

Island Calendar

Thursday Sept. 17

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 p.m., Beginners Yoga, Jamestown Country Club, fee
 8 p.m., Gamblers Anonymous, St. Lucy's Church, Middletown

Friday Sept. 18

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. 19

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. 20

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 p.m., Community piano concert, St. Matthew's Church
 4:30 p.m., Alcoholics Anonymous, St. Matthew's Church

Monday Sept. 21

8:30 a.m., Mellow Vinyasa Yoga, Jamestown Country Club, fee
 10 a.m., Gentle Yoga, Jamestown Country Club, fee
 6 p.m., Pilates, Jamestown Country Club, fee
 6 p.m., Alanon, PAC Club, downstairs
 7 p.m., Intermediate Tai Chi, Jamestown Country Club, fee
 7 p.m., Community Chorus rehearsal, Central Baptist Church

Tuesday Sept. 22

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 8:30 p.m., Community Band practice, PAC Club
 7 to 9 p.m., Adult volleyball, recreation center

Wednesday Sept. 23

10:15 a.m. to 10:45 a.m., Storytime, library, ages infant to 24 months
 11:15 a.m. to 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 17, 2009

Local Tides This Week

NEWPORT

DAY	HIGH	LOW	HIGH	LOW
Thur	7:01 a.m.	12:42 a.m.	7:27 p.m.	12:49 p.m.
Fri	7:51 a.m.	1:20 a.m.	8:14 p.m.	1:40 p.m.
Sat	8:38 a.m.	1:58 a.m.	9:00 p.m.	2:28 p.m.
Sun	9:25 a.m.	2:35 a.m.	9:47 p.m.	3:13 p.m.
Mon	10:12 a.m.	3:12 a.m.	10:33 p.m.	3:55 p.m.
Tue	11:00 a.m.	3:49 a.m.	11:21 p.m.	4:36 p.m.
Wed	11:49 a.m.	4:27 a.m.		5:18 a.m.

CONANICUT POINT

DAY	HIGH	LOW	HIGH	LOW
Thur	7:08 a.m.	12:36 a.m.	7:34 p.m.	12:43 p.m.
Fri	7:58 a.m.	1:14 a.m.	8:21 p.m.	1:34 p.m.
Sat	8:45 a.m.	1:52 a.m.	9:07 p.m.	2:22 p.m.
Sun	9:32 a.m.	2:29 a.m.	9:54 p.m.	3:07 p.m.
Mon	10:19 a.m.	3:06 a.m.	10:40 p.m.	3:49 p.m.
Tue	11:07 a.m.	3:43 a.m.	11:28 p.m.	4:30 p.m.
Wed	11:56 a.m.	4:21 a.m.		5:12 a.m.

Sun / Moon Chart This Week

DAY	Sunrise	Sunset	Moonrise	Moonset
Thur	6:27 a.m.	6:52 p.m.	5:01 a.m.	6:01 p.m.
Fri	6:28 a.m.	6:51 p.m.	6:16 a.m.	6:27 p.m.
Sat	6:29 a.m.	6:49 p.m.	7:30 a.m.	7:30 p.m.
Sun	6:30 a.m.	6:47 p.m.	8:43 a.m.	7:21 p.m.
Mon	6:31 a.m.	6:45 p.m.	9:55 a.m.	7:53 p.m.
Tue	6:32 a.m.	6:44 p.m.	11:05 a.m.	8:29 p.m.
Wed	6:33 a.m.	6:42 p.m.	12:11 p.m.	9:11 p.m.

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