

LITCHFIELD SENIOR CENTER CALENDAR OCTOBER 2026

MONDAY	TU	WEDNESDAY	Thurs.	FRIDAY	SAT/SUN
WE WILL BE STARTING THE SAND FOR SENIORS IN NOVEMBER. CALL NUMBER BELOW TO REQUEST SAND			1	2 8:30 exercise & Aerobic & weight training 9:30 cribbage 10-1 card games and games. BYO lunch	3/4
5 8:30 exercise & Aerobic & weight training 9:30 Knitting/croc. 9-11 Line dancing Practice at Sportsmen's Club	6 Fryeburg fair leaving at 9	7 9-945 Qigong at Sportsmen's Club 10-12 band practice at Sportsmen's Club Gardening Club 1 pm	8	9 8:30 exercise & Aerobic & weight training 9:30 cribbage 10-1 card games and games. BYO lunch	10/11
12 Closed Indigenous/Columbus Day	13	14 9-945 Qigong at Sportsmen's Club 10-12 band practice at Sportsmen's Club	15 North Conway shopping at 9.00 am	16 8:30 exercise & Aerobic & weight training 9:30 cribbage 10-1 card games and games. Potluck luncheon at 12. Celebration of October Birthdays	17/18
19 8:30 exercise & Aerobic & weight training, Knitting/croc 9:30 , 10:30 am Sewing class Knitting/croc. Line Dancers will perform at Montello Heights at 10:00 leaving at 9:00 Book Club 1pm How to age Disgracefully by Claire Pooley	20	21 9-945 Qigong at Sportsmen' Club 10-12 band practice at Sportsmen's Club	22 Advisory committee 1pm	23 8:30 exercise & Aerobic & weight training 9:30 cribbage 10-1 card games and games. BYO lunch	24/25
26 8:30 exercise & Aerobic & weight training 9:30 Knitting/croc. Line Dancing at Gray Birch Rehab 2:00 Leaving at 1:00	27	28 9-945 Qigong at Sportsmen' Club 10-12 band practice at Sportsmen's Club	29 Oxford Casino LEAVING AT 9:30	30 8:30 exercise & Aerobic & weight training 9:30 cribbage 10-1 card games and games. BYO lunch	31/NOV 1 Happy Halloween Steel Magnolias 2pm

Lori Larrabee Senior Center Director phone 446-6275

466 Academy Rd Litchfield Mailing address 2400 Hallowell Rd Litchfield

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