

Welcome Arms September 2026

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
	Please call to reserve a spot or ask for details ☺	1 10:00 – 12:30 Gym (S) 10:00 YMCA (C) 10:30 Craft and Chat KPL (M) 1:00 Lunch and Shopping (S) 1:30 Focus Friends (C) 2:00 Book Club WAU (M)	2 10:00 Music Group DAC (C) 10:30 Hike Killingly Reservoir (S) 11:00 LB's Restaurant \$ and Movies Thompson (M) 2:00 Chair Fitness WAU (S) 2:00 Spanish DAC (C)	3 10:00 Holes & Knolls Mini Golf \$ Picnic Mohegan Park (M) 10:00 Game Group DAC (C,S) 12:30 YMCA (C) 2:00 Nutrition 101 DAC (S)	4 10:00 Bird Watching @Audubon (C) 10:30 Yoga WAU (S) 11:00 Woodstock Fair (M) 1:00 Explore Scituate RI (S) 2:00 Picnic Table Poetry (C)	5
6	7 Agency Closed Labor Day	8 10:00 Coffee Social and Creating Geocache WAU (M, C) 11:00 Cooking WAU (S) 2:00 Thompson Hike (S) 2:00 Outdoor Walk (C) 4:00 Mansfield Movieplex \$ (M)	9 10:00-1:00 GYM (S) 10:00 Creative Writing WAU (M) 10:00 Music Group DAC (C) 1:30 Disc Golf Davis Forest (M) 2:00 Sign Language DAC (C) 2:00-3:00 Yoga WAU (S)	10 10:00 Game Group DAC (C,S) 10:00 Chair Dancing WAU (M) 12:30 YMCA (C) 1:00 Apple Picking Buell's Orchard (M) 1:30 Button Craft WAU (S)	11 10:00 Niantic Board Walk, Book Barn and Lunch (M) 11:00 Garden Club WAU (S,C) 1:30 Cornhole (C,S)	12 11:30 Lunch and Women's Soccer Game ECSU (M)
13	14 10:00 Coffee Social and Pet Therapy with Paulie WAU (M,C) 10:30 Rivertrail (S) 1-3 Monday Movie WAU (S) 2:00 Rummikub PPL (M) 2:30 Yoga w/Leila WAU (C)	15 11:00 Yoga WAU (S) 11:00 Lunch and Learn "Heathy Relationships" WAU (M,C) 2:30 Geocaching (M,C) 4:00 Mansfield Movieplex \$ (S)	16 10:00 Plainfield Pool (M) 12:00 Lunch, Shopping, Bowling (S,C) 1:30 Adult Coloring and Card Making KPL (M)	17 10:00 Game Group DAC (C,S) 10:00 Chair Dancing WAU (M) 2:00 Interactive Trivia w/ Bud WAU (M,C) 2:00 Chair Fitness WAU (S)	18 9:30 Helping Hands WAU (M) 10:00 Focus Friends (C) 11:00 Picnic, Walk, Games Harkness Park (S) 11:30 Lunch Cozy Corner \$ (M) 2:00 Picnic Table Poetry (C)	19
20	21 10:00 Bird Watching & Picnic @Goodwin State Forest (C) 10:30 Strength & Stretch WAU (S) 12:00 Nutrition 101 WAU (S) 1:30 Mexican Train WAU (M)	22 10:00 Diamond Art WAU (M) 10:00 YMCA (C) 11:00 Bigelow Hollow Walk and Lunch (S) 2:00 Budgeting WAU (M,C)	23 10:00 Music Group DAC (C) 11:00 Cooking WAU (S) 11:00 Putnam Dunkin \$ and Bingo PPL (M) 1:30 Cornhole (S,C)	24 10:00 Game Group DAC (C,S) 10:00 Chair Dancing WAU (M) 2:00 Yoga WAU (S)	25 10:00 Coffee Social & Neurographic Art (C) 11:00 Thrifting & Lunch (S) MV	26 11:00 Roseland Park Picnic, Walk (S)
27	28 10:30 Rivertrail Walk (S) 11:00 Young Adult Adventures (M) 1-3 Monday Movie WAU (S) CV	29 10:00 Tea and Watercolors WAU (M) 10:00 YMCA (C) 10:30 Hike Goodwin Forrest (S) 2:00 Farkle Game WAU (M) 2:00 Spanish DAC (C)	30 10:00 Breakfast Cooking WAU (M) 10:00 Music Group DAC (C) 10:30 Gym (S) 2:00 Book Cub WAU (M) 2:00 Chair Fitness WAU (S) 2:00 Smartphone Class DAC (C)	Mary 860-617-4650 Sue 860-771-8067 Chantal 860-861-4892	DAC = Dayville WAU = Wauregan KPL = Killingly Public Library PMB = Putnam Municipal BDG CV = Chantal Vacation MV = Mary Vacation SV=Sue Vacation	

