

Senior Program October 2020 Activity Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
			1.	2. <u>Indoor Walking</u> 9 – 11 <u>Trivia</u> 11 – 12:15
5. <u>Indoor Walking</u> 9 – 11	6.	7. <u>Indoor Walking</u> 9 – 11 <u>Coffee Social</u> 1-2:30 (community center)	8.	9. <u>Indoor Walking</u> 9 – 11 <u>Adult Coloring</u> 10 – 12 <u>Knitting</u> 10 - 12
12. Columbus Day Office Closed 	13.	14. <u>Indoor Walking</u> 9 – 11	15.	16. <u>Indoor Walking</u> 9 – 11 <u>Trivia</u> 11 – 12:15
19. <u>Indoor Walking</u> 9 - 11	20.	21. <u>Indoor Walking</u> 9 – 11 <u>Coffee Social</u> 1 – 2:30 Zoom	22.	23. <u>Indoor Walking</u> 9 - 11 <u>Adult Coloring</u> 10-12 <u>Knitting</u> 10-12
26. <u>Indoor Walking</u> 9 - 11 <u>Coffee Social</u> 11 – 12:30 Zoom	27.	28. <u>Indoor Walking</u> 9 – 11	29.	30. <u>Indoor Walking</u> 9 – 11 <u>Book Discussion</u> 11 – 12:30 Zoom

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Guidelines for participating in activities

- Masks are required for all in-person activities.
- There must be a 6 ft distance maintained between any participant not in your household.
- Pre-registration is required for all activities (including in-person and Zoom) and there is a limit of participants for each activity.
- All participants must check in at the front desk for a temperature check and to answer several health questions.

How to pre-register for any program being offered:

Call the front desk at 225-8690 or email Becky at Rbukowski@ConcordNH.gov.

Adult Coloring Enjoy a morning of casual coloring. Bring your own coloring book and pencils and color with us. Limited to 9 in combination with knitting.

Knitting Bring your project and knit or crochet with us. Limited to 9 in combination with adult coloring.

Book Discussion Group (Zoom) The group will discuss The Nickel Boys by Colson Whitehead. No kit will be available for this book (FYI there will be kits available in future months). Book discussion will start on Zoom. We may move to in person in future months.

Coffee Social Enjoy a cup of coffee and casual conversation. Limited to 9 for in person and 11 for Zoom.

Indoor Walking Walk in the indoor comfort of the community center. Sign up to walk from 9 – 10 or 10 – 11. No more than 15 people will be allowed in the gym at a time.

Trivia Challenge yourself while you have fun! Questions about science and nature, history, sports, entertainment, geography, etc.

