














Senior Program March 2023 Activity Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
		1  <u>Indoor Walking</u> 9:00 – 11:00 <u>Coffee Social</u> 11:00 – 12:30 <u>Mah Jongg</u> 1:00 – 4:00	2	3  <u>Indoor Walking</u> 9:00 – 11:00 <u>Knitting</u> 10:00 - Noon <u>Adult Coloring</u> 10:00 - Noon <u>Painting Class</u> 10:00 – 11:30
6  <u>Indoor Walking</u> 9:00 – 11:00 <u>Cribbage</u> 10:00 - Noon <u>Scrabble</u> 10:00 – Noon	7 <u>Table Tennis</u> 4:00 – 7:00	8  <u>Indoor Walking</u> 9:00 – 11:00 <u>Lunch at the City Wide Community Center</u> – 11:00 <u>Mah Jongg</u> 1:00 – 4:00	9 <u>Fitness Class</u> 9:00 – 9:30	10  <u>Indoor Walking</u> 9:00 – 11:00
13  <u>Indoor Walking</u> 9:00 – 11:00 <u>Cribbage</u> 10:00 - Noon <u>Scrabble</u> 10:00 – Noon	14 <u>Table Tennis</u> 4:00 – 7:00	15  <u>Indoor Walking</u> 9:00 – 11:00 <u>Mah Jongg</u> 1:00 – 4:00	16 <u>Fitness Class</u> 9:00 – 9:30	17  <u>Indoor Walking</u> 9:00 – 11:00 <u>Knitting</u> 10:00 - Noon <u>Adult Coloring</u> 10:00 - Noon
20  <u>Indoor Walking</u> 9:00 – 11:00 <u>Cribbage</u> 10:00 - Noon <u>Scrabble</u> 10:00 – Noon	21 <u>Table Tennis</u> 4:00 – 7:00	22  <u>Indoor Walking</u> 9:00 – 11:00 <u>Coffee Social</u> 11:00 – 12:30 <u>Mah Jongg</u> 1:00 – 4:00	23 <u>Fitness Class</u> 9:00 – 9:30	24  <u>Indoor Walking</u> 9:00 – 11:00 <u>Book Discussion</u> 10:30 - Noon
27  <u>Indoor Walking</u> 9:00 – 11:00 <u>Cribbage</u> 10:00 - Noon <u>Scrabble</u> 10:00 - Noon	28 <u>Table Tennis</u> 4:00 – 7:00	29  <u>Indoor Walking</u> 9:00 – 11:00 <u>Mah Jongg</u> 1:00 – 4:00	30 <u>Fitness Class</u> 9:00 – 9:30	31  <u>Indoor Walking</u> 9:00 – 11:00 <u>Musical Performance - Jordan Tirrell-Wysocki</u> 11:00

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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 603-230-4982 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 –we will discuss The Girl with the Louding Voice by Abi Daré.

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 in the community.

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

Fitness Class – a 30 minute chair stretch and strengthening class.

Knitting and Needle crafts - we will knit, chat and show each other o

Lunch at the Community Center – for seniors with a suggested donation of \$2. Advance sign-up is required.

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

NEW! Musical Performance! – local fiddle player Jordan Tirrell-Wysocki will perform ‘Songs of Emigration’! This is rescheduled from the cancelled January performance! It is necessary to sign up again. Stay tuned for flyer with details.

NEW! Painting Class – join Steve Pascucci to create your own original acrylic (water based) painting. You will leave class with a completed painting. See flyer for details.

Indoor Walking –Walk in the indoor comfort of the community center. Enter your name into a raffle for a \$25 gift card each time you walk 1 mile!!!

Table Tennis – we have a table, paddles and balls for drop-in table tennis (ping pong).

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