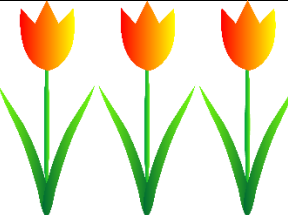

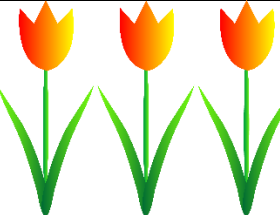














Senior Program April 2023 Activity Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
				
<p>3  Indoor Walking 9:00 – 11:00 Cribbage 10:00 - Noon Scrabble 10:00 – Noon</p>	<p>4 Table Tennis 4:00 – 7:00</p>	<p>5  Indoor Walking 9:00 – 11:00 Mah Jongg 1:00 – 4:00</p>	<p>6 Fitness Class 9:00 – 9:30</p>	<p>7  Indoor Walking 9:00 – 11:00 Knitting 10:00 - Noon Adult Coloring 10:00 - Noon</p>
<p>10  Indoor Walking 9:00 – 11:00 Cribbage 10:00 - Noon Scrabble 10:00 – Noon</p>	<p>11 Table Tennis 4:00 – 7:00</p>	<p>12  Indoor Walking 9:00 – 11:00 Coffee Social 11:00 – 12:30 Mah Jongg 1:00 – 4:00</p>	<p>13 Fitness Class 9:00 – 9:30</p>	<p>14  Indoor Walking 9:00 – 11:00</p>
<p>17  Indoor Walking 9:00 – 11:00 Cribbage 10:00 - Noon Scrabble 10:00 – Noon</p>	<p>18 Table Tennis 4:00 – 7:00</p>	<p>19  Indoor Walking 9:00 – 11:00 Lunch at the City Wide Community Center 11:00 Mah Jongg 1:00 – 4:00</p>	<p>20 Fitness Class 9:00 – 9:30</p>	<p>21  Indoor Walking 9:00 – 11:00 Knitting 10:00 - Noon Adult Coloring 10:00 - Noon</p>
<p>24  Indoor Walking 9:00 – 11:00 Cribbage 10:00 - Noon Scrabble 10:00 – Noon</p>	<p>25 Table Tennis 4:00 – 7:00</p>	<p>26  Indoor Walking 9:00 – 11:00 Coffee Social 11:00 – 12:30 Mah Jongg 1:00 – 4:00</p>	<p>27 Fitness Class 9:00 – 9:30</p>	<p>28  Indoor Walking 9:00 – 11:00 Book Discussion 10:30 – Noon</p>

Senior Program April 2023 Activity Calendar

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 Ruth at 603-230-4982 or email Ruth at RFarney@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 Storied Life of A.J. Fikry by Gabrielle Zevin.

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. Pre-registration is required.

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).

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).