

February 2024

Activities marked \$\$ have a fee
 Unmarked activities are FREE


Monday

Tuesday

Wednesday

Thursday

Friday

<p>Every Monday free homemade hot lunch. Sign up by prior Thursday.</p>	<p>Two-part Self Defense Class 10.00 includes BOTH sessions. Tuesday February 13 and 27.</p>	<p>Last Wednesday Farm Share Feb. 7. Alternating Mondays will continue thru April.</p>	<p>10:00 Free Groceries ¹ 10:15 Yoga with Jill \$\$ 10:00 Coffee/Convo 11:00 Cribbage 1:00 Bridge 1:00 Bone Builders</p>	<p>10:15 Peer Support ² Group: to sign up call Jean at 802-497-0723 10:30 Tai Chi 1 11:30 Tai Chi 2</p>
<p>10:00 Tai Chi 1 ⁵ 10:00 Farm Share 11:00 Yoga with Jill \$\$ 12:00 Hot Lunch 12:30 Adult Coloring 12:30 Mahjong</p>	<p>10:00 Bone Builders ⁶ 12:30 Bingo</p>	<p>9:00-10:30 Board meeting ⁷ 10-11:30 Meal pick-up 10:00 Farm Share 10:00 Yoga with Ilse 11:30 Tai Chi 2 12:30 Bingo 1:00 Line Dancing</p>	<p>10:00 Free Groceries ⁸ 10:15 Yoga with Jill \$\$ 10:00 Coffee/Convo 11:00 Cribbage 1:00 Bridge 1:00 Bone Builders</p>	<p>10:15 Peer Support ⁹ Group: to sign up call Jean at 802-497-0723 AARP Tax Aide *Appointment Required</p>
<p>10:00 Tai Chi 1 ¹² 11:00 Yoga with Jill \$\$ 12:00 Hot Lunch 12:30 Adult Coloring 12:30 Mahjong</p>	<p>10:00 Bone Builders ¹³ 12:30 Bingo Self Defense Class \$\$ 1:30-3pm must REGISTER Instructor: Suzanne Lemire</p>	<p>10-11:30 Meal pick-up ¹⁴ 10:00 Yoga with Ilse 11:30 Tai Chi 2 12:30 Bingo 1:00 Line Dancing</p>	<p>10:00 Free Groceries ¹⁵ 10:15 Yoga with Jill \$\$ 10:00 Coffee/Convo 11:00 Cribbage 1:00 Bridge 1:00 Bone Builders</p>	<p>10:15 Peer Support ¹⁶ Group: to sign up call Jean at 802-497-0723 AARP Tax Aide *Appointment Required</p>
<p>10:00 Tai Chi 1 ¹⁹ 10:00 Farm Share 11:00 Yoga with Jill \$\$ 12:00 Hot Lunch 12:30 Adult Coloring 12:30 Mahjong</p>	<p>10:00 Bone Builders ²⁰ 11:30 Birthday Lunch  11:30-12:30 Kerry Restaurant Tix. 1:00 Bingo</p>	<p>10-11:30 Meal pick-up ²¹ 10:00 Yoga with Ilse 11:30 Tai Chi 2 12:30 Bingo 1:00 Line Dancing</p>	<p>10:00 Free Groceries ²² 10:15 Yoga with Jill \$\$ 10:00 Coffee/Convo 11:00 Cribbage 1:00 Bridge NO Bone Builders</p>	<p>10:15 Peer Support ²³ Group: to sign up call Jean at 802-497-0723 AARP Tax Aide *Appointment Required</p>
<p>10:00 Tai Chi 1 ²⁶ 11:00 Yoga with Jill \$\$ 12:00 Hot Lunch 12:30 Adult Coloring 12:30 Mahjong</p>	<p>10:00 Bone Builders ²⁷ 12:30 Bingo Self Defense Class \$\$ 1:30-3pm must REGISTER Instructor: Suzanne Lemire</p>	<p>10-11:30 Meal pick-up ²⁸ 10:00 Yoga with Ilse 11:30 Tai Chi 2 12:30 Bingo 1:00 Line Dancing 10:00 Coffee w/City Counselor Sarah Carpenter</p>	<p>10:00 Free Groceries ²⁹ 10:15 Yoga with Jill \$\$ 10:00 Coffee/Convo 11:00 Cribbage 1:00 Bridge 1:00 Bone Builders</p>	<p>Bone Builders CANCELED Thursday February 22, 2024</p>