


## Senior Program March 2019 Activity Calendar at the City Wide Community Center

Monday	Tuesday	Wednesday	Thursday	Friday
				
<p><b>4</b> <u>Indoor Walking</u> 9-11  <u>Senior Fitness</u> 10 - 11  <u>Cribbage</u> 10 - 12  <u>Bridge</u> 10 – 12  <u>Canasta</u> 10 - 12  <u>Ping Pong</u> 10 - 1</p>	<p><b>5</b>  <u>Circle of Friends</u>  <u>Mindfulness</u>  <u>Meditation Group</u>            10:30 – 11:15</p>	<p><b>6</b> <u>Indoor Walking</u> 9-11  <u>Zumba Gold</u> <b>11:00 – 11:45</b>  <u>Out to Lunch</u> 11:30            Location to be announced  <u>Mah Jongg</u> 1 - 4  <u>Cribbage</u> 1- 4</p>	<p><b>7</b>  <u>Circle of Friends</u>  <u>Mindfulness</u>  <u>Meditation Group</u>            10:30 – 11:15</p>	<p><b>1</b> <u>Indoor Walking</u> 9-11  <u>Senior Fitness</u> 9 - 10  <u>Adult Coloring</u> 10 - noon  <u>Knitting</u> 10 - noon</p>
<p><b>11</b> <u>Indoor Walking</u> 9-11  <u>Senior Fitness</u> 10 - 11  <u>Cribbage</u> 10 - 12  <u>Bridge</u> 10 – 12  <u>Canasta</u> 10 - 12  <u>Ping Pong</u> 10 - 1</p>	<p><b>12</b>  <u>Circle of Friends</u>  <u>Mindfulness</u>  <u>Meditation Group</u>            10:30 – 11:15</p>	<p><b>13</b> <u>Indoor Walking</u> 9-11  <u>Zumba Gold</u> <b>11:00 – 11:45</b>  <u>Lunch at the City Wide</u>  <u>Community Center</u> 11:30  <u>Mah Jongg</u> 1 – 4  <u>Cribbage</u> 1- 4</p>	<p><b>14</b>  <u>Circle of Friends</u>  <u>Mindfulness</u>  <u>Meditation Group</u>            10:30 – 11:15</p>	<p><b>15</b>  <u>Indoor Walking</u> 9-11  <u>Senior Fitness</u> 9 - 10  <u>Adult Coloring</u> 10 - noon  <u>Knitting</u> 10 - noon</p>
<p><b>18</b> <u>Indoor Walking</u> 9-11  <u>Senior Fitness</u> 10 - 11  <u>Cribbage</u> 10 - 12  <u>Bridge</u> 10 – 12  <u>Canasta</u> 10 - 12  <u>Ping Pong</u> 10 - 1</p>	<p><b>19</b>  <u>Circle of Friends</u>  <u>Mindfulness</u>  <u>Meditation Group</u>            10:30 – 11:15</p>	<p><b>20</b> <u>Indoor Walking</u> 9-11  <u>Welcome Spring Celebration!!</u>  <b>11:00 – 12:30</b>  <u>Zumba Gold</u> <b>11:00 – 11:45</b>  <u>Mah Jongg</u> 1 – 4  <u>Cribbage</u> 1- 4</p>	<p><b>21</b>  <u>Circle of Friends</u>  <u>Mindfulness</u>  <u>Meditation Group</u>            10:30 – 11:15</p>	<p><b>22</b>  <u>Indoor Walking</u> 9-11  <u>Trivia</u> – 11 – 12:30</p>
<p><b>25</b> <u>Indoor Walking</u> 9-11  <u>Senior Fitness</u> 10-11  <u>Cribbage</u> 10-12  <u>Bridge</u> 10 – 12  <u>Canasta</u> 10 - 12  <u>Ping Pong</u> 10 - 1</p>	<p><b>26</b>  <u>Circle of Friends</u>  <u>Mindfulness</u>  <u>Meditation Group</u>            10:30 – 11:15</p>	<p><b>27</b> <u>Indoor Walking</u> 9-11  <u>Zumba Gold</u> <b>11:00 – 11:45</b>  <u>Coffee Social</u> 11 – 12:30  <u>Mah Jongg</u> 1 – 4  <u>Cribbage</u> 1- 4</p>	<p><b>28</b>  <u>Circle of Friends</u>  <u>Mindfulness</u>  <u>Meditation Group</u>            10:30 – 11:15</p>	<p><b>29</b>  <u>Indoor Walking</u> 9-11  <u>Crafts – Making a spring</u>  <u>burlap wreath</u> <b>10:00 - Noon</b></p>

## Senior Program March 2019 Activity Calendar at the City Wide Community Center

### At a Glance.....

Adult Coloring Friday March 1 & 15, 10:00 – Noon

Book Discussion Friday, March 8, 11:00 – 12:30

Bridge/Cribbage/Canasta Every Monday 10:00 - Noon

Coffee Social Wednesday, March 27, 11:00 – 12:30

Circle of Friends Mindfulness Mediation Group, Tues & Thurs 10:30

Cribbage Every Monday from 10:00 – Noon, every Wednesday 1:00 – 4:00

Fitness Class Every Monday, 10:00 – 11:00, Every Friday 9:00 – 10:00

Indoor Walking Every Monday, Wednesday and Friday 9:00 – 11:00

Knitting Friday, March 1 & 15, 10 – Noon

Lunch at the Community Center, Wednesday, March 13, 11:30

Mah Jongg Every Wednesday, 1:00 – 4:00

Out to Lunch Wednesday, March 6, 11:30

Ping Pong Every Monday, 10:00 – 1:00

Welcome Spring Celebration!!! Wednesday, March 20, 11:00 – 12:30

Zumba Gold, Every Wednesday, 11:00 – 11:45

**For a Senior Passport to participate, contact Becky  
at [230-4982](tel:230-4982) or [Rbukowski@ConcordNH.gov](mailto:Rbukowski@ConcordNH.gov).**

**Weather Cancellation Policy for Senior Activities  
When Concord Schools are delayed or cancelled due to  
weather, senior activities are cancelled on that day.**

**Adult Coloring** Enjoy a morning of casual coloring! Coloring books, colored pencils and gel pens are available, or bring your own!

**Book Discussion Group** We will discuss The Last Runaway by Tracy Chevalier

**Bridge** Looking for bridge partners? You are welcome to come to the community center for a game of bridge!

**Circle of Friends** Mindfulness Mediation Group

**Coffee Social** Enjoy a cup of coffee, snack and casual conversation!

**Crafts – we will make spring burlap wreaths.**

**Cribbage** – Looking for a cribbage partner? Come to the City Wide Community Center Monday at 10:00 or Wednesday at 1:00.

**Fitness Class** – appropriate for all fitness levels. See Adult Brochure for details.

**Indoor Walking** Walk in the indoor comfort of the community center.

**Knitting** Learn to knit or bring your project and knit with us. We have everything you need!

**Lunch** - Free for seniors 60+ with a suggested donation of \$2. Seniors age 50 -59 the cost is \$6. **Sign-up is required.**

**Mah Jongg** For experienced or new players (with some experience).

**Out to Lunch** See flyer for location and details.

**Ping Pong** Bring a partner and enjoy a friendly game of ping pong!

**Zumba Gold** A fun low-intensity class (see flyer for details).

**Welcome Spring Celebration!** Celebrating the first day of spring!