January 2020								
Monday	Tuesday	Wednesday	Thursday	Friday	Sat			
		Jan 1 Wed	Jan 2 Thurs	Jan 3 Fri	Jan 4 Sat			
			7:00 Walking/Rec Ctr	7:00 Walking/Rec Ctr				
			8:30-4:30 Gym Open	8:30-4:30 Gym Open	10:00 am—2:00 pm			
		Senior Center	9:00 Yoga	9:00 Bowling/Yankee	Open gym, ping-			
Please note:		CLOSED	9:30 Quilts R'Us	Lanes	pong, pool, games,			
Beginning in January both the Super			10:30 Age in Motion 2	9:00 Computer Help	movie			
• • •			11:00 Creating Your	w/Norman*	Super Saturday			
Seniors and the Book Club are		New Year's Day	Family Memoir	10:00 Age in Motion 1	lunch*			
changing their meeting times to ease			11:30 Beginner Tai Chi	12:00 Garden Fresh	thrift shop open.			
			(self-facilitated)	Birthday Friday*				
our parking lot!			12:45 Tai Chi	12:30 Bingo	10:30 am			
			Intermediate	12:30 Duplicate	Surprise Saturday			
			2:00 Billiards	Bridge/Am. House	Program			
			2:00-3:30 Knitting Circle	1:00 Movie/Living Room				
	T		2:15 Book Club					
Jan 6 Mon	Jan 7 Tues	Jan 8 Wed	Jan 9 Thurs	Jan 10 Fri	Jan 11 Sat			
7:00 Walking/Rec Ctr	7:00 Walking/Rec Ctr	7:00 Walking/Rec Ctr	7:00 Walking/Rec Ctr	7:00 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	10:00 am—2:00 pm			
8:45 Kripalu Yoga	9:00 Yoga	9:00 Social Hour!	9:00 Yoga	9:00 Bowling/Yankee	Open gym, ping-			
10:00 Age in Motion 1	10:30 Age in Motion 2	Coffee, tea, and	9:30 Quilts R'Us	Lanes	pong, pool, games,			
11:00 Pinochle &	12:00 Tuesdays	conversation	10:30 Age in Motion 2	9:00 Computer Help	movie			
Hearts	Together*	10:00 Qigong	11:00 Creating Your	w/Norman*	Super Saturday			
12:30 Bowling/Yankee	1:00 Movie/Living Room	12:00 Welcome	Family Memoir	10:00 Age in Motion 1	lunch*			
Lanes	1:00 Bridge 3:00 Learn to Use the	Wednesday*	11:30 Beginner Tai Chi	12:00 Garden Fresh	thrift shop open.			
1:00 Chair Yoga		12:30 Cribbage	(self-facilitated) 12:45 Tai Chi	Friday*				
1:30 Ping Pong	Gym	1:00 Senior Swingers	Intermediate	12:30 Bingo				
	7:00 pm AA Meeting		2:00 Billiards	12:30 Duplicate				
			2:00-3:30 Knitting Circle	Bridge/Am. House 1:00 Movie/Living Room				
			3:00 Super Seniors	1:00 Movie/Living Room				
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Jan 13 Mon	Jan 14 Tues	Jan 15 Wed	Jan 16 Thurs	Jan 17 Fri	Jan 18 Sat
7:00 Walking/Rec Ctr	7:00 Walking/Rec Ctr	7:00 Walking/Rec Ctr	7:00 Walking/Rec Ctr	7:00 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	10:00 am—2:00 pm
8:45 Kripalu Yoga	9:00 Yoga	9:00 Social Hour!	9:00 Yoga	9:00 Bowling/Yankee	Open gym, ping-
10:00 Age in Motion 1	10:15 Renewable	Coffee, tea, and	9:30 Quilts R'Us	Lanes	pong, pool, games,
11:00 Pinochle &	Energy Discussion	conversation	10:30 Age in Motion 2	9:00 Computer Help	movie
Hearts	10:30 Age in Motion 2	10:00 Qigong	11:00 Creating Your	w/Norman*	Super Saturday
12:30 Bowling/Yankee	12:00 Tuesdays	12:00 Welcome	Family Memoir	10:00 Age in Motion 1	lunch*
Lanes	Together*	Wednesday*	11:30 Beginner Tai Chi	12:00 Garden Fresh	thrift shop open.
1:00 Chair Yoga	1:00 Movie/Living Room	12:30 Cribbage	(self-facilitated)	Friday*	
1:30 New Member	1:00 Bridge	1:00 Senior Swingers	12:45 Tai Chi	12:30 Bingo	10:30 am
Orientation	1:00 NH Alliance		Intermediate	12:30 Duplicate	Program Feedback
1:30 Ping-Pong	Healthy Aging		2:00 Billiards	Bridge/Am. House	Session
	3:00 Learn to Use the		2:00-3:30 Knitting Circle	1:00 Movie/Living Room	Snacks, coffee, & tea served
	Gym		2:00 CV@H Social,		tea sei veu
	7:00 pm AA Meeting		Documentary about		
			Dr. Johnston, Keene Library Huntress Hall		
			3:00 Annual Board		
			Meeting-all are		
			welcome!		
Jan 20 Mon	Jan 21 Tues	Jan 22 Wed	Jan 23 Thurs	Jan 25 Fri	Jan 25 Sat
	7:00 Walking/Rec Ctr	7:00 Walking/Rec Ctr	7:00 Walking/Rec Ctr	7:00 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	10:00 am—2:00 pm
Senior Center	9:00 Yoga	9:00 Social Hour!	9:00 Yoga	9:00 Bowling/Yankee	Open gym, ping-
CLOSED	9:30 The Nurse Is In	Coffee, tea, and	9:30 Quilts R'Us	Lanes	pong, pool, games,
	10:30 Age in Motion 2	conversation	10:30 Age in Motion 2	9:00 Computer Help	movie
	12:00 Tuesdays	10:00 Qigong	11:00 Creating Your	w/Norman*	Super Saturday
Martin Luther King	Together*	12:00 Welcome	Family Memoir	10:00 Age in Motion 1	lunch*
Jr. Holiday	1:00 Movie/Living Room	Wednesday*	11:30 Beginner Tai Chi	12:00 Garden Fresh	thrift shop open.
	1:00 Bridge	12:30 Cribbage	(self-facilitated)	Friday*	
	3:00 Learn to Use the	1:00 Senior Swingers	12:45 Tai Chi	12:30 Bingo	
	Gym		Intermediate	12:30 Duplicate	
	7:00 pm AA Meeting		2:00 Billiards	Bridge/Am. House	
			2:00-3:30 Knitting Circle	1:00 Movie/Living Room	
				1:00 Handmade Cards	

Jan 27 Mon	Jan 28 Tues	Jan 29 Wed	Jan 30 Thurs	Jan 31 Fri	
7:00 Walking/Rec Ctr	7:00 Walking/Rec Ctr	7:00 Walking/Rec Ctr	7:00 Walking/Rec Ctr	7:00 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	
8:45 Kripalu Yoga	9:00 Yoga	9:00 Social Hour!	9:00 Yoga	9:00 Bowling/Yankee	
10:00 Age in Motion 1	10:30 Age in Motion 2	Coffee, tea, and	9:30 Quilts R'Us	Lanes	
11:00 Pinochle &	12:00 Tuesdays	conversation	10:30 Age in Motion 2	9:00 Computer Help	
Hearts	Together*	10:00 Qigong	11:00 Creating Your	w/Norman*	
12:30 Bowling/Yankee	1:00 Movie/Living Room	12:00 Welcome	Family Memoir	10:00 Age in Motion 1	
Lanes	1:00 Bridge	Wednesday*	11:30 Beginner Tai Chi	12:00 Garden Fresh	
1:00 Chair Yoga	3:00 Learn to Use the	12:30 Cribbage	(self-facilitated)	Friday*	
1:30 Ping-Pong	Gym	1:00 Senior Swingers	12:45 Tai Chi	12:30 Bingo	
	7:00 pm AA Meeting		Intermediate	12:30 Duplicate	
			2:00 Billiards	Bridge/Am. House	
			2:00-3:30 Knitting Circle	1:00 Movie/Living Room	