ★ ★	12 9:00am MP 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 *Probate 2:00pm C2 *Ask the Attorney 2:00pm GR Chair Volleyball	13 8:45am MP Tai Chi Practice 9:00am GR Breakfast 9:00am GR Wii Bowling 10:00am A *Holiday Photography
16 8:45am MP Interm. Tai Chi 9:00am A Chess Mates 9:00am GR Yoga 10:00am C2 *Beginner Mahjongg Lessons (2/3) 10:00am H *Vax. Clinic 10:30am MP Stability Class 11:30am GR *Vet’s Lunch 12:30pm *History Interviews 12:30pm MP Needlecrafts 1:00pm A Board Games 2:00pm GR Chair Yoga 3:00pm MP Meditation 4:00pm MP *Begin. Tai Chi	17 9:00am MP *Beginner Tai Chi 9:00am A Bridge 10:00am MP Advance Tai Chi 10:00am H *Massage 11:00am-12:30pm GR Lunch 11:15am MP Stretch/Strength 12:30pm *History Interviews 1:00pm A Dominoes 1:00pm MP TED Talk “Your brain hallucinates your....” 2:00pm G Shuffleboard 2:15pm GR/MP *Line Dancing	18 9:30am A Cut Ups Carvers 9:45am MP Singers 10:00am C2 *Ask Ins. Agent 10:30am A Book Club 11:00am-12:30pm GR Lunch 11:30am C1 *Ask Steve 12:30pm *History Interviews 1:00pm MP *Movie: “Top Gun Maverick” 1:00pm C1 *Tech Assist 1:30pm C2 Geneology 1:30pm A Simply Strumming	19 9:00am MP Yoga 10:00am A Coloring & Cards 11:00am-12:30pm GR Lunch 11:15am MP Stretch & Strengthen 1:00pm C2 Creative Writing 1:00pm A Setback 2:00pm GR Chair Volleyball	20 8:45am A Tai Chi Practice 9:00am GR Breakfast 9:00am GR Wii Bowling 10:30am MP Moving Forward with Parkinson’s Disease
23 8:45am MP Interm. Tai Chi 9:00am A Chess Mates 9:00am GR Yoga 10:00am C2 *Beginner Mahjongg Lessons (3/3) 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 MP *Begin. Tai Chi	24 Kitchen Closed 9:00am MP *Beginner Tai Chi 9:00am A Bridge 9:30am H *Footcare 10:00am MP Advance Tai Chi 11:15am MP Stretch/Strength 1:00pm A Dominoes 1:00pm MP TED Talk “How bullying spreads....” 2:00pm G Shuffleboard	25 Kitchen Closed NO Singers 9:30am A Cut Ups Carvers 10:00am H *Reiki CLOSED AT NOON	 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	
30 8:45am MP Interm. Tai Chi 9:00am A Chess Mates 9:00am GR Yoga 10:30am GR Stability Class 11:15am-1:45pm GR *History Interview Photos 12:30pm MP Needlecrafts 1:00pm A Board Games 2:00pm GR Chair Yoga 3:00pm MP Meditation 4:00pm MP *Begin. Tai Chi	 Tri-M Music HONOR SOCIETY® Monday, November 9 3:00pm-4:00pm Join us for a special performance from the Ellington High School Honor Music Students. Advanced registration is appreciated. Walk ins welcome!			