



**January 2022**

**Following Activities will run  
from 10am-12pm**

**Thursday, January 6th | Game Day:**  
Several games will be presented or bring one you think we'd like and the group will choose.

**Thursday, January 13th | NH Humanities:** "Can Machines Think?" with Joshua Tepley. Joshua, a professor at St. Anselm's College will come to us as a discussion facilitator on the above question.

**Thursday, January 20th | Sew Bags w/Catherine:** Come create a bag for yourself or for someone else. Materials will be provided.



**Thursday, January 27th | Book Club "The Nightingale" by Kristin Hannah:**  
Join us for a group discussion with different questions being presented.

YMCA of Downtown Manchester  
30 Mechanic Street, Manchester, NH 03101  
www.graniteymca.org | 603.623.3558

Please contact **Kathy Raiche-Stephens** at or [kraiche-stephens@graniteymca.org](mailto:kraiche-stephens@graniteymca.org) or 603.232.8666 for more information

**Friday, January 28th | Snowshoeing at Stark Park: 10:00am Weather permitting.**



**STAY FIT. STAY STRONG. LIVE HEALTHY.**

**Exercise Classes**

- Tue/Thu: Fit 4 Life (In person or on Zoom)  
9:00-9:45am
- Tue: Gentle yoga (on Zoom)
- Wed: Gentle yoga (Studio A)  
10:15-11:10am
- Sat: Yoga (Studio A)  
8:15-9:15am