

Monday	Tuesday	Wednesday	Thursday	Friday	Sat
<b>August 2019</b>					
<p><b>August is National Happiness Happens Month!</b>  Happiness is a choice. Remembering happiness does not mean you are problem free. That kind of life doesn't exist. As the Stoics of Ancient Greece observed, happiness is all about the quality of your thoughts. Happiness is not a destination, but rather a life-long pursuit.</p> <p>~ <a href="https://nationaldaycalendar.com/happiness-happens-month-august/">https://nationaldaycalendar.com/happiness-happens-month-august/</a></p> <p>[HANNAFORD'S BOOK SALE to benefit the Center <b>beginning Aug 1st</b>. Drop off your hard/soft cover books at their Service Counter and they will do the rest.]</p>			<p><b>Aug 1 Thurs</b>  8:30-4:30 Gym Open  9:00 Yoga  9:30 Quilts R'Us  10:30 Age in Motion 2  11:30 Tai Chi Beginners  12:00 Book Club  12:45 Tai Chi Intermediate  2:00 Billiards  <b>2:00-3:30 Knitting Circle</b></p> <p><i>Beginning today: drop off books at Hannaford's</i></p>	<p><b>Aug 2 Fri</b>  7:00-9:00 Walking / Rec Ctr  8:30-4:30 Gym Open  9:00 Bowling at Yankee Lanes  9:00 Computer Help w/Norman*  10:00 Age in Motion 1  11:00 TurnUp Gardeners  12:00 Garden Fresh Friday*  12:30 Bingo  12:30 Duplicate Bridge at American House  1:00 Movie in the Living Room</p>	<p><b>Aug 3 Sat</b></p> <p><b>Senior Center Open</b>  10AM to 2PM  Open gym, ping-pong, pool, games, movie, bag lunch (\$2), thrift shop open.</p>
<p><b>Aug 5 Mon</b>  7:00-9:00 Walking / Rec Ctr  8:30-4:30 Gym Open  8:45 Kripalu Yoga  <b>9:00 am-12:30 pm AARP Driver Safety Class</b>  10:00 Age in Motion 1  11:00 Pinochle &amp; Hearts  12:30 Bowling at Yankee Lanes  1:00 Chair Yoga  1:30 Ping Pong</p>	<p><b>Aug 6 Tues</b>  7:00-9:00 Walking / Rec Ctr  8:30-4:30 Gym Open  9:00 Yoga  <b>9:00 am-12:30 pm AARP Driver Safety Class</b>  10:30 Age in Motion 2  11:00 TurnUp Gardeners  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><b>Aug 7 Wed</b>  7:00-9:00 Walking / Rec Ctr  8:30-4:30 Gym Open  9:00 Social Hour! Coffee, tea, and conversation  10:00 Qigong  12:00 Welcome Wednesday*  12:30 Cribbage  1:00 Senior Swingers</p>	<p><b>Aug 8 Thurs</b>  8:30-4:30 Gym Open  <b>9:00 am-2:00 pm Day trip to Augustus Saint-Gaudens, Cornish, NH</b>  9:00 Yoga  9:30 Quilts R'Us  10:30 Age in Motion 2  11:30 Tai Chi Beginners  12:45 Tai Chi Intermediate  2:00 Billiards</p>	<p><b>Aug 9 Fri</b>  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  11:00 TurnUp Gardeners  12:00 Garden Fresh Friday  12:30 Bingo  12:30 Duplicate Bridge at American House  1:00 Movie in the Living Room  <b>1:00 Handmade Cards</b></p>	<p><b>Aug 10 Sat</b></p> <p><b>Senior Center Open</b>  10AM to 2PM  Open gym, ping-pong, pool, games, movie, bag lunch (\$2), thrift shop open.</p>

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Sat</b>
<p><b>Aug 12 Mon</b>  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 &amp; Hearts  12:30 Bowling at Yankee Lanes  1:00 Chair Yoga  1:30 Ping Pong  <b>1:30 New Member Orientation</b></p>	<p><b>Aug 13 Tues</b>  7:00-9:00 Walking / Rec Ctr  8:30-4:30 Gym Open  9:00 Yoga  <b>9:30- 10:30 Nurse Is In</b>  10:30 Age in Motion 2  11:00 TurnUp Gardeners  12:00 Tuesdays Together*  <b>1:00 NH Alliance for Healthy Aging</b>  1:00 Movie in the Living Room  1:00 Bridge  3:00 Learn to Use the Gym  7:00 pm AA Meeting</p>	<p><b>Aug 14 Wed</b>  7:00-9:00 Walking / Rec Ctr  8:30-4:30 Gym Open  9:00 Social Hour! Coffee, tea, and conversation  10:00 Qigong  12:00 Welcome Wednesday*  12:30 Cribbage  1:00 Senior Swingers</p> <p><i>Don't forget: drop off books at Hannaford's during August!</i></p>	<p><b>Aug 15 Thurs</b>  7:00-9:00 Walking / Rec Ctr  8:30-4:30 Gym Open  9:00 Yoga  9:30 Quilts R'Us  10:30 Age in Motion 2  11:30 Tai Chi Beginners  12:45 Tai Chi Intermediate  2:00 Billiards  <b>2:00-3:30 Knitting Circle</b>  <b>4:00 Board Meeting</b></p>	<p><b>Aug 16 Fri</b>  7:00-9:00 Walking / Rec Ctr  8:30-4:30 Gym Open  9:00 Bowling at Yankee Lanes  9:00 Computer Help w/Norman*  10:00 Age in Motion 1  11:00 TurnUp Gardeners  12:00 Garden Fresh Friday*  12:30 Bingo  12:30 Duplicate Bridge at American House  1:00 Movie in the Living Room  5:00 BBQ dinner</p>	<p><b>Aug 17 Sat</b></p> <p><b>Senior Center Open</b>  10AM to 2PM  Open gym, ping-pong, pool, games, movie, bag lunch (\$2), thrift shop open.</p> <p><b>Music:</b>  <b>11:45am – 12:45pm</b>  <b>Dave Chandler will play “Old Favorites”</b></p>
<p><b>Aug 19 Mon</b>  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 &amp; Hearts  12:30 Bowling at Yankee Lanes  1:00 Chair Yoga  1:30 Ping-Pong</p>	<p><b>Aug 20 Tues</b>  7:00-9:00 Walking / Rec Ctr  8:30-4:30 Gym Open  9:00 Yoga  10:30 Age in Motion 2  11:00 TurnUp Gardeners  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>	<p><b>Aug 21 Wed</b>  7:00-9:00 Walking / Rec Ctr  8:30-4:30 Gym Open  9:00 Social Hour! Coffee, tea, and conversation  10:00 Qigong  12:00 Welcome Wednesday*  12:30 Cribbage  1:00 Senior Swingers</p>	<p><b>Aug 22 Thurs</b>  7:00-9:00 Walking / Rec Ctr  8:30-4:30 Gym Open  9:00 Yoga  9:30 Quilts R'Us  10:30 Age in Motion 2  11:30 Tai Chi Beginners  12:45 Tai Chi Intermediate  2:00 Billiards  <b>2:00–4:00 Cheshire Village at Home presents “From Gas Guzzlers to Tesla: How design affects fuel use”</b></p>	<p><b>Aug 23 Fri</b>  7:00-9:00 Walking / Rec Ctr  8:30-4:30 Gym Open  9:00 Bowling at Yankee Lanes  9:00 Computer Help w/Norman*  10:00 Age in Motion 1  11:00 TurnUp Gardeners  12:00 Garden Fresh Friday*  12:30 Bingo  12:30 Duplicate Bridge at American House  1:00 Movie in the Living Room  <b>1:00 Handmade Cards</b></p>	<p><b>Aug 24 Sat</b></p> <p><b>Senior Center Open</b>  10AM to 2PM  Open gym, ping-pong, pool, games, movie, bag lunch (\$2), thrift shop open.</p> <p><b>Senior Center “Games Day”</b>  <b>11am-noon</b>  <b>Collaborative program with The Greater Keene Rotaract Club</b></p>
<p><b>Aug 26 Mon</b>  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 &amp; Hearts  12:30 Bowling at Yankee Lanes  1:00 Chair Yoga  1:30 Ping Pong</p>	<p><b>Aug 27 Tues</b>  7:00-9:00 Walking / Rec Ctr  8:30-4:30 Gym Open  9:00 Yoga  10:30 Age in Motion 2  11:00 TurnUp Gardeners  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>	<p><b>Aug 28 Wed</b>  7:00-9:00 Walking / Rec Ctr  8:30-4:30 Gym Open  9:00 Social Hour! Coffee, tea, and conversation  10:00 Qigong  12:00 Welcome Wednesday*  12:30 Cribbage  1:00 Senior Swingers</p>	<p><b>Aug 29 Thurs</b>  7:00-9:00 Walking / Rec Ctr  8:30-4:30 Gym Open  9:00 Yoga  9:30 Quilts R'Us  10:30 Age in Motion 2  11:30 Tai Chi Beginners  12:45 Tai Chi Intermediate  2:00 Billiards  <b>2:00-3:30 Knitting Circle</b></p>	<p><b>Aug 30 Fri</b>  7:00-9:00 Walking / Rec Ctr  8:30-4:30 Gym Open  9:00 Bowling at Yankee Lanes  9:00 Computer Help w/Norman*  10:00 Age in Motion 1  11:00 TurnUp Gardeners  12:00 Garden Fresh Friday*  12:30 Bingo  12:30 Duplicate Bridge at American House  1:00 Movie in the Living Room</p>	<p><b>Aug 31 Sat</b></p> <p><b>Senior Center Open</b>  10AM to 2PM  Open gym, ping-pong, pool, games, movie, bag lunch (\$2), thrift shop open.</p> <p><b>Last day to drop off books at Hannaford's to benefit the Senior Center</b></p>