



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 Mon - Fri at 12:00 PM	9:00 Kripalu Yoga 10:30 Age in Motion - II 10:00 am & 1:00 pm - Bowling at Yankee Lanes (\$) 1:15 YMCA Chair Yoga at the Center 2:30 Super Senior Dance	9:00 Veterans Coffee Connection 9:00 Knitting Class 9:00 Indoor Super Sr. Pickleball at Keene Rec (\$) 10:00 Hand & Foot Card Game 10:30 Age in Motion - I 1:00 Bridge 1:15 Aroma Therapy & Self-Care	9:00 Gentle Yoga 9:30 Cribbage 10:00 Dominos 10:30 Foster Grandparents Program 1:30 Senior Singers 1:00 TKSC Walking Group 2:00 Mah Jongg 4:00 CVAH "Let's Talk" via Zoom 5:30 Super Senior Ted's Polar Challenge Walk 6:30 Yankee Bottle & Collectors' Club - KPL*	9:00-12:00 Quilting 9:00 Indoor Super Sr. Pickleball at Keene Rec (\$) 10:30 Age in Motion - I 12:45 Happy 69th Birthday to the Senior Center 1:00 Book Club Meeting on: Grants Ferry Reading: Walk in the Woods	9:00 Computer Help 10:30 Age in Motion - II 10:00 am & 1:00 pm - Bowling at Yankee Lanes (\$) 1:00 Jewelry Making 1:15 Bingo	10:30 Age in Motion - I (ZOOM from home)
	9:00 Kripalu Yoga 10:30 Age in Motion - II 10:00 am & 1:00 pm - Bowling at Yankee Lanes (\$) 1:00 Card Making 1:15 YMCA Chair Yoga at the Center 2:30 Super Senior Dance	9:00 Veterans Coffee Connection 9:00 Crochet Class 9:00 Indoor Super Sr. Pickleball at Keene Rec (\$) 10:00 Hand & Foot Card Game 10:30 Age in Motion - I 1:00 Bridge 1:15 The Benefits of Color Therapy	9:00 Gentle Yoga 9:30 Cribbage 10:00 Dominos 1:30 Senior Singers 1:00 TKSC Walking Group 2:00 Mah Jongg 3:30 Nail Painting Party! 4:00 CVAH "Let's Talk" via Zoom 5:30 Super Senior Ted's Polar Challenge Walk	9:00-12:00 Quilting 9:00 Indoor Super Sr. Pickleball at Keene Rec (\$) 10:30 Age in Motion - I 1:15 Virginia Eskin's Music Appreciation Series: Sounds of Spring 1 5:00 AH Family and Friends Night "From Milan, with Love" That's Amore" (Italian Night)***	9:00 Computer Help 10:30 Age in Motion - II 10:00 am & 1:00 pm - Bowling at Yankee Lanes (\$) 1:15 Bingo	VALENTINE'S DAY 10:30 Age in Motion - I (ZOOM from home)
	TKSC CLOSED 	9:00 Veterans Coffee Connection 9:00 Knitting Class 9:00 Indoor Super Sr. Pickleball at Keene Rec (\$) 10:00 Hand & Foot Card Game 10:30 Age in Motion - I 1:00 Bridge	9:00 Gentle Yoga 9:30 Cribbage 10:00 Dominos 1:30 Senior Singers 1:00 TKSC Walking Group 2:00 Mah Jongg 4:00 CVAH "Let's Talk" via Zoom 5:30 Super Senior Ted's Polar Challenge Walk	9:00-12:00 Quilting 9:00 Indoor Super Sr. Pickleball at Keene Rec (\$) 10:30 Age in Motion - I 12:00 Trivia at lunch/prizes 1:15 Virginia Eskin's Music Appreciation Series: Sounds of Spring 2	9:00 Computer Help 10:30 Age in Motion - II 10:00 am & 1:00 pm - Bowling at Yankee Lanes (\$) 1:00 Jewelry Making 1:15 Bingo	10:30 Age in Motion - I (ZOOM from home)
	9:00 Kripalu Yoga 10:30 Age in Motion - II 10:00 am & 1:00 pm - Bowling at Yankee Lanes (\$) 1:00 Card Making 1:15 YMCA Chair Yoga at the Center 2:30 Super Senior Dance	9:00 Veterans Coffee Connection 9:00 Crochet Class 9:00 Indoor Super Sr. Pickleball at Keene Rec (\$) 10:00 Hand & Foot Card Game 10:30 Age in Motion - I 1:00 Bridge	9:00 Gentle Yoga 9:30 Cribbage 10:00 Dominos 10:30 Funeral Preplanning Presentation** 1:30 Senior Singers 1:00 TKSC Walking Group 2:00 Mah Jongg 4:00 CVAH "Let's Talk" via Zoom 5:30 Super Senior Ted's Polar Challenge Walk	9:00-12:00 Quilting 9:00 Indoor Super Sr. Pickleball at Keene Rec (\$) 10:30 Age in Motion - I 1:00 CVAH Social - Overcoming the Winter Blues 3:00 Community Paint Project	9:00 Computer Help 10:30 Age in Motion - II 10:00 am & 1:00 pm - Bowling at Yankee Lanes (\$) 1:15 Bingo	10:30 Age in Motion - I (ZOOM from home)