





Senior Program January 2019 Activity Calendar at the City Wide Community Center

Monday	Tuesday	Wednesday	Thursday	Friday
	1 	2 <u>Indoor Walking 9-11</u> <u>Mah Jongg 1 – 4</u> <u>Cribbage 1- 4</u>	3 <u>Circle of Friends</u> <u>Mindfulness</u> <u>Meditation Group</u> 10:30 – 11:30	4 <u>Indoor Walking 9-11</u> <u>Adult Coloring 10 - 12</u> <u>Knitting 10 - 12</u>
7 <u>Indoor Walking 9-11</u> <u>Senior Fitness 10 - 11</u> <u>Cribbage 10 - 12</u> <u>Bridge 10 – 12</u> <u>Canasta 10 - 12</u> <u>Ping Pong 10 - 1</u>	8 <u>Circle of Friends</u> <u>Mindfulness</u> <u>Meditation Group</u> 10:30 – 11:30	9 <u>Indoor Walking 9-11</u> <u>Lunch at the City Wide</u> <u>Community Center 11:30</u> <u>Mah Jongg 1-4</u> <u>Cribbage 1- 4</u>	10 <u>Circle of Friends</u> <u>Mindfulness</u> <u>Meditation Group</u> 10:30 – 11:30	11 <u>Indoor Walking 9-11</u> <u>Senior Fitness 9 - 10</u> <u>Book Discussion 11 – 12:30</u>
14 <u>Indoor Walking 9-11</u> <u>Senior Fitness 10 - 11</u> <u>Cribbage 10 - 12</u> <u>Bridge 10 – 12</u> <u>Canasta 10 - 12</u> <u>Ping Pong 10 - 1</u>	15 <u>Circle of Friends</u> <u>Mindfulness</u> <u>Meditation Group</u> 10:30 – 11:30	16 <u>Indoor Walking 9-11</u> <u>Out to Lunch – 11:30</u> <u>Cheers – 17 Depot Street</u> <u>Mah Jongg 1 – 4</u> <u>Cribbage 1- 4</u>	17 <u>Circle of Friends</u> <u>Mindfulness</u> <u>Meditation Group</u> 10:30 – 11:30	18 <u>Indoor Walking 9-11</u> <u>Senior Fitness 9 - 10</u> <u>Trivia – 11 – 12:30</u>
21 <u>Closed for Martin Luther King, Jr./ Civil Rights Day</u> 	22 <u>Circle of Friends</u> <u>Mindfulness</u> <u>Meditation Group</u> 10:30 – 11:30	23 <u>Indoor Walking 9-11</u> <u>Coffee Social 11 – 12:30</u> <u>Mah Jongg 1 – 4</u> <u>Cribbage 1- 4</u>	24 <u>Circle of Friends</u> <u>Mindfulness</u> <u>Meditation Group</u> 10:30 – 11:30	25 <u>Indoor Walking 9-11</u> <u>Senior Fitness 9 - 10</u> <u>Craft 10 – Noon</u> <u>Make a Burlap Wreath</u>
28 <u>Indoor Walking 9-11</u> <u>Senior Fitness 10-11</u> <u>Cribbage 10-12</u> <u>Bridge 10 – 12</u> <u>Canasta 10 - 12</u> <u>Ping Pong 10 - 1</u>	29 <u>Circle of Friends</u> <u>Mindfulness</u> <u>Meditation Group</u> 10:30 – 11:30	30 <u>Indoor Walking 9-11</u> <u>Nutrition Education 11-12</u> <u>Great Grain Discoveries</u> <u>Mah Jongg 1 – 4</u> <u>Cribbage 1- 4</u>	31 <u>Circle of Friends</u> <u>Mindfulness</u> <u>Meditation Group</u> 10:30 – 11:30	

Senior Program January 2019 Activity Calendar at the City Wide Community Center

At a Glance..... Adult Coloring Friday January 4, 10:00 – Noon

Book Discussion Friday, January 11, 11:00 – 12:30

Bridge/Cribbage/Canasta Every Monday 10:00 - Noon

Coffee Social Wednesday, January 23, 11:00 – 12:30

Circle of Friends Mindfulness Mediation Group, Tues & Thurs 10:30

Craft Friday, January 25, 10:00 - Noon

Cribbage Every Monday from 10:00 – Noon, every Wednesday 1:00 – 4:00

Fitness Class Every Monday, 10:00 – 11:00, Every Friday 9:00 – 10:00

Indoor Walking Every Monday, Wednesday and Friday 9:00 – 11:00

Knitting Friday, January 4, 10 – Noon

Lunch at the Community Center, Wednesday, January 9, 11:30

Mah Jongg Every Wednesday, 1:00 – 4:00

Nutrition Education, Wednesday, January 30, 11:00 - Noon

Out to Lunch Wednesday, January 16, 11:30

Ping Pong Every Monday, 10:00 – 1:00

**For a Senior Passport to participate, contact Becky
at 230-4982 or Rbukowski@ConcordNH.gov.**

Activities listed in red are new for the month of January!

Weather Cancellation Policy for Senior Activities

**When Concord Schools are delayed or cancelled due to weather, senior
activities are cancelled on that day.**

Adult Coloring Enjoy a morning of casual coloring! Coloring books, colored pencils and gel pens are available, or bring your own!

Book Discussion Group We will discuss State of Wonder by Ann Patchett.

Bridge Looking for bridge partners? You are welcome to come to the community center for a game of bridge!

Circle of Friends Mindfulness Mediation Group

Coffee Social Enjoy a cup of coffee, snack and conversation!

Craft – We will be making seasonal burlap wreath. A small fee will be charged for materials. A flyer with details will be available.

Cribbage – Looking for a cribbage partner? Come to the City Wide Community Center Monday at 10:00 or Wednesday at 1:00.

Fitness Class – appropriate for all fitness levels. See Adult Brochure for details.

Indoor Walking Walk in the indoor comfort of the community center.

Knitting Learn to knit or bring your project and knit with us. We have everything you need!

Lunch - Free for seniors 60+ with a suggested donation of \$2. Seniors age 50 -59 the cost is \$6. **Sign-up is required.**

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

Nutrition Education – An Extension Educator from UNH Extension will be here to talk about Great Grain Discoveries.

Out to Lunch We will meet at 11:30 at Cheers, 17 Depot Street

Ping Pong Bring a partner and enjoy a friendly game of ping pong!