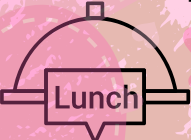




SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 Lunch Mon - Fri at 12:00 PM	9:00 Kripalu Yoga 2 10:30 Age in Motion - II 10:00 am & 1:00 pm - Bowling at Yankee Lanes (\$) 1:15 YMCA Chair Yoga at the Center 2:30 Super Senior Dance	9:00 Veterans Coffee Connection 3 9:00 Knitting Class 9:00 Indoor Super Sr. Pickleball at Keene Rec (\$) 10:00 Hand & Foot Card Game 10:30 Age in Motion - I 1:00 Bridge 1:15 Aroma Therapy & Self-Care	9:00 Gentle Yoga 4 9:30 Cribbage 10:00 Dominos 10:30 Foster Grandparents Program 1:30 Senior Singers 1:00 TKSC Walking Group 2:00 Mah Jongg 4:00 CVAH "Let's Talk" via Zoom 5:30 Super Senior Ted's Polar Challenge Walk 6:30 Yankee Bottle & Collectors' Club - KPL*	9:00-12:00 Quilting 5 9:00 Indoor Super Sr. Pickleball at Keene Rec (\$) 10:30 Age in Motion - I 12:45 Happy 69th Birthday to the Senior Center 1:00 Book Club Meeting on: Grants Ferry Reading: Walk in the Woods	9:00 Computer Help 6 9:00 Video Chair Yoga 10:30 Age in Motion - II 10:00 am & 1:00 pm Bowling at Yankee Lanes (\$) 1:00 Jewelry Making 1:15 Bingo	10:30 Age in Motion - I (ZOOM from home) 7
8	9:00 Kripalu Yoga 9 10:30 Age in Motion - II 10:00 am & 1:00 pm - Bowling at Yankee Lanes (\$) 1:00 Card Making 1:15 YMCA Chair Yoga at the Center 2:30 Super Senior Dance	9:00 Veterans Coffee Connection 10 9:00 Crochet Class 9:00 Indoor Super Sr. Pickleball at Keene Rec (\$) 10:00 Hand & Foot Card Game 10:30 Age in Motion - I 1:00 Bridge 1:15 The Benefits of Color Therapy	9:00 Gentle Yoga 11 9:30 Cribbage 10:00 Dominos 11:30 Y Balance Assessment 1:30 Senior Singers 1:00 TKSC Walking Group 2:00 Mah Jongg 3:30 Nail Painting Party! 4:00 CVAH "Let's Talk" via Zoom 5:30 Super Senior Ted's Polar Challenge Walk	9:00-12:00 Quilting 12 9:00 Indoor Super Sr. Pickleball at Keene Rec (\$) 10:30 Age in Motion - I 1:15 Virginia Eskin's Music Appreciation Series: Sounds of Spring 1 5:00 AH Family and Friends Night "From Milan, with Love" That's Amore! (Italian Night)"**	9:00 Computer Help 13 9:00 Video Chair Yoga 10:30 Age in Motion - II 10:00 am & 1:00 pm Bowling at Yankee Lanes (\$) 1:15 Bingo	VALENTINE'S DAY 14 10:30 Age in Motion - I (ZOOM from home) 
15	TKSC CLOSED 16 	9:00 Veterans Coffee Connection 17 9:00 Knitting Class 9:00 Indoor Super Sr. Pickleball at Keene Rec (\$) 10:00 Hand & Foot Card Game 10:30 Age in Motion - I 1:00 Bridge	9:00 Gentle Yoga 18 9:30 Cribbage 10:00 Dominos 1:30 Senior Singers 1:00 TKSC Walking Group 2:00 Mah Jongg 4:00 CVAH "Let's Talk" via Zoom 5:30 Super Senior Ted's Polar Challenge Walk	9:00-12:00 Quilting 19 9:00 Indoor Super Sr. Pickleball at Keene Rec (\$) 10:30 Age in Motion - I 12:00 Trivia at lunch/prizes 1:15 Virginia Eskin's Music Appreciation Series: Sounds of Spring 2	9:00 Computer Help 20 9:00 Video Chair Yoga 10:30 Age in Motion - II 10:00 am & 1:00 pm - Bowling at Yankee Lanes (\$) 1:00 Jewelry Making 1:15 Bingo	10:30 Age in Motion - I (ZOOM from home) 21
22	9:00 Kripalu Yoga 23 10:30 Age in Motion - II 10:00 am & 1:00 pm - Bowling at Yankee Lanes (\$) 1:00 Card Making 1:15 YMCA Chair Yoga at the Center 2:30 Super Senior Dance	9:00 Veterans Coffee Connection 24 9:00 Crochet Class 9:00 Indoor Super Sr. Pickleball at Keene Rec (\$) 10:00 Hand & Foot Card Game 10:30 Age in Motion - I 1:00 Bridge	9:00 Gentle Yoga 25 9:30 Cribbage 10:00 Dominos 10:30 Funeral Preplanning Presentation** 1:00 TKSC Walking Group 1:30 Senior Singers 2:00 Mah Jongg 4:00 CVAH "Let's Talk" via Zoom 5:30 Super Senior Ted's Polar Challenge Walk	9:00-12:00 Quilting 26 9:00 Indoor Super Sr. Pickleball at Keene Rec (\$) 10:30 Age in Motion - I 1:00 CVAH Social - Overcoming the Winter Blues 3:00 Community Paint Project	9:00 Computer Help 27 9:00 Video Chair Yoga 10:30 Age in Motion - II 10:00 am & 1:00 pm - Bowling at Yankee Lanes (\$) 1:15 Bingo	10:30 Age in Motion - I (ZOOM from home) 28