

Coventry Senior Center November 2025

172 Lake Street Coventry, CT 06238

Hours: Mon-Thurs 9AM-4PM, Fri 9AM-1PM

Billiards Table Available—Call to Schedule Your Game Today!

Mon	Tue	Wed	Thu	Fri
				
<p>3</p> <p>10:00 Chair Yoga</p> <p>9:30 Footcare w/ Kylie</p> <p>11:00 Cribbage</p>	<p>4</p> <p>9:30 Free Video Workout</p> <p>1:00 Bingo</p>	<p>5</p> <p>9:30 Tai Chi (Different room)</p> <p>10:45 Jam Session (Different room)</p> <p>12:00 Veteran's Lunch</p>	<p>6</p> <p>9:30 Free Video Workout</p> <p>9:30 Mahjongg</p> <p>1:00 Sewing Etc.</p>	<p>7</p>
<p>10</p> <p>10:00 Chair Yoga</p> <p>10:00 Massage w/ Andrea</p> <p>11:00 Cribbage</p>	<p>11</p> <p>CLOSED FOR VETERAN'S DAY</p>	<p>12</p> <p>9:30 Tai Chi</p> <p>1:00 Setback</p>	<p>13</p> <p>10:15 Strength & Balance with Tracey</p> <p>9:30 Mahjongg</p> <p>1:00 Sewing Etc.</p>	<p>14</p> <p>10:00 Grief Support</p> <p>11:00 Chess Club</p>
<p>17</p> <p>10:00 Chair Yoga</p> <p>11:00 Cribbage</p> <p>11:00 Crafternoon</p>	<p>18</p> <p>10:00 Strength & Balance with Tracey</p> <p>1:00 Bingo</p> <p>2:00 Tech Tuesday</p>	<p>19</p> <p>9:30 Tai Chi</p> <p>10:45 Jam Session</p> <p>1:00 Setback</p> <p>1:30 Book Club</p>	<p>20</p> <p>10:00 Strength & Balance with Tracey</p> <p>9:30 Mahjongg</p> <p>1:00 Sewing Etc.</p>	<p>21</p> <p>9:30 Hair Cuts</p>
<p>24</p> <p>10:00 Chair Yoga</p> <p>11:00 Massage w/ Jackie</p> <p>11:00 Cribbage</p>	<p>25</p> <p>10:00 Strength & Balance with Tracey</p> <p>1:00 Bingo</p>	<p>26</p> <p>9:30 Tai Chi</p> <p>1:00 Setback</p>	<p>27</p> <p>CLOSED FOR THANKSGIVING</p>	<p>28</p> <p>CLOSED FOR THANKSGIVING</p>