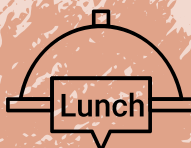
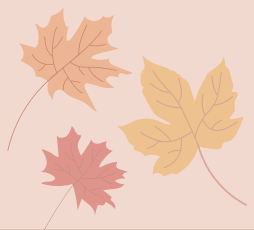


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 Lunch Mon - Fri at 12:00 PM		8:30 Outdoor Super Sr. 1 Pickleball at JD Courts (No fee) 9:00 Veterans Coffee Connection 9:00 Knitting Class 10:00 Hand & Foot Card Game 10:30 Age in Motion - I 1:00 Bridge 1:15 Cornhole & Washer Toss Games for Seniors	9:00 Gentle Yoga 2 9:30 Cribbage 10:00 Dominos 1:30 Senior Singers 4:00 CVAH "Let's Talk" via Zoom 6:30 Yankee Bottle & Collectors' Club - KPL*	8:30 Outdoor Super Sr. 3 Pickleball at JD Courts (No fee) 9:00 Yoga Dance 9:00 Quilting 10:30 Age in Motion - I 11:30 AH Blood Pressure Clinic 1:00 Book Club Meeting on: <i>The River is Waiting</i> - Reading: <i>Woven Through the Sweetgrass</i> 1:15 Senior Center 'New Name Same Mission' Unveiling 2:00 Mah Jongg 3:00 SENIOR CENTER CLOSED FOR STAFF TRAINING	9:00 Computer Help 4 9:00 Video Chair Yoga 10:00 am & 1:00 pm Bowling at Yankee Lanes (\$) 10:30 Age in Motion - II 1:00 Jewelry Making 1:15 Bingo	10:30 Age in Motion - I 5 (ZOOM from home)
 GROWTH BY GIVING MUSIC FEST 11:00 - 7:00 pm	LABOR DAY SENIOR CENTER CLOSED	NH PRIMARY 8 8:30 Outdoor Super Sr. Pickleball at JD Courts (No fee) 9:00 Veterans Coffee Connection 10:00 Hand & Foot Card Game 10:30 Age in Motion - I 10:30 Crochet and More 1:00 Bridge 1:15 Cooking for One (or Two) 1:15 Cornhole & Washer Toss Games for Seniors	9:00 Gentle Yoga 9 9:30 Cribbage 10:00 Dominos 11:00 Knowing When to Trust Online Interactions 1:30 Senior Singers 4:00 CVAH "Let's Talk" via Zoom	8:30 Outdoor Super Sr. 10 Pickleball at JD Courts (No fee) 9:00 Yoga Dance 9:00 Quilting 10:30 Age in Motion - I 2:00 Mah Jongg 5:00 AH Family and Friends Night: "Cruisin' Through the Fifties - Greased Lightnin' (Grease Movie)"**	9:00 Computer Help 11 9:00 Video Chair Yoga 10:00 am & 1:00 pm Bowling at Yankee Lanes (\$) 10:30 Age in Motion - II 11:30 Guided Meditation Friday 1:15 Bingo	10:30 Age in Motion - I 12 (ZOOM from home) 10:00- 1:00 pm Veterans Expo at the Keene YMCA 11:00-4:00 pm Elf Autumn Festival at Cheshire Fairgrounds
HAPPY Grand Paintings DAY	9:00 Kripalu Yoga 14 10:00 am & 1:00 pm - Bowling at Yankee Lanes (\$) 10:30 Age in Motion - II 1:00 Card Making 1:15 YMCA Chair Yoga at the Center 2:30 Super Senior 70+ Dance Class	8:30 Outdoor Super Sr. 15 Pickleball at JD Courts (No fee) 9:00 Veterans Coffee Connection 10:00 Hand & Foot Card Game 10:30 Age in Motion - I 9:00 Knitting Class 1:00 Bridge 1:15 Cornhole & Washer Toss Games for Seniors	9:00 Gentle Yoga 16 9:30 Cribbage 10:00 Dominos 1:30 Senior Singers 4:00 CVAH "Let's Talk" via Zoom	8:30 Outdoor Super Sr. 17 Pickleball at JD Courts (No fee) 9:00 Yoga Dance 9:00 Quilting 10:30 Age in Motion - I 12:00 Langdon Trivia at lunch/prizes 1:15 CVAH Social - Composting Presentation 2:00 Mah Jongg	9:00 Computer Help 18 9:00 Video Chair Yoga 10:00 am & 1:00 pm - Bowling at Yankee Lanes (\$) 10:30 Age in Motion - II 11:30 Guided Meditation Friday 1:15 Talk with a Doc "Diabetes" 1:15 Bingo 1:00 Jewelry Making 5:30 "New Name" Open House	10:30 Age in Motion - I 19 (ZOOM from home)
	9:00 Kripalu Yoga 21 10:00 am & 1:00 pm - Bowling at Yankee Lanes (\$) 10:30 Age in Motion - II 1:15 YMCA Chair Yoga at the Center 2:30 Super Senior 70+ Dance Class	8:30 Outdoor Super Sr. 22 Pickleball at JD Courts (No fee) 9:00 Veterans Coffee Connection 10:00 Hand & Foot Card Game 10:30 Age in Motion - I 10:30 Crochet and More 1:00 Bridge 1:15 Cornhole & Washer Toss Games for Seniors	9:00 Gentle Yoga 23 9:30 Cribbage 10:00 Dominos 11:00-1:00 Bayada Hospice Volunteer Information Drop In 1:30 Senior Singers 4:00 CVAH "Let's Talk" via Zoom	8:30 Outdoor Super Sr. 24 Pickleball at JD Courts (No fee) 9:00 Yoga Dance 9:00 Quilting 10:30 Age in Motion - I 2:00 Mah Jongg	9:00 Computer Help 25 9:00 Video Chair Yoga 10:00 am & 1:00 pm - Bowling at Yankee Lanes (\$) 10:30 Age in Motion - II 11:30 Guided Meditation Friday 1:15 Bingo	10:30 Age in Motion - I 26 (ZOOM from home)
	9:00 Kripalu Yoga 28 10:00 am & 1:00 pm - Bowling at Yankee Lanes (\$) 10:30 Age in Motion - II 1:00 Card Making 1:15 YMCA Chair Yoga at the Center 2:30 Super Senior 70+ Dance Class	8:30 Outdoor Super Sr. 29 Pickleball at JD Courts (No fee) 9:00 Veterans Coffee Connection 10:00 Hand & Foot Card Game 10:30 Age in Motion - I 1:00 Bridge 1:15 The Request Room: Live Karaoke with Josh 1:15 Cornhole & Washer Toss Games for Seniors	9:00 Gentle Yoga 30 9:30 Cribbage 10:00 Dominos 10:30 SBW Fraud Safety Seminar 1:30 Senior Singers 4:00 CVAH "Let's Talk" via Zoom	 September is National Senior Center Month <i>Happier Birthdays Happen Here!</i>		