

CONCORD

WISE



WONDERFUL
INTERACTIVE
SENIOR
EXPERIENCES

MAY 3RD - MAY 25TH 2011

WISE seniors stay connected to their community

WISE seniors draw strength from their community

WISE seniors find joy and activity in community opportunities

For more information please contact: Concord Recreation www.concordnh.gov/recreation or 225-8690

Design donated by:



Printing Donated by:



got questions?
1-866-634-9412



Supporting Organizations..

CENTENNIAL SENIOR CENTER, CH CENTER FOR HEALTH PROMOTION, CH SENIOR WELLNESS TEAM, COMMUNITY ACTION PROGRAM BELKNAP-MERRIMACK COUNTIES, CONCORD REGIONAL VNA, CONCORD RECREATION, CONCORD PUBLIC LIBRARY, GRANITE LEDGES OF CONCORD, HORSESHOE POND PLACE, PENACOOK COMMUNITY CENTER, PLEASANT VIEW RETIREMENT, RED RIVER THEATRES, INC., SERVICELINK, GRANITE UNITED WAY-MERRIMACK COUNTY REGION, YMCA.

See reverse for a list of dates and events!

MAY 3

10:00 am - 4:00 pm

"You Can Be an Artist at Any Age" Centennial Senior Center at West Street Ward House

MAY 4

1:00 pm - 2:00 pm

"Coping With Vision Loss" Rose Prescott from Sight Services for Independent Living at Horseshoe Pond Place

MAY 5

9:00 am - 10:00 am

"Tai Chi and Yoga in the Park" Centennial Senior Center and Concord Recreation at White Park

12:00 pm - 1:00 pm

"Exercise in the Park" at Centennial Senior Center and Concord Recreation at White Park

MAY 6

1:30 pm - 3:00 pm

Kick off Event

"Young at Heart" at Red River Theater - Tickets \$3.00
Please come early and visit the Concord Public Library table

5:00 pm - 7:00 pm

"Never too Old" art show opening reception
Show will run from May 2-27, Kimball Jenkins Estate

MAY 9

9:00 am - 10:00 am

"1-Mile Intergenerational Walk with Refreshments" Concord Recreation & Concord YMCA starts at YMCA

MAY 10

12:30 pm - 1:30 pm

"Poetry Reading" at Horseshoe Pond Place

3:00 pm - 4:00 pm

"Aging Well Presentation" Concord Regional VNA at Granite Ledges of Concord

MAY 11

10:30 am - 11:30 am

"Tools for Independence" Interactive Resource Demonstrations at Horseshoe Pond Place

1:00 pm - 2:30 pm

"Panel Discussion: Sharpen the Tools in Your Toolkit for Healthy Independent Living" at Horseshoe Pond Place

MAY 12

9:30 am - 10:30 am

"If It's Too Good To Be True...Don't Become a Victim to Fraud" Merrimack County Savings Bank at Penacook Community Center

4:00 pm - 5:00 pm

"Simple Meals for One - Cooking Demonstration" at Granite Ledges of Concord

MAY 13

10:00 am - 1:00 pm

"Spring Fling - Cookout, Pot luck Lunch, Wii, Cards" at Concord Recreation at West Street Ward House

10:15 am - 11:00 am

"Bone Builders" Concord Recreation at West Street Ward House

MAY 16

10:00 am - 11:00 am

"Silver Sneakers Exercise Class" at YMCA

MAY 17

10:00 am - 4:00 pm

"Containers and More: Gardening Workshops" at Centennial Senior Center at West Street Ward House

11:00 am - 1:00 pm

"Celebration of Older Americans Month" Merrimack County Area Committee on Aging, Luncheon and Meeting at Pleasant View Retirement, RSVP 225-3970

MAY 18

1:00 pm - 2:00 pm

"American History Lecture Series - The Canterbury Shaker Sisters as I Knew Them" at Horseshoe Pond Place

MAY 19

5:00 pm - 7:00 pm

"Art in Bloom Opening Reception" at Granite Ledges

MAY 20

10:00 am - 4:00 pm

"Art in Bloom Viewing" at Granite Ledges

6:45 pm - 9:00 pm

"Cut for Trump" A Lively Whist Party at Penacook Community Center

MAY 21

10:00 am - 4:00 pm

"Art in Bloom Viewing" at Granite Ledges

9:00 am - 2:00 pm

Residents' Association "Elegante Junque Tag Sale" On the front lawn at Pleasant View Retirement, rain or shine

MAY 23

10:00 am - 11:00 am

"Silver Sneakers Exercise Class" at YMCA

MAY 25

7:00 pm - 9:00 pm

Culminating Event: "Bedford Big Band" Concert, Dance and Refreshments at Pleasant View Retirement

We look forward to seeing you!