

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Sat</i>
April 2019					
<p>April 1 Mon</p> <p>7:00-9:00 Walking / Rec Ctr 8:30-4:30 Gym Open 8:45 Kripalu Yoga 10:00 Age in Motion 1 11:00 Pinochle & Hearts 12:30 Bowling at Yankee Lanes 1:00 Chair Yoga 1:30 Ping Pong</p>	<p>April 2 Tues</p> <p>7:00-9:00 Walking / Rec Ctr 8:30-4:30 Gym Open 9:00 Yoga 10:30 Age in Motion 2 11:30 Special Speaker: Veteran's Outreach- Anne Kuster's office 12:00 Tuesdays Together * 1:00 Movie in the Living Room 1:00 Bridge 3:00 Learn How to Use the Gym 7:00pm AA Meeting</p>	<p>April 3 Wed</p> <p>7:00-9:00 Walking / Rec Ctr 8:30-4:30 Gym Open 10:00 Qigong <u>12:00</u> Friendly Meal * 1:00 Senior Swingers 1:00 Cribbage</p>	<p>April 4 Thurs</p> <p>7:00-9:00 Walking / Rec Ctr 8:30-4:30 Gym Open 9:00-10 Yoga 9:30 Super Seniors 9:30 Quilts R'Us 10:30 Age in Motion 2 11:30-12:30 Tai Chi Beginners 11:00 Family Memoir 12:00 Book Club 12:45-1:45 Tai Chi Intermediate 2:30- 4:00 Advanced Care Planning Speaker 2:00 Billiards 2:00 -3:30 Knitting Circle</p>	<p>April 5 Fri</p> <p>7:00-9:00 Walking / Rec Ctr 8:30-4:30 Gym Open 9:00 Bowling at Yankee Lanes 9-10 Computer Help w/Norman 10:00 Age in Motion 1 12:00 Garden Fresh Friday * 12:30 Bingo 12:30 Duplicate Bridge at Bentley Commons 1:00 Movie in the Living Room 1:00 Handmade Cards</p>	<p>April 6 Sat</p> <p style="text-align: center;">Senior Center Open 10am to 2PM Open gym, ping pong, pool, games, movie, bag lunch (\$1), thrift shop open.</p> <p style="text-align: center;">Our Vision as We Age 10:30 – 11:30 Jude Bischoff</p>
<p>April 8 Mon</p> <p>7:00-9:00 Walking / Rec Ctr 8:30-4:30 Gym Open 8:45 Kripalu Yoga 10:00 Age in Motion 1 11:00 Pinochle & Hearts 12:30 Bowling at Yankee Lanes 1:00 Chair Yoga 1:30 Ping Pong 1:30 – New Member Orientation</p>	<p>April 9 Tues</p> <p>7:00-9:00 Walking / Rec Ctr 8:30-4:30 Gym Open 9:00 Yoga 10:30 Age in Motion 2 12:00 Tuesdays Together * 1:00 Movie in the Living Room 1:00 Bridge 7:00pm AA Meeting</p>	<p>April 10 Wed</p> <p>7:00-9:00 Walking / Rec Ctr 8:30-4:30 Gym Open 10:00 Qigong <u>12:00</u> Friendly Meal * 1:00 Senior Swingers 1:00 Cribbage 1:30 – CV@H Safety at Home (Castle Center, Keene)</p>	<p>April 11 Thurs</p> <p>7:00-9:00 Walking / Rec Ctr 8:30-4:30 Gym Open 9:00-10 Yoga 9:30 Quilts R'Us 10:10-10:55 Kids from the Y 10:30 Age in Motion 2 11:00 Family Memoir 11:30-12:30 Tai Chi Beginners 12:45-1:45 Tai Chi Intermediate 2:00 Billiards 2:00 -3:30 Knitting Circle 2:30 -3:30 Advanced Care Planning "Pizza and Planning"</p>	<p>April 12 Fri</p> <p>7:00-9:00 Walking / Rec Ctr 8:30-4:30 Gym Open 9:00 Bowling at Yankee Lanes 9-10 Computer Help w/Norman 10:00 Age in Motion 1 12:00 Garden Fresh Friday * 12:30 Bingo 12:30 Duplicate Bridge at Bentley Commons 1:00 Movie in the Living Room</p>	<p>April 13 Sat</p> <p style="text-align: center;">Senior Center Open 10am to 2PM Open gym, ping pong, pool, games, movie, bag lunch (\$1), thrift shop open.</p> <p style="text-align: center;">Dance Movement 10:30-11:30 Kara Serasis</p>
<p>April 15 Mon</p> <p>7:00-9:00 Walking / Rec Ctr 8:30-4:30 Gym Open 8:45 Kripalu Yoga 10:00 Age in Motion 1 11:00 Pinochle & Hearts 12:30 Bowling at Yankee Lanes 1:00 Chair Yoga- 1:30 Ping Pong</p>	<p>April 16 Tues</p> <p>7:00-9:00 Walking / Rec Ctr 8:30-4:30 Gym Open 9:00 Yoga 9:30- 10:30 Nurse is In 10:30 Age in Motion 2 12:00 Tuesdays Together 1:00 Movie in the Living Room 1:00 Bridge 3:00 Learn How to Use the Gym 7:00pm AA Meeting</p>	<p>April 17 Wed</p> <p>7:00-9:00 Walking / Rec Ctr 8:30-4:30 Gym Open 10:00 Qigong 12:00 Friendly Meal * 1:00 Senior Swingers 1:00 Cribbage</p>	<p>April 18 Thurs</p> <p>8:30-4:30 Gym Open 9:00-10 Yoga 9:30 Quilts R'Us 11:00 Family Memoir 10:30 Age in Motion 2 11:30 – 12:30 Tai Chi Beginners 12:45 – 1:45 Tai Chi Intermediate 1:30 Creative Writing 2:00 Billiards 2:00- 3:30 Knitting Circle 4:00 Board Meeting</p>	<p>April 19 Fri</p> <p>7:00-9:00 Walking / Rec Ctr 8:30-4:30 Gym Open 9:00 Bowling at Yankee Lanes 9-10 Computer Help w/Norman 10:00 Age in Motion 1 12:30 Duplicate Bridge at Bentley Commons 1:00 Movie in the Living Room 1:00 Handmade Cards</p>	<p>April 20 Sat</p> <p style="text-align: center;">Senior Center Open 10am to 2PM Open gym, ping pong, pool, games, movie, bag lunch (\$1), music, thrift shop open.</p> <p style="text-align: center;">Kendall Row Band 11:45AM – 12:45 PM</p>

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
April 22 Mon 7:00-9:00 Walking / Rec Ctr 8:30-4:30 Gym Open 8:45 Kripalu Yoga 10:00 Age in Motion 1 11:00 Pinochle & Hearts 12:30 Bowling at Yankee Lanes 1:00 Chair Yoga 1:30 Ping Pong	April 23 Tues 7:00-9:00 Walking / Rec Ctr 8:30-4:30 Gym Open 9:00 Yoga 10:30 Age in Motion 2 12:00 Tuesdays Together * 1:00 Movie in the Living Room 1:00 Bridge 3:00 Learn How to Use the Gym 7:00 pm AA Meeting	April 24 Wed 7:00-9:00 Walking / Rec Ctr 8:30-4:30 Gym Open 10:00 Qigong 12:00 Friendly Meal * 1:00 Senior Swingers 1:00 Cribbage	April 25 Thurs 7:00-9:00 Walking / Rec Ctr 8:30-4:30 Gym Open 9:00-10 Yoga 9:30 Quilts R'Us 10:10 -10:55- Kids from the Y 11:00 Family Memoir 10:30 Age in Motion 2 11:30-12:30 Tai Chi Beginners 12:45-1:45 Tai Chi Intermediate 2:00 Billiards 2:00-3:30 Knitting Circle	April 26 Fri 7:00-9:00 Walking / Rec Ctr 8:30-4:30 Gym Open 9:00 Bowling at Yankee Lanes 9-10 Computer Help w/Norman 10:00 Age in Motion 1 12:00 Garden Fresh Friday * 12:30 Bingo 12:30 Duplicate Bridge at Bentley Commons 1:00 Movie in the Living Room Cards	April 27 Sat Senior Center Open 10am to 2PM Open gym, ping pong, pool, games, movie, bag lunch (\$1), music, thrift shop open. Keene State Nutrition Association Program 11AM
April 29 Mon 7:00-9:00 Walking / Rec Ctr 8:30-4:30 Gym Open 8:45 Kripalu Yoga 10:00 Age in Motion 1 11:00 Pinochle & Hearts 12:30 Bowling at Yankee Lanes 1:00 Chair Yoga 1:30 Ping Pong	April 30 Tues 7:00-9:00 Walking / Rec Ctr 8:30-4:30 Gym Open 9:00 Yoga 10:30 Age in Motion 2 12:00 Tuesdays Together * 1:00 Movie in the Living Room 1:00 Bridge 3:00 Learn How to Use the Gym 7:00 pm AA Meeting	<p style="text-align: center;">SAVE THE DATE: SUNDAY APRIL 14th</p> <p style="text-align: center;">GARDEN PROJECT AT ASHUELOT PARK with ROTARACT</p> <p style="text-align: center;">11:00 AM to 1:00PM</p> <p>Rain Date: Sunday April 28th.</p> 			