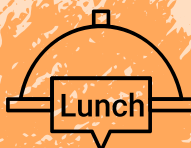












SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <b>Lunch</b> <b>Mon - Fri</b> <b>at 12:00 PM</b>	<b>LABOR DAY</b> 1 <b>SENIOR CENTER</b> <b>CLOSED</b> 	9:00 Outdoor Super Sr. 2 Pickleball at JD Courts <b>10:00 Hand &amp; Foot Game</b> 10:30 Age in Motion - I <b>1:00 Bridge, Hand &amp; Foot Game</b> <b>3:00 The Untold Truth of Club Menshen Book Talk</b>	9:00 Gentle Yoga 3 <b>10:00 Cribbage</b> <b>10:00 Dominos</b> <b>1:00 Book Club Meeting on: Fall Guy</b> <b>Reading: Marked Man</b> 1:30 Senior Center Singers <b>3:00 Mah Jongg</b> <b>4:00 CVAH 'Let's Talk' via Zoom</b>	9:00-12:00 Quilting 4 Class 9:00 Outdoor Super Sr. Pickleball at JD Courts 10:30 Age in Motion - I <b>1:15 NAMI/NH Loneliness/Self-Care Seminar</b>	9:00 Computer Help 5 10:30 Age in Motion - II Bowling at YL 1:00 Jewelry Making 1:15 Bingo <b>SBW drops off flowers in honor of Grandparents Day</b> 	10:30 Age in Motion - I 6 (ZOOM from home)
<b>HAPPY GRAND PARENTS DAY</b> 7 	9:00 Kripalu Yoga 8 10:30 Age in Motion - II 10:00 am & 1:00 pm - Bowling at YL (\$) 1:00 Card Making <b>1:15 YMCA Chair Yoga at the Center</b> <b>2:15 Super Senior Dance</b>	9:00 Outdoor Super Sr. 9 Pickleball at JD Courts <b>10:00 Hand &amp; Foot Game</b> 10:30 Age in Motion - I <b>1:00 Bridge, Hand &amp; Foot Game</b>	9:00 Gentle Yoga 10 <b>10:00 Cribbage</b> <b>10:00 Dominos</b> 1:30 Senior Center Singers <b>3:00 Mah Jongg</b> <b>4:00 CVAH 'Let's Talk' via Zoom</b>	9:00-12:00 Quilting 11 Class 9:00 Outdoor Super Sr. Pickleball at JD Courts 10:30 Age in Motion - I <b>1:30 CVAH Social "The Loyalist Stroll"</b> <b>5:00 AH Family and Friends Night*</b>	9:00 Computer Help 12 10:30 Age in Motion - II 10:00 am & 1:00 pm Bowling at YL 1:15 Bingo	10:30 Age in Motion - I 13 (ZOOM from home) <b>10:00- 1:00 pm Veterans Expo at the Keene YMCA*</b> <b>11:00-5:00 pm Elf Autumn Festival at Cheshire Fairgrounds</b>
 <b>GROWTH BY GIVING</b> <b>MUSIC FEST</b> <b>12:00 Noon-7:00 pm</b>	9:00 Kripalu Yoga 15 10:30 Age in Motion - II 10:00 am & 1:00 pm - Bowling at YL (\$) <b>1:15 YMCA Chair Yoga at the Center</b> <b>2:15 Super Senior Dance</b>	9:00 Outdoor Super Sr. 16 Pickleball at JD Courts <b>10:00 Hand &amp; Foot Game</b> 10:30 Age in Motion - I <b>1:00 Bridge, Hand &amp; Foot Game</b>	9:00 Gentle Yoga 17 <b>10:00 Cribbage</b> <b>10:00 Dominos</b> 1:30 Senior Center Singers <b>3:00 Mah Jongg</b> <b>4:00 CVAH "Let's Talk" via Zoom</b>	9:00-12:00 Quilting 18 Class 9:00 Outdoor Super Sr. Pickleball at JD Courts 10:30 Age in Motion - I <b>12:15 Trivia (at lunch)</b> <b>1:15 Hearing Life of Keene Presentation**</b>	9:00 Computer Help 19 10:30 Age in Motion - II 10:00 am & 1:00 pm - Bowling at YL (\$) 1:00 Jewelry Making 1:15 Bingo <b>2:00-4:00 pm Saxy Seniors Fashion Show at the Center</b> 	10:30 Age in Motion - I 20 (ZOOM from home)
	9:00 Kripalu Yoga 22 10:30 Age in Motion - II 10:00 am & 1:00 pm - Bowling at YL (\$) 1:00 Card Making <b>1:15 YMCA Chair Yoga at the Center</b> <b>2:15 Super Senior Dance</b>	9:00 Outdoor Super Sr. 23 Pickleball at JD Courts <b>10:00 Hand &amp; Foot Game</b> 10:30 Age in Motion - I <b>1:00 Bridge, Hand &amp; Foot Game</b>	9:00 Gentle Yoga 24 <b>10:00 Cribbage</b> <b>10:00 Dominos</b> 1:30 Senior Center Singers <b>3:00 Mah Jongg</b> <b>4:00 CVAH "Let's Talk" via Zoom</b>	9:00-12:00 Quilting 25 Class 9:00 Outdoor Super Sr. Pickleball at JD Courts 10:30 Age in Motion - I	9:00 Computer Help 26 10:30 Age in Motion - II 10:00 am & 1:00 pm - Bowling at YL (\$) 1:15 Bingo	10:30 Age in Motion - I 27 (ZOOM from home)
	9:00 Kripalu Yoga 29 10:30 Age in Motion - II 10:00 am & 1:00 pm - Bowling at YL (\$) <b>1:15 YMCA Chair Yoga at the Center</b> <b>2:00 Fuel Assistance Program</b> <b>2:15 Super Senior Dance</b>	9:00 Outdoor Super 30 Sr. Pickleball at JD Courts <b>10:00 Hand &amp; Foot Game</b> 10:30 Age in Motion - I <b>1:00 Bridge, Hand &amp; Foot Game</b>	 <div> <b>September is National Senior Center Month</b>  <b>Powering Possibilities: Flip the Script</b> </div>			