



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

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> <u>Indoor Walking</u> 9-11 <u>Senior Fitness</u> 10 - 11 <u>Cribbage</u> 10 - 12 <u>Bridge</u> 10 – 12 <u>Ping Pong</u> 10 - 1	<b>2</b> <u>Circle of Friends</u> <u>Mindfulness</u> <u>Meditation Group</u> 10:30 – 11:15	<b>3.</b> <u>Indoor Walking</u> 9-11 <u>Zumba Gold</u> 11:00 – 11:45 <u>Mah Jongg</u> 1 - 4 <u>Cribbage</u> 1- 4		<b>5.</b> <u>Indoor Walking</u> 9-11 <u>Senior Fitness</u> 9 - 10 <u>Knitting</u> 10 - noon <u>Adult Coloring</u> 10 - noon
<b>8. <u>Great Grain Discoveries</u></b> <b><u>11 -12</u></b> <u>Indoor Walking</u> 9-11 <u>Senior Fitness</u> 10 - 11 <u>Cribbage</u> 10 - 12 <u>Bridge</u> 10 – 12 <u>Ping Pong</u> 10 - 1	<b>9</b> <u>Circle of Friends</u> <u>Mindfulness</u> <u>Meditation Group</u> 10:30 – 11:15	<b>10</b> <u>Indoor Walking</u> 9-11 <u>Zumba Gold</u> 11:00 – 11:45 <u>Lunch at the City Wide</u> <u>Community Center</u> 11:30 <u>Mah Jongg</u> 1 - 4 <u>Cribbage</u> 1- 4	<b>11</b> 	<b>12</b> <u>Indoor Walking</u> 9-11 <u>Senior Fitness</u> 9 - 10 <u>Book Discussion</u> 11 – 12:30
<b>15</b> <u>Indoor Walking</u> 9-11 <u>Cribbage</u> 10 - 12 <u>Bridge</u> 10 – 12 <u>Ping Pong</u> 10 - 1	<b>16</b> <u>Circle of Friends</u> <u>Mindfulness</u> <u>Meditation Group</u> 10:30 – 11:15	<b>17</b> <u>Indoor Walking</u> 9-11 <u>Out to Lunch</u> 11:30 <u>Longhorn Steakhouse</u> 11:30 <u>Mah Jongg</u> 1 – 4 <u>Cribbage</u> 1- 4	<b>18</b>	<b>19</b> <u>Indoor Walking</u> 9-11 <u>Adult Coloring</u> 10 - noon <u>Knitting</u> 10 - noon <u>Adult Coloring</u> 10 - noon
<b>22</b> <u>Indoor Walking</u> 9-11 <u>Cribbage</u> 10 - 12 <u>Bridge</u> 10 – 12 <u>Ping Pong</u> 10 - 1	<b>23</b> <u>Circle of Friends</u> <u>Mindfulness</u> <u>Meditation Group</u> 10:30 – 11:15	<b>24</b> <u>Indoor Walking</u> 9-11 <u>Coffee Social</u> 11:00 – 12:30 <u>Mah Jongg</u> 1 – 4 <u>Cribbage</u> 1- 4	<b>25</b>	<b>26</b> <u>Indoor Walking</u> 9-11 <u>Trivia</u> – 11 – 12:30
<b>29</b> <u>Indoor Walking</u> 9-11 <u>Senior Fitness</u> 10-11 <u>Cribbage</u> 10-12 <u>Bridge</u> 10 – 12 <u>Ping Pong</u> 10 - 1	<b>30</b> <u>Circle of Friends</u> <u>Mindfulness</u> <u>Meditation Group</u> 10:30 – 11:15			

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

### At a Glance.....

Adult Coloring Friday April 5 & 19, 10:00 – Noon

Book Discussion Friday, April 12, 11:00 – 12:30

Bridge/Cribbage Every Monday 10:00 - Noon

Coffee Social Wednesday, April 24, 11:00 – 12:30

Circle of Friends Mindfulness Meditation Group, Tues 10:30

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

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

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

Knitting Friday, April 5 & 19, 10 – Noon

Lunch at the Community Center, Wednesday, April 10, 11:30

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

Out to Lunch Wednesday, April 17, 11:30

Ping Pong Every Monday, 10:00 – 1:00

Zumba Gold, Wednesday, 11:00 – 11:45

**For a Senior Passport to participate, contact Becky  
at 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 Middlesex by Jeffrey Eugenides

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

**Circle of Friends** Mindfulness Meditation Group

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

**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** Will be at Longhorn Steakhouse, 217 Loudon Rd.

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

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