


November 2019

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Sat</i>
<h1 style="margin: 0;">Happy Thanksgiving!</h1> <h2 style="margin: 0;">November 28, 2019</h2> <p style="text-align: center; margin: 10px 0;">Why do we eat turkey on Thanksgiving Day?</p> <p style="text-align: center; margin: 0;">Since Bradford wrote of how the colonists had hunted wild turkeys during the autumn of 1621 and since turkey is a uniquely North American (and scrumptious) bird, it gained traction as the Thanksgiving meal of choice for Americans after Lincoln declared Thanksgiving a national holiday in 1863.</p> <p style="text-align: center; margin: 0;">Sarah Joseph Hale, the woman who wrote “Mary Had A Little Lamb,” convinced Lincoln to make Thanksgiving a national holiday after writing letters for 17 years.</p>				<p>Nov 1 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 11:00 TurnUp Gardeners 12:00 Garden Fresh Friday* 12:30 Bingo 12:30 Duplicate Bridge/Am. House 1:00 Movie/Living Room</p>	<p>Nov 2 Sat 10AM to 2PM Open gym, ping-pong, pool, games, movie Super Saturday lunch* thrift shop open.</p> <p style="text-align: center; margin: 10px 0;">10:30 – 11:30 am The Geisha in Japanese Porcelain in the 1890s</p>
<p>Nov 4 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 2:30 A Matter of Balance</p>	<p>Nov 5 Tues 7:00 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/Living Room 1:00 Bridge 3:00 Learn to Use the Gym 7:00 pm AA Meeting</p>	<p>Nov 6 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>Nov 7 Thurs 7:00 Walking/Rec Ctr 8:30-4:30 Gym Open 9:00 Yoga 9:30 Quilts R’Us 10:00 Super Seniors 10:30 Age in Motion 2 11:00 Creating Your Family Memoir 12:00 Book Club 12:45 Tai Chi Intermediate 2:00 Billiards 2:00-3:30 Knitting Circle</p>	<p>Nov 8 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 11:00 TurnUp Gardeners 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>Nov 9 Sat 10AM to 2PM Open gym, ping-pong, pool, games, movie Super Saturday lunch* thrift shop open.</p>

<p>Nov 11 Mon</p> <p>SENIOR CENTER CLOSED</p> <p>VETERANS DAY</p>	<p>Nov 12 Tues</p> <p>7:00 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/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>Nov 13 Wed</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>Nov 14 Thurs</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 12:45 Tai Chi Intermediate 2:00 Billiards 2:00-3:30 Knitting Circle</p>	<p>Nov 15 Fri</p> <p>7:00 Walking/Rec Ctr 8:30-4:30 Gym Open 9:00 AARP Driver Safety Class 9:00 Bowling/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/Am. House 1:00 Movie/Living Room</p>	<p>Nov 16 Sat</p> <p>9:00 AARP Driver Safety Class</p> <p>10AM to 2PM Open gym, ping-pong, pool, games, movie Super Saturday lunch* thrift shop open.</p>
<p>Nov 18 Mon</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 New Member Orientation 1:30 Ping-Pong 2:30 A Matter of Balance</p>	<p>Nov 19 Tues</p> <p>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 11:00 TurnUp Gardeners 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>Nov 20 Wed</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>Nov 21 Thurs</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 12:45 Tai Chi Intermediate 2:00 Billiards 2:00-3:30 Knitting Circle 4:00 Board Meeting</p>	<p>Nov 22 Fri</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>Nov 23 Sat</p> <p>10AM to 2PM Open gym, ping-pong, pool, games, movie Super Saturday lunch* thrift shop open.</p> <p>10:30 – 11:30 am Keene State College Student Nutrition Club presents Healthy Eating</p>

<p>Nov 25 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 2:30 A Matter of Balance</p>	<p>Nov 26 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>Nov 27 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>Nov 28 Thurs</p> <p>SENIOR CENTER CLOSED</p> <p>THANKSGIVING DAY</p> 	<p>Nov 29 Fri</p> <p>SENIOR CENTER CLOSED</p> <p>THANKSGIVING HOLIDAY</p>	<p>Nov 20 Sat</p> <p>SENIOR CENTER CLOSED</p> <p>THANKSGIVING HOLIDAY</p>
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