














Senior Program June 2022 Activity Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
		1  Indoor Walking 9 – 11 Lunch pick-up 11 - Noon Mah Jongg 1-4	2	3  Indoor Walking 9 – 11 Knitting 10 - Noon Adult Coloring 10 - Noon
6  Indoor Walking 9 – 11 Outdoor Walking 10 - 11 Cribbage 10 – 12 Scrabble 10 - 12	7	8  Indoor Walking 9 – 11 Coffee Social 11 – 12:30 Mah Jongg 1-4	9	10  Indoor Walking 9 – 11 Knitting 10 - Noon Adult Coloring 10 - Noon
13  Indoor Walking 9 – 11 Outdoor Walking 10 - 11 Cribbage 10 – 12 Scrabble 10 - 12	14	15  Indoor Walking 9 – 11 Lunch pick-up 11 - Noon Mah Jongg 1-4	16	17  Indoor Walking 9 – 11 Book Discussion 11 – 12:30
20 Outdoor Walking 10 - 11 Cribbage 10 – 12 Scrabble 10 - 12	21 	22 Mah Jongg 1-4	23 	24
27 Outdoor Walking 10 - 11 Cribbage 10 – 12 Scrabble 10 - 12	28	29  Indoor Walking 9 – 11 Coffee Social 11 – 12:30 Mah Jongg 1-4	30 	

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Guidelines for participating in activities

- 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 obtain a Senior Passport

- Senior Passports can be obtained at the front desk of the community center.
- Senior Passports are available for seniors age 60+.
- Senior Passports are free for Concord residents and \$50 per year for non-residents.

How to register for an activity:

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

Unless otherwise noted, all activities will take place at the City-Wide Community Center.

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

Book Discussion Group - the group will discuss Ask Again, Yes by Mary Beth Keane. 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, snack and casual conversation! It's a great way to connect with other seniors and learn what is happening at the community.

Cribbage or Scrabble – looking for partners for cribbage or scrabble? Come to the community center Monday morning at 10:00!

Knitting and Needle crafts - we will knit, chat and show each other our knitting/crochet or other craft projects.

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

Indoor Walking - walk in the indoor comfort of the community center. **There will be no indoor walking during summer camps.**

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!

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