


















Senior Program September 2021 Activity Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>September</p>		<p>1</p>  <p>Indoor Walking 9 – 11 <u>Lunch pick-up 11 - Noon</u> Mah Jongg 1-4</p>	<p>2</p>	<p>3</p>  <p>Indoor Walking 9 – 11 <u>Knitting 10 - Noon</u> <u>Adult Coloring 10 - Noon</u></p>
<p>6</p>  <p>Offices Closed</p>	<p>7</p> <p>Sept 15 lunch orders due to Becky</p>	<p>8</p>  <p>Indoor Walking 9 – 11 <u>Coffee Social 11 – 12:30</u> Mah Jongg 1-4</p>	<p>9</p>	<p>10</p>  <p>Indoor Walking 9 – 11 <u>Trivia 11 – 12:30</u></p>
<p>13</p>  <p>Indoor Walking 9 – 11 <u>Outdoor Walking 10-11</u></p>	<p>14</p>	<p>15</p>  <p>Indoor Walking 9 – 11 <u>Lunch pick-up 11 - Noon</u> Mah Jongg 1-4</p>	<p>16</p> 	<p>17</p>  <p>Indoor Walking 9 – 11 <u>Knitting 10 - Noon</u> <u>Adult Coloring 10 - Noon</u></p>
<p>20</p>  <p>Indoor Walking 9 – 11 <u>Outdoor Walking 10-11</u></p>	<p>21</p>	<p>22</p>  <p>Indoor Walking 9 – 11 Mah Jongg 1-4</p>	<p>23</p>	<p>24</p>  <p>Indoor Walking 9 – 11 <u>Book Discussion 11:00 – 12:30</u></p>
<p>27</p>  <p><u>Outdoor Walking 10-11</u> Indoor Walking 9 – 11</p>	<p>28</p> <p>October 6 lunch orders due to Becky</p>	<p>29</p>  <p>Indoor Walking 9 – 11 Mah Jongg 1-4</p>	<p>30</p>	

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Guidelines for participating in activities

- Masks are required in all common areas of the community center.
- 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 Boston Girl by Anita Diamant. 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.

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. Sign up to walk from 9 – 10 or 10 – 11. No more than 15 people can be in the gym at a time.

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!

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