Monday	Tuesday	Wednesday	Thursday	Friday	Sat
		Augus	t 2019		
August is National Happiness Happens Month! 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. ~ https://nationaldaycalendar.com/happiness-happens-month-august/ [HANNAFORD'S BOOK SALE to benefit the Center beginning Aug 1st. Drop off your hard/soft cover books at their Service Counter and they will do the rest.]			Aug 1 Thurs 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 2:00-3:30 Knitting Circle Beginning today: drop off books at Hannaford's	Aug 2 Fri 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	Aug 3 Sat Senior Center Open 10AM to 2PM Open gym, ping-pong, pool, games, movie, bag lunch (\$2), thrift shop open.
Aug 5 Mon 7:00-9:00 Walking / Rec Ctr 8:30-4:30 Gym Open 8:45 Kripalu Yoga 9:00 am-12:30 pm AARP Driver Safety Class 10:00 Age in Motion 1 11:00 Pinochle & Hearts 12:30 Bowling at Yankee Lanes 1:00 Chair Yoga 1:30 Ping Pong	Aug 6 Tues 7:00-9:00 Walking / Rec Ctr 8:30-4:30 Gym Open 9:00 Yoga 9:00 am-12:30 pm AARP Driver Safety Class 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	Aug 7 Wed 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	Aug 8 Thurs 8:30-4:30 Gym Open 9:00 am-2:00 pm Day trip to Augustus Saint- Gaudens, Cornish, NH 9:00 Yoga 9:30 Quilts R'Us 10:30 Age in Motion 2 11:30 Tai Chi Beginners 12:45Tai Chi Intermediate 2:00 Billiards	Aug 9 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 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 1:00 Handmade Cards	Aug 10 Sat Senior Center Open 10AM to 2PM Open gym, ping-pong, pool, games, movie, bag lunch (\$2), thrift shop open.

7:00pm AA Meeting

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