
















Senior Program October 2021 Activity Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
				1  <u>Indoor Walking 9 – 11</u> <u>Knitting 10 - Noon</u> <u>Adult Coloring 10 - Noon</u>
4  <u>Indoor Walking 9 – 11</u> <u>Outdoor Walking 10-11</u>	5	6  <u>Indoor Walking 9 – 11</u> <u>Lunch pick-up 11 - Noon</u> <u>Mah Jongg 1-4</u>	7	8 <u>No Indoor walking</u> <u>Trivia 11 – 12:30</u>
11 	12 October 20 lunch orders due to Becky.	13  <u>Indoor Walking 9 – 11</u> <u>Coffee Social 11 – 12:30</u> <u>Mah Jongg 1-4</u>	14	15  <u>Indoor Walking 9 – 11</u> <u>Knitting 10 - Noon</u> <u>Adult Coloring 10 - Noon</u>
18  <u>Indoor Walking 9 – 11</u> <u>Outdoor Walking 10-11</u>	19	20  <u>Indoor Walking 9 – 11</u> <u>Lunch pick-up 11 - Noon</u> <u>Mah Jongg 1-4</u>	21 	22  <u>Indoor Walking 9 – 11</u> <u>Book Discussion 11:00 – 12:30</u>
25  <u>Indoor Walking 9 – 11</u> <u>Outdoor Walking 10-11</u>	26 November 3 lunch orders due to Becky.	27  <u>Indoor Walking 9 – 11</u> <u>Craft 10 - Noon</u> <u>Mah Jongg 1-4</u>	28	29  <u>Indoor Walking 9 – 11</u>

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Guidelines for participating in activities

- **Masks are recommended for both vaccinated and unvaccinated individual.**
- **Masks are required throughout the community center for unvaccinated individuals.**
- **All participants must check in at the front door kiosk before entering the building.**
- **Attendance at all senior activities requires a Senior Passport. Please be prepared to scan your Senior Passport when you enter the community center.**

How to register for an activity:

Contact Becky at 230-4982 or email Becky at Rbukowski@ConcordNH.gov.



Adult Coloring, we have books, pens and pencils or bring your own!

Book Discussion Group The group will discuss The Book of Essie by Meghan MacLean Weir. A kit is available with books to borrow. Contact the front desk at 225-8690 to schedule a time to borrow a book.

Coffee Social Enjoy a cup of coffee and casual conversation! It's a great way to connect with other seniors and learn what is happening in the community.

Craft – Stay tuned for information of what craft we will make this month.

Knitting We will knit, chat and show each other our knitting/crochet or other craft projects.

Senior Take Out Meals – Meals must be ordered one week in advance. Contact Becky for details.

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

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

Outdoor Walking, we will meet as a group at the outdoor tree grove to the left of the community center and walk around the track at Keach Park (behind the community center). It is a pleasant path with plenty of shade!

Trivia- Fun and Prizes!