












SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 Lunch Mon - Fri at 12:00 PM	  round it up July 1-July 31 support the Center!	CO-OP JULY ROUND IT UP BEGINS 1 9:00 Gentle Yoga 9:00 TKSC Walking Group 9:30 Cribbage 10:00 Dominos 2:00 Senior Singers US 250th Anniversary Concert 2:00 Mah Jongg 4:00 CVAH "Let's Talk" via Zoom 5:00 Estate Planning Panel 6:30 Yankee Bottle & Collectors' Club - KPL*	8:30 Outdoor Super Sr. 2 Pickleball at JD Courts (No fee) 9:00 Yoga Dance 9:00-12:00 Quilting 9:30 Turn-up Garden Group 10:30 Age in Motion - I 11:30 AH Blood Pressure Clinic 1:00 Book Club Meeting on: <i>Old Friends</i> Reading: Stay tuned for the next book selection	THE KEENE SENIOR CENTER IS CLOSED 3 	JULY 4TH 4 1:00 Spring/Summer Grand Prize Raffle Drawing Senior Center's Booth, Railroad Square  	
5	9:00 Kripalu Yoga 6 10:30 Age in Motion - II 10:00 am & 1:00 pm - Bowling at Yankee Lanes (\$) 1:15 YMCA Chair Yoga at the Center	8:30 Outdoor Super Sr. 7 Pickleball at JD Courts (No fee) 9:00 Veterans Coffee Connection 9:30 Turn-up Garden Group 10:00 Hand & Foot Card Game 10:30 Age in Motion - I 10:30 Knitting Class 1:00 Bridge	9:00 Gentle Yoga 8 9:00 TKSC Walking Group 9:30 Cribbage 10:00 Dominos 10:30 A Course in Tai Chi 1:30 Senior Singers 2:00 Mah Jongg 4:00 CVAH "Let's Talk" via Zoom	8:30 Outdoor Super Sr. 9 Pickleball at JD Courts (No fee) 9:00 Yoga Dance 9:00-12:00 Quilting 9:30 Turn-up Garden Group 10:30 Age in Motion - I 5:00 AH Family and Friends Birthday, America! Party Like it's 1776***	9:00 Computer Help 10 9:00 Video Chair Yoga 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) 11
12	9:00 Kripalu Yoga 13 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	8:30 Outdoor Super Sr. 14 Pickleball at JD Courts (No fee) 9:00 Veterans Coffee Connection 9:00 Crochet Class 9:30 Turn-up Garden Group 10:00 Hand & Foot Card Game 10:30 Age in Motion - I 1:00 Bridge	9:00 Gentle Yoga 15 9:00 TKSC Walking Group 9:30 Cribbage 10:00 Dominos 10:30 A Course in Tai Chi 1:30 Senior Singers 2:00 Mah Jongg 4:00 CVAH "Let's Talk" via Zoom 4:00 Margaritaville BBQ Party Fundraiser(\$) 	8:30 Outdoor Super Sr. 16 Pickleball at JD Courts (No fee) 9:00 Yoga Dance 9:00-12:00 Quilting 9:30 Turn-up Garden Group 10:30 Age in Motion - I 12:00 Langdon Trivia at lunch/prizes 1:15 Night of Terror with Alan Rumrill	9:00 Computer Help 17 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  2:00 Senior Survivor Games	10:30 Age in Motion - I (ZOOM from home) 18
19	9:00 Kripalu Yoga 20 10:30 Age in Motion - II 10:00 am & 1:00 pm - Bowling at Yankee Lanes (\$) 1:15 YMCA Chair Yoga at the Center 1:15 Talk with a Doc on Nutrition	8:30 Outdoor Super Sr. 21 Pickleball at JD Courts (No fee) 9:00 Veterans Coffee Connection 9:30 Turn-up Garden Group 10:00 Hand & Foot Card Game 10:30 Age in Motion - I 10:30 Knitting Class 1:00 Bridge	9:00 Gentle Yoga 22 9:00 TKSC Walking Group 9:30 Cribbage 10:00 Dominos 10:30 A Course in Tai Chi 1:30 Senior Singers 2:00 Mah Jongg 4:00 CVAH "Let's Talk" via Zoom	8:30 Outdoor Super Sr. 23 Pickleball at JD Courts (No fee) 9:00 Yoga Dance 9:00-12:00 Quilting 9:30 Turn-up Garden Group 10:30 Age in Motion - I	9:00 Computer Help 24 9:00 Video Chair Yoga 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) 25
26	9:00 Kripalu Yoga 27 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	8:30 Outdoor Super Sr. 28 Pickleball at JD Courts (No fee) 9:00 Veterans Coffee Connection 9:00 Crochet Class 9:30 Turn-up Garden Group 10:00 Fuel Assistance Help 10:00 Hand & Foot Card Game 10:30 Age in Motion - I 12:00 Swamp Bats BBQ  1:00 Bridge	9:00 Gentle Yoga 29 9:00 TKSC Walking Group 9:30 Cribbage 10:00 Dominos 10:30 A Course in Tai Chi 1:30 Senior Singers 2:00 Mah Jongg 4:00 CVAH "Let's Talk" via Zoom	8:30 Outdoor Super Sr. 30 Pickleball at JD Courts (No fee) 9:00 Yoga Dance 9:00-12:00 Quilting 9:30 Turn-up Garden Group 10:30 Age in Motion - I 1:15 Wellness Series with Amanda Trask	9:00 Computer Help 31 9:00 Video Chair Yoga 10:30 Age in Motion - II 10:00 am & 1:00 pm - Bowling at Yankee Lanes (\$) 1:15 Bingo	