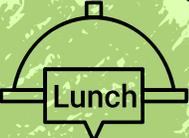




MARCH • 2026



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p>Lunch Mon - Fri at 12:00 PM</p>	<p>9:00 Kripalu Yoga 2 10:30 Age in Motion - II 10:00 am & 1:00 pm - Bowling at Yankee Lanes (\$) 1:00 Makeup Card Making Session 1:15 YMCA Chair Yoga at the Center 2:30 Super Senior Dance</p>	<p>9:00 Veterans Coffee Connection 3 9:00 Knitting Class 9:00 Indoor Super Sr. Pickleball at Keene Rec (\$) 10:00 Still Life Drawing Class 10:00 Hand & Foot Card Game 10:30 Age in Motion - I 1:00 Bridge</p>	<p>9:00 Gentle Yoga 4 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 6:30 Yankee Bottle & Collectors' Club - KPL*</p>	<p>9:00-12:00 Quilting 5 9:00 Indoor Super Sr. Pickleball at Keene Rec (\$) 1:00 Book Club Meeting on: Walk in the Woods Reading: A Long Walk to Water</p>	<p>9:00 Computer Help 6 9:00 Video Chair Yoga 10:30 Age in Motion - II 10:00 am & 1:00 pm Bowling at Yankee Lanes (\$) 1:00 Jewelry Making 1:15 Bingo</p>	<p>10:30 Age in Motion - I (ZOOM from home) 7</p>
<p>8 Daylight Savings Time Sunday, March 8th  Spring forward 1 hour!</p>	<p>9:00 Kripalu Yoga 9 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</p>	<p>9:00 Veterans Coffee Connection 10 9:00 Crochet Class 9:00 Indoor Super Sr. Pickleball at Keene Rec (\$) 10:00 Still Life Drawing Class 10:00 Hand & Foot Card Game 10:30 Age in Motion - I 1:00 Bridge 3:00 Heart Health and Nutrition</p>	<p>9:00 Gentle Yoga 11 9:30 Cribbage 10:00 Dominos 10:30 Band Workout Class 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 6:00 Paint Night with Corin</p>	<p>9:00-12:00 Quilting 12 9:00 Indoor Super Sr. Pickleball at Keene Rec (\$) 10:30 Age in Motion - I 5:00 AH Family and Friends Night "Lights, Camera, Action Hollywood Glam (Oscar)"**</p>	<p>9:00 Computer Help 13 9:00 Video Chair Yoga 10:30 Age in Motion - II 10:00 am & 1:00 pm Bowling at Yankee Lanes (\$) 1:15 Bingo</p>	<p>10:30 Age in Motion - I (ZOOM from home) 14</p>
<p>15</p>	<p>9:00 Kripalu Yoga 16 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 5:00 St. Patrick Celebration Dinner at the Center</p>	<p>ST. PATRICK'S DAY 17 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</p>	<p>9:00 Gentle Yoga 18 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</p>	<p>9:00-12:00 Quilting 19 9:00 Indoor Super Sr. Pickleball at Keene Rec (\$) 10:30 Age in Motion - I 12:00 Trivia at lunch/prizes 1:15 Introduction to Artificial Intelligence</p>	<p>9:00 Computer Help 20 9:00 Video Chair Yoga 10:30 Age in Motion - II 10:00 am & 1:00 pm - Bowling at Yankee Lanes (\$) 1:00 Jewelry Making 1:15 Bingo</p>	<p>10:30 Age in Motion - I (ZOOM from home) 21</p>
<p>22</p>	<p>9:00 Kripalu Yoga 23 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</p>	<p>9:00 Veterans Coffee Connection 24 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 3:00 Planning Healthy Meals</p>	<p>9:00 Gentle Yoga 25 9:30 Cribbage 10:00 Dominos 1:00 TKSC Walking Group 1:30 Senior Singers 2:00 Mah Jongg 4:00 CVAH "Let's Talk" via Zoom 5:30 Super Senior Ted's Polar Challenge Walk</p>	<p>9:00-12:00 Quilting 26 9:00 Indoor Super Sr. Pickleball at Keene Rec (\$) 10:30 Age in Motion - I 1:15 CVAH Social - UNH Extension Master Gardeners Talk</p>	<p>9:00 Computer Help 27 9:00 Video Chair Yoga 10:30 Age in Motion - II 10:00 am & 1:00 pm - Bowling at Yankee Lanes (\$) 1:15 Bingo 3:15 Hat Stories & Mocktails</p>	<p>10:30 Age in Motion - I (ZOOM from home) 28</p>
<p>29</p>	<p>9:00 Kripalu Yoga 30 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</p>	<p>9:00 Veterans Coffee Connection 31 9:00 Indoor Super Sr. Pickleball at Keene Rec (\$) 10:00 Hand & Foot Card Game 10:30 Age in Motion - I 1:00 Bridge</p>				