


<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Sat</i>
			May 2019		
		<p>May 1 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 * 12:30 Cribbage 1:00 Senior Swingers</p>	<p>May 2 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 2:00 Billiards 2:00 -3:30 Knitting Circle</p>	<p>May 3 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>May 4 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;">90 Year Old and Older Celebration- 10:30</p>
<p>May 6 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>May 7 Tues</p> <p>7:00-9:00 Walking / Rec Ctr 8:30-4:30 Gym Open 9:00 Yoga 10:00-Noon- Future In Sight Support Group - (Rec Center) 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>May 8 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 * 12:30 Cribbage 1:00 Senior Swingers</p>	<p>May 9 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 Kids from the Keene 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 1:30- Creative Writing 2:00 Billiards 2:00 -3:30 Knitting Circle 2:30- The American Nurse Movie and Story Sharing</p>	<p>May 10 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>May 11 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</p>
<p>May 13 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>May 14 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 1:00 Dan Hobbs – Aging Advocacy 3:00 Learn How to Use the Gym 7:00pm AA Meeting</p>	<p>May 15 Wed</p> <p>7:00-9:00 Walking / Rec Ctr 8:30-4:30 Gym Open 10:00 Qigong 12:00 Friendly Meal * 12:30 Cribbage 1:00 Senior Swingers</p>	<p>May 16 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>May 17 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 10:00 TurnUp Gardeners Meeting 12:30 Bingo 12:30 Duplicate Bridge at Bentley Commons 1:00 Movie in the Living Room</p>	<p>May 18 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;">Therapy Dog 10-11 CV@H Info Meeting 11-noon</p>

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
May 20 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	May 21 Tues 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 7:00 pm AA Meeting	May 22 Wed 7:00-9:00 Walking / Rec Ctr 8:30-4:30 Gym Open 10:00 Qigong 12:00 Friendly Meal * 12:30 Cribbage 1:00 Senior Swingers	May 23 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 Kids from the Keene 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 1:30 Creative Writing 2:00 Billiards 2:00-3:30 Knitting Circle @ The Rec Center	May 24 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 1:00 Handmade Cards	May 25 Sat <p style="text-align: center;">SENIOR CENTER CLOSED FOR MEMORIAL DAY WEEKEND</p>
May 27 Mon <p style="text-align: center;">MEMORIAL DAY SENIOR CENTER CLOSED</p> <p style="text-align: center;"><i>Memorial Day</i></p> 	May 28 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	May 29 Wed 7:00-9:00 Walking / Rec Ctr 8:30-4:30 Gym Open 10:00 Qigong 12:00 Friendly Meal * 12:30 Cribbage 1:00 Senior Swingers	May 30 Thurs 7:00-9:00 Walking / Rec Ctr 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 2:00 Billiards 2:00-3:30 Knitting Circle	May 31 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	June 1 - Sat <p style="text-align: center;">Senior Center Open 10AM to 2PM</p> <p style="text-align: center;">Open gym, ping pong, pool, games, movie, bag lunch (\$1), music, thrift shop open.</p> <p style="text-align: center;">DeMar Super Senior Information Session 10:30AM</p>