

LITCHFIELD SENIOR CENTER ACTIVITIES CALENDAR - OCTOBER, 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
<i>Exercise equipment available Mon & Friday when the Center is open or look for the open flag.</i>		<i>1</i> <i>Qigong/Tai Chi exercises at 9 am - 10-12 Music practice for CB Band both at Litchfield Sportsmen's Club</i>	<i>2</i>	<i>3</i> 8:30 Indoor walking with Dian & friends 10 Card games 12 BYO lunch 1 Cards/games/ Unlucky 7's	<i>4/5</i>
<i>6</i> 8:30 Indoor walking at Senior Center w/Dian 9:30 Knitting/Crocheting with Sharon Thibault at Senior Ctr. Litchfield Senior Steppers perform at Mt. Joseph, Waterville @ 1:30 Bus leave from Sportsmen's at 12:15	<i>7</i>	<i>8</i> <i>Qigong/Tai Chi exercises at 9 am - 10-12 Music practice for CB Band both at Litchfield Sportsmen's Club</i>	<i>9</i>	<i>10</i> 8:30 Indoor walking with Dian & friends 10 Card games 12 BYO lunch 1 Cards/games/Unlucky 7's	<i>11/12</i>
<i>13</i> Columbus Day/ Indigenous Peoples' Day Holiday	<i>14</i>	<i>15</i> <i>Qigong/Tai Chi exercises at 9 am - 10 am Music practice -both at Litchfield Sportsmen's Club</i>	<i>16</i> 1 Seniors Advisory Committee meeting	<i>17</i> 8:30 Indoor walking with Dian & friends 10 Card games 12 Potluck lunch w/speaker Kristin Solomon from Spectrum Generations about Nutrition for Seniors 1:30 Cards/games/Unlucky 7's	<i>18/19</i>
<i>20</i> 8:30 Indoor walking at Senior Center w/Dian 9:30 Knitting/Crocheting at Senior Center w/Sharon T. Litchfield Senior Steppers perform at Montello Heights, Lewiston at 10; Bus leaves @9 Book Club meeting at 1 – book to be discussed "The Cliffs" by J. Courtney Sullivan	<i>21</i>	<i>22</i> <i>Qigong/Tai Chi exercises at 9 am - 10 am Music practice -both at Litchfield Sportsmen's Club</i>	<i>23</i> Trip to Oxford Casino Leave at 9:30am from Sportsmen's Club	<i>24</i> 8:30 Indoor Walking with Dian & friends 10 Card games 12 BYO Lunch 1 Cards/games/Unlucky 7's	<i>25/26</i>
<i>27</i> 8:30 Indoor walking at Senior Center w/Dian; 9:30 Knitting/Crocheting at Senior Center with Sharon Thibault 9:30-11 Line Dancing at Litchfield Sportsmen's Club; Senior Center open at 11:30-2	<i>28</i>	<i>29</i> <i>Qigong/Tai Chi exercises at 9 am - 10 am Music practice -both at Litchfield Sportsmen's Club</i>	<i>30</i> We will be starting our "Sand for Seniors" program in November. Please call 446-6275 to be put on the list for delivery. Please return the empty bucket.	<i>31</i> 8:30 Indoor Walking with Dian & friends 10 Card games 12 BYO Lunch 1 Cards/games/Unlucky 7's	

Center phone 446-6275

Senior Center address: 466 Academy Rd., Litchfield

Next to Libby Tozier Elementary School

Mailing address: 2400 Hollowell Rd., Litchfield 04350