

January 2020

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Sat</i>
<p><i>Please note:</i> <i>Beginning in January both the Super Seniors and the Book Club are changing their meeting times to ease our parking lot!</i></p>		<p><i>Jan 1 Wed</i></p> <p style="text-align: center;">Senior Center CLOSED</p> <p style="text-align: center;">New Year's Day</p>	<p><i>Jan 2 Thurs</i></p> <p>7:00 Walking/Rec Ctr 8:30-4:30 Gym Open 9:00 Yoga 9:30 Quilts R'Us 10:30 Age in Motion 2 11:00 Creating Your Family Memoir 11:30 Beginner Tai Chi (self-facilitated) 12:45 Tai Chi Intermediate 2:00 Billiards 2:00-3:30 Knitting Circle 2:15 Book Club</p>	<p><i>Jan 3 Fri</i></p> <p>7:00 Walking/Rec Ctr 8:30-4:30 Gym Open 9:00 Bowling/Yankee Lanes 9:00 Computer Help w/Norman* 10:00 Age in Motion 1 12:00 Garden Fresh Birthday Friday* 12:30 Bingo 12:30 Duplicate Bridge/Am. House 1:00 Movie/Living Room</p>	<p><i>Jan 4 Sat</i></p> <p>10:00 am—2:00 pm Open gym, ping-pong, pool, games, movie Super Saturday lunch* thrift shop open.</p> <p style="text-align: center;">10:30 am Surprise Saturday Program</p>
		<p><i>Jan 6 Mon</i></p> <p>7:00 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/Yankee Lanes 1:00 Chair Yoga 1:30 Ping Pong</p>	<p><i>Jan 7 Tues</i></p> <p>7:00 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/Living Room 1:00 Bridge 3:00 Learn to Use the Gym 7:00 pm AA Meeting</p>	<p><i>Jan 8 Wed</i></p> <p>7:00 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>Jan 9 Thurs</i></p> <p>7:00 Walking/Rec Ctr 8:30-4:30 Gym Open 9:00 Yoga 9:30 Quilts R'Us 10:30 Age in Motion 2 11:00 Creating Your Family Memoir 11:30 Beginner Tai Chi (self-facilitated) 12:45 Tai Chi Intermediate 2:00 Billiards 2:00-3:30 Knitting Circle 3:00 Super Seniors</p>

<p>Jan 13 Mon 7:00 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/Yankee Lanes 1:00 Chair Yoga 1:30 New Member Orientation 1:30 Ping-Pong</p>	<p>Jan 14 Tues 7:00 Walking/Rec Ctr 8:30-4:30 Gym Open 9:00 Yoga 10:15 Renewable Energy Discussion 10:30 Age in Motion 2 12:00 Tuesdays Together* 1:00 Movie/Living Room 1:00 Bridge 1:00 NH Alliance Healthy Aging 3:00 Learn to Use the Gym 7:00 pm AA Meeting</p>	<p>Jan 15 Wed 7:00 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>Jan 16 Thurs 7:00 Walking/Rec Ctr 8:30-4:30 Gym Open 9:00 Yoga 9:30 Quilts R'Us 10:30 Age in Motion 2 11:00 Creating Your Family Memoir 11:30 Beginner Tai Chi (self-facilitated) 12:45 Tai Chi Intermediate 2:00 Billiards 2:00-3:30 Knitting Circle 2:00 CV@H Social, Documentary about Dr. Johnston, Keene Library Huntress Hall 3:00 Annual Board Meeting—all are welcome!</p>	<p>Jan 17 Fri 7:00 Walking/Rec Ctr 8:30-4:30 Gym Open 9:00 Bowling/Yankee Lanes 9:00 Computer Help w/Norman* 10:00 Age in Motion 1 12:00 Garden Fresh Friday* 12:30 Bingo 12:30 Duplicate Bridge/Am. House 1:00 Movie/Living Room</p>	<p>Jan 18 Sat 10:00 am—2:00 pm Open gym, ping-pong, pool, games, movie Super Saturday lunch* thrift shop open. 10:30 am Program Feedback Session Snacks, coffee, & tea served</p>
<p>Jan 20 Mon Senior Center CLOSED Martin Luther King Jr. Holiday</p>	<p>Jan 21 Tues 7:00 Walking/Rec Ctr 8:30-4:30 Gym Open 9:00 Yoga 9:30 The Nurse Is In 10:30 Age in Motion 2 12:00 Tuesdays Together* 1:00 Movie/Living Room 1:00 Bridge 3:00 Learn to Use the Gym 7:00 pm AA Meeting</p>	<p>Jan 22 Wed 7:00 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>Jan 23 Thurs 7:00 Walking/Rec Ctr 8:30-4:30 Gym Open 9:00 Yoga 9:30 Quilts R'Us 10:30 Age in Motion 2 11:00 Creating Your Family Memoir 11:30 Beginner Tai Chi (self-facilitated) 12:45 Tai Chi Intermediate 2:00 Billiards 2:00-3:30 Knitting Circle</p>	<p>Jan 25 Fri 7:00 Walking/Rec Ctr 8:30-4:30 Gym Open 9:00 Bowling/Yankee Lanes 9:00 Computer Help w/Norman* 10:00 Age in Motion 1 12:00 Garden Fresh Friday* 12:30 Bingo 12:30 Duplicate Bridge/Am. House 1:00 Movie/Living Room 1:00 Handmade Cards</p>	<p>Jan 25 Sat 10:00 am—2:00 pm Open gym, ping-pong, pool, games, movie Super Saturday lunch* thrift shop open.</p>

<p>Jan 27 Mon 7:00 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/Yankee Lanes 1:00 Chair Yoga 1:30 Ping-Pong</p>	<p>Jan 28 Tues 7:00 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/Living Room 1:00 Bridge 3:00 Learn to Use the Gym 7:00 pm AA Meeting</p>	<p>Jan 29 Wed 7:00 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>Jan 30 Thurs 7:00 Walking/Rec Ctr 8:30-4:30 Gym Open 9:00 Yoga 9:30 Quilts R'Us 10:30 Age in Motion 2 11:00 Creating Your Family Memoir 11:30 Beginner Tai Chi (self-facilitated) 12:45 Tai Chi Intermediate 2:00 Billiards 2:00-3:30 Knitting Circle</p>	<p>Jan 31 Fri 7:00 Walking/Rec Ctr 8:30-4:30 Gym Open 9:00 Bowling/Yankee Lanes 9:00 Computer Help w/Norman* 10:00 Age in Motion 1 12:00 Garden Fresh Friday* 12:30 Bingo 12:30 Duplicate Bridge/Am. House 1:00 Movie/Living Room</p>	
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