

Island Calendar

Thursday Sept. 3

8:30 a.m., Pilates, Jamestown Country Club, fee
 3 to 8 p.m., Teen center, grades 7 to 12, recreation center
 5:30 p.m., Alcoholics Anonymous, St. Matthew's Church
 7 to 9 p.m., Men's Chorus rehearsal, Conanicut Grange
 8 p.m., Gamblers Anonymous, St. Lucy's Church, Middletown

Friday Sept. 4

8:30 a.m., Mellow Vinyasa Yoga, Jamestown Country Club, fee
 10 a.m., Gentle Yoga, Jamestown Country Club, fee
 5 p.m., Alcoholics Anonymous, St. Matthew's Church
 8 p.m., Gamblers Anonymous, St. Lucy's Church, Middletown

Saturday Sept. 5

9 a.m., Alcoholics Anonymous, Senior Center
 9:30 to 11:30 a.m., Thrift Shop, St. Matthew's Church, 423-1762
 3:30 to 4 p.m., Sacrament of Reconciliation, St. Mark Church
 4 p.m., Weekend Mass, St. Mark Church

Sunday Sept. 6

8 and 9:30 a.m., Sunday Eucharist, St. Matthew's Episcopal Church
 9:30 a.m., Sunday worship, Central Baptist Church
 8:30 and 10 a.m., Sunday Mass, St. Mark Church
 9 to 11 a.m., Over 40 men's soccer, Lawn Avenue
 9:30 a.m., Jamestown Chapel, Senior Center
 4:30 p.m., Alcoholics Anonymous, St. Matthew's Church

Monday Sept. 7

10 a.m., Gentle Yoga, Jamestown Country Club, fee
 6 p.m., Pilates, Jamestown Country Club, fee
 6 p.m., Alanon, PAC Club, downstairs

Tuesday Sept. 8

8:30 a.m., Pilates, Jamestown Country Club, fee
 9:30 to 11:30 a.m., Thrift Shop, St. Matthew's church, 423-1762
 2 to 6 p.m., Teen center, recreation center, grades 7 to 12
 5:15 p.m., Alcoholics Anonymous, St. Matthew's Church
 5:30 p.m., Open yoga, Jamestown Country Club, fee
 6 to 9 p.m., Table tennis, Central Baptist Church, fee
 6:15 to 7:15 p.m., Pajama storytime, library
 7 to 9 p.m., Adult volleyball, recreation center

Wednesday Sept. 9

10:15 a.m. - 10:45 a.m., Storytime, library, ages infant to 24 months
 11:15 a.m. - noon, Storytime, library, ages 2 to 5 years
 9 a.m., Holy Eucharist, St. Matthew's Church
 2 to 6 p.m., Teen center, recreation center, grades 7 to 12
 7:15 p.m., Bible study, Jamestown Chapel, 423-0617
 7:30 to 9:30 p.m., Over 35 men's' basketball, Lawn Avenue School gym

Almanac – Thursday, September 3, 2009

Local Tides This Week

NEWPORT

DAY	HIGH	LOW	HIGH	LOW
Thur	7:39 a.m.	1:10 a.m.	7:58 p.m.	1:18 p.m.
Fri	8:14 a.m.	1:43 a.m.	8:32 p.m.	1:58 p.m.
Sat	8:48 a.m.	2:16 a.m.	9:07 p.m.	2:36 p.m.
Sun	9:23 a.m.	2:47 a.m.	9:44 p.m.	3:13 p.m.
Mon	10:00 a.m.	3:18 a.m.	10:25 p.m.	3:49 p.m.
Tue	10:42 p.m.	3:51 a.m.	11:09 p.m.	4:26 p.m.
Wed	11:28 a.m.	4:26 a.m.	11:59 p.m.	5:07 p.m.

CONANICUT POINT

DAY	HIGH	LOW	HIGH	LOW
Thur	7:46 a.m.	1:04 a.m.	8:05 p.m.	1:12 p.m.
Fri	8:21 a.m.	1:37 a.m.	8:39 p.m.	1:52 p.m.
Sat	8:55 a.m.	2:10 a.m.	9:14 p.m.	2:30 p.m.
Sun	9:30 a.m.	2:41 a.m.	9:51 p.m.	3:07 p.m.
Mon	10:07 a.m.	3:12 a.m.	10:32 p.m.	3:43 p.m.
Tue	10:49 p.m.	3:45 a.m.	11:16 p.m.	4:20 p.m.
Wed	11:35 a.m.	4:20 a.m.		5:01 p.m.

Sun / Moon Chart This Week

DAY	Sunrise	Sunset	Moonrise	Moonset
Thur	6:13 a.m.	7:16 p.m.	6:38 p.m.	5:08 a.m.
Fri	6:14 a.m.	7:15 p.m.	6:59 p.m.	6:10 a.m.
Sat	6:15 a.m.	7:13 p.m.	7:20 p.m.	7:13 a.m.
Sun	6:16 a.m.	7:11 p.m.	7:43 p.m.	8:17 a.m.
Mon	6:17 a.m.	7:10 p.m.	8:08 p.m.	9:23 a.m.
Tue	6:18 a.m.	7:08 p.m.	8:37 p.m.	10:31 a.m.
Wed	6:19 a.m.	7:06 p.m.	9:13 p.m.	11:41 a.m.

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