

Heights Community Center, Senior Program December 2016 Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
			1 <u>Mah Jongg 1-4</u>	2 <u>Bone Builders 10 – 11</u> <u>Bridge 10 - Noon</u> <u>Walking Group 11</u> <u>VNA Blood Pressure Clinic</u> 9:30 – 11:00
5 <u>Bingo for 55+ 10– Noon</u> <u>Cribbage 10- Noon</u> <u>Walking Group 11</u>	6	7 <u>Bone Builders 10 – 11</u> <u>Sign-up for Ping Pong 10 - 12</u> <u>Walking Group 11</u> <u>VNA Aging Mastery Program 10 – 11:30</u> <u>Holiday Decorating 10:30 - Noon</u>	8 <u>Mah Jongg 1-4</u>	9 <u>Bone Builders 10 – 11</u> <u>Bridge 10 - Noon</u> <u>Walking Group 11</u> <u>Book Discussion 11 – 12:30</u>
12 <u>Bingo for 55+ 10– Noon</u> <u>Cribbage 10- Noon</u> <u>Walking Group 11</u>	13	14 <u>Bone Builders 10 – 11</u> <u>Sign-up for Ping Pong 10 – 12</u> <u>Walking Group 11</u> <u>VNA Senior Health Clinic 9 – 12</u> <u>VNA Aging Mastery Prgrm 10 – 11:30</u> <u>December Lunch 11:45</u>	15 <u>Mah Jongg 1-4</u> <u>Sunset Club Christmas Party at Makris Steak and Seafood</u>	16 <u>Bone Builders 10 – 11</u> <u>Bridge 10 – Noon</u> <u>Knitting 10 - Noon</u> <u>Adult Coloring 10 - Noon</u> <u>Walking Group 11</u>
19 <u>Sunset Club Bingo for 55+ 10– Noon</u> <u>Cribbage 10- Noon</u> <u>Walking Group 11</u>	20	21 <u>Bone Builders 10-11</u> <u>Sign-up for Ping Pong 10 – 12</u> <u>Walking Group 11</u> <u>VNA Senior Health Clinic 9 – 12</u> <u>VNA Aging Mastery Program 10 – 11:30</u>	22 <u>Mah Jongg 1-4</u>	23 <u>Bone Builders 10 – 11</u> <u>Bridge 10 – Noon</u> <u>Walking Group 11</u> <u>Holiday Gingerbread Decorating Party 10 - Noon</u>
26 <u>Offices Closed for the Holiday</u> 	27	28 <u>Bone Builders 10-11</u> <u>Sign-up for Ping Pong 10 – 12</u> <u>Walking Group 11</u> <u>VNA Walk-In Wednesday 10 – 12</u> <u>Coffee Club/Social Group 11 – 12:30</u>	29 <u>Mah Jongg 1-4</u>	30 <u>Bone Builders 10 – 11</u> <u>Bridge 10 – Noon</u> <u>Walking Group 11</u> <u>Trivia 11 – 12:15</u>

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At a Glance.....

Bingo Every Monday, 10 – Noon

Bridge – Every Friday, 10 – Noon

Coffee Club/Social Group – December 28, 11 – 12:30

Cribbage – Every Monday, 10 – Noon

Sign-up for Ping Pong – Every Wednesday 10 - Noon

Walking Group - Every Monday, Wednesday & Friday, 11:00

Mah Jongg - Every Thursday, 1:00 – 4:00 pm

Holiday Decorating – Wednesday, December 7, 10:30 - Noon

Book Discussion - Friday, December 9, 11:00—12:30

December Lunch - Wednesday, December 14, 11:45

Sunset Club Holiday Party– Thursday, December 15, 11-1

Adult Coloring – Friday, December 16, 10 – Noon

Knitting – Friday, December 16, 10 - Noon

Holiday Gingerbread Decorating–Friday, December 23, 10 - 12

Trivia - Friday, December 30, 11:00 – 12:15

VNA Blood Pressure Clinic – Friday, December 2, 9:30 – 11:00

VNA Senior Health Clinic- Wednesday, December 14 & 21
9:00 – Noon

VNA Walk-In Wednesday – December 28, 10:00—Noon

See calendar for specialized VNA programs.

All seniors age 50+ are welcome to join any activity. Bingo is for seniors age 55+.

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

Adult Coloring –We have pictures and colored pencils!

Bingo – For adults age 55+. \$.10 a card and \$.25 for coverall.

Book Discussion Group—we will be discussing Olive Kitteridge by Elizabeth Strout. Books are available for loan.

Bridge – come to the Heights Community Center for a game of bridge.

Coffee Club/Social Group – come and visit with friends and make new friends. Coffee and snacks are provided.

Cribbage – we have the boards, pegs and cards.

December Lunch-free for seniors 60+ with a suggested donation of \$2. Seniors under age 60 the cost is \$6. See flyer for lunch menu. **Sign-up is required by December 9th.**

Holiday Decorating – Get into the spirit of the holidays by helping us decorate the tree and senior rooms!

Holiday Gingerbread Decorating Party – Join Kari in shaping and decorating some yummy holiday treats. Cost is \$5 for Concord residents and \$10 for non-residents.

Knitting – Learn to knit or bring your project and knit with us. We have yarn, needles and an easy to learn pattern!

Mah Jongg– beginners are welcome!

Pickle-ball - available at the Green Street gym during the fall/winter months. Contact Parks and Rec for a copy of the pickle-ball calendar.

Ping Pong – Available Wednesday from 9:00 – 1:00 and Friday from 9:00 – 11:00.

Sunset Club – the Sunset Club Holiday party will be at Makris Streak and Seafood. Contact Judy Brickett for information.

Trivia—Questions about history, sports, pop culture, music and movies are the theme. Fun and prizes!

Walking Group-walk in the indoor comfort of the community center. Enter your name into a raffle for a \$25 gift card.