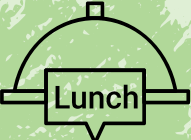




SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 Lunch Mon - Fri at 12:00 PM						1 10:30 Age in Motion - I (ZOOM from home)
2 	3 9:00 Kripalu Yoga 10:00 am & 1:00 pm - Bowling at Yankee Lanes (\$) 10:30 Age in Motion - II 1:15 YMCA Chair Yoga at the Center	4 8:30 Outdoor Super Sr. Pickleball at JD Courts (No fee) 9:00 Veterans Coffee Connection 9:00 Knitting Class 9:30 Turn-up Garden Group 10:00 Hand & Foot Card Game 10:30 Age in Motion - I 1:00 Bridge 1:15 "As Fair as You Were" Screening	5 9:00 Gentle Yoga 9:30 Cribbage 10:00 Dominos 10:30 A Course in Tai Chi 1:30 Senior Singers 4:00 CVAH "Let's Talk" via Zoom 6:30 Yankee Bottle & Collectors' Club - KPL*	6 8:30 Outdoor Super Sr. Pickleball at JD Courts (No fee) 9:00 Yoga Dance 9:00 Quilting 9:30 Turn-up Garden Group 10:30 Age in Motion - I 11:30 AH Blood Pressure Clinic 1:00 Book Club Meeting on: Dance for the Dead Reading: The River is Waiting 1:15 Wellness Series with Amanda Trask 2:00 Mah Jongg	7 9:00 Computer Help 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	8 10:30 Age in Motion - I (ZOOM from home)
9 	10 9:00 Kripalu Yoga 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	11 8:30 Outdoor Super Sr. Pickleball at JD Courts (No fee) 9:00 Veterans Coffee Connection 9:30 Turn-up Garden Group 10:00 Hand & Foot Card Game 10:30 Crochet Class 10:30 Age in Motion - I 1:00 Bridge 5:00 Wild America Coast to Coast 1:15 Beginner Cornhole & Washer Game Toss Class for Seniors	12 9:00 Gentle Yoga 9:30 Cribbage 10:00 Dominos 10:30 A Course in Tai Chi 1:30 Senior Singers 4:00 CVAH "Let's Talk" via Zoom	13 8:30 Outdoor Super Sr. Pickleball at JD Courts (No fee) 9:00 Yoga Dance 9:00 Quilting 9:30 Turn-up Garden Group 10:30 Age in Motion - I 1:15 Wellness Series with Amanda Trask 1:15 CVAH Social at Piazza Ice Cream, 830 Park Ave 2:00 Mah Jongg 5:00 AH Family and Friends Night: "Life's a Beach! Gilligan's Island Getaway"*	14 9:00 Computer Help 9:00 Video Chair Yoga 10:00 am & 1:00 pm - Bowling at Yankee Lanes (\$) 10:30 Age in Motion - II 1:15 Bingo	15 10:30 Age in Motion - I (ZOOM from home)
16 	17 9:00 Kripalu Yoga 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 The Silver Shield	18 8:30 Outdoor Super Sr. Pickleball at JD Courts (No fee) 9:00 Veterans Coffee Connection - "Veterans Count" Presentation 9:00 Knitting Class 9:30 Turn-up Garden Group 10:00 Hand & Foot Card Game 10:30 Age in Motion - I 1:00 Bridge	19 9:00 Gentle Yoga 9:30 Cribbage 10:00 Dominos 10:30 A Course in Tai Chi 1:15 Talk with a Doc on "High Blood Pressure" 1:30 Senior Singers 4:00 CVAH "Let's Talk" via Zoom Serving from 5-8, Pasta Night Fundraiser, The Grove, Rindge(\$)**	20 8:30 Outdoor Super Sr. Pickleball at JD Courts (No fee) 9:00 Yoga Dance 9:00 Quilting 9:30 Turn-up Garden Group 10:30 Age in Motion - I 12:00 Langdon Trivia at lunch/prizes 1:15 The Bragging Club 2:00 Mah Jongg	21 9:00 Computer Help 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	22 10:30 Age in Motion - I (ZOOM from home)
23/30 	24/31 9:00 Kripalu Yoga 10:00 am & 1:00 pm - Bowling at Yankee Lanes (\$) 10:30 Age in Motion - II 1:00 Card Making on 8/24 only 1:15 YMCA Chair Yoga at the Center	25 8:30 Outdoor Super Sr. Pickleball at JD Courts (No fee) 9:00 Veterans Coffee Connection 9:30 Turn-up Garden Group 10:00 Hand & Foot Card Game 10:30 Crochet Class 10:30 Age in Motion - I 1:00 Bridge	26 9:00 Gentle Yoga 9:30 Cribbage 10:00 Dominos 10:30 A Course in Tai Chi 1:30 Senior Singers 4:00 CVAH "Let's Talk" via Zoom Serving from 5-8, Pasta Night Fundraiser, The Grove, Rindge(\$)** 	27 8:30 Outdoor Super Sr. Pickleball at JD Courts (No fee) 9:00 Yoga Dance 9:00-12:00 Quilting 9:30 Turn-up Garden Group 10:30 Age in Motion - I 1:15 Trivia Throwdown 2:00 Mah Jongg	28 9:00 Computer Help 9:00 Video Chair Yoga 10:00 am & 1:00 pm - Bowling at Yankee Lanes (\$) 10:30 Age in Motion - II 1:15 Bingo	29 10:30 Age in Motion - I (ZOOM from home)