



Senior Program October 2019 Activity Calendar at the City Wide Community Center

Monday	Tuesday	Wednesday	Thursday	Friday
	1.	2. <u>Indoor Walking</u> 9 – 11 <u>Zumba Gold</u> 11–11:45 <u>Mah Jongg</u> 1 - 4 <u>Cribbage</u> 1 - 4	3.	4. <u>Indoor Walking</u> 9 - 11 <u>Knitting</u> 10 - noon <u>Adult Coloring</u> 10 – 12 <u>Scrabble</u> 10 - 12
7. <u>Indoor Walking</u> 9 - 11 <u>Cribbage</u> 10 - 12 <u>Bridge</u> 10 – 12	8.	9. <u>Indoor Walking</u> 9 - 11 <u>Zumba Gold</u> 11–11:45 <u>Out to Lunch</u> 11:45 <u>Common Man, 25 Water Street</u> <u>Mah Jongg</u> 1 - 4 <u>Cribbage</u> 1 - 4	10.	11. <u>Indoor Walking</u> 9 - 11 <u>Book Discussion</u> 11 – 12:30 <u>Scrabble</u> 10 - 12
14. <u>Closed – Columbus Day</u>	15.	16. <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	17.	18. <u>Indoor Walking</u> 9 - 11 <u>Trivia</u> 11 – 12:30 <u>Scrabble</u> 10 - 12
21.. <u>Indoor Walking</u> 9 - 11 <u>Cribbage</u> 10 - 12 <u>Bridge</u> 10 – 12	22.	23. <u>Indoor Walking</u> 9 – 11 <u>Lunch - Community Center</u> 11:30-12:15 <u>12:15 – 1:15 History Talk with Jill</u> <u>(Concord Cemetery Administrator)</u> <u>Mah Jongg</u> 1 – 4 <u>Cribbage</u> 1- 4	24.	25.. <u>Indoor Walking</u> 9 – 11 <u>Knitting</u> 10 - noon <u>Adult Coloring</u> 10 – 12 <u>Scrabble</u> 10 - 12
28. <u>Presentation - Effective Communication Strategies Alzheimer’s Association</u> 10 – 11:30 <u>Indoor Walking</u> 9 - 11 <u>Cribbage</u> 10 - 12 <u>Bridge</u> 10 – 12	29.	30. <u>Indoor Walking</u> 9 - 11 <u>Mah Jongg</u> 1 – 4 <u>Cribbage</u> 1- 4 <u>Indoor Walking</u> 9 - 11 <u>Cribbage</u> 10 - 12 <u>Bridge</u> 10 – 12	31.	

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At a Glance.....

Adult Coloring Friday October 4, October 25, 10:00 – Noon

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

Bridge/Cribbage Every Monday 10:00 – Noon

Coffee Social Wednesday, October 16, 11:00 – 12:30

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

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

Please Note: The gym is now open for indoor walking!

Knitting Friday, October 4, 10:00 – Noon

Lunch at the Community Center, Wednesday, October 23, 11:30

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

Out to Lunch Wednesday, October 9, 11:30

Trivia Friday, October 18, 11 – 12:30

Zumba Gold, Wednesday, 11:00 – 11:45

**For a Senior Passport to participate, contact Becky
at 230-4982 or Rbukowski@ConcordNH.gov.**

Please Note: The gym is now open for indoor walking!



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 Immortal Life of Henrietta Lacks by Rebecca Sklott

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

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.

Indoor Walking Walk in the indoor comfort of the community center. **The gym is now open for indoor walking!**

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.
Sign-up is required.

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

Out to Lunch – Common Man, 25 Water Street, See flyer for detail.

Trivia Exercise your brain while having fun!

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



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