

HAPPENING THIS MONTH

Special Events and Activities

- **BINGO** – Join us for the classic game of BINGO! Enjoy playing in a welcoming environment for a variety of fun prizes. Ages 18+ welcome! No pre-registration is required.
- **Book Club** – Welcome back, Book Clubbers! 😊 We'll meet after the summer hiatus to discuss our summer read, *The Lindbergh Nanny: A Novel* by Mariah Fredericks. The new book we'll be working on for this month will be *The Paris Wife* by Paula McLain. Any and all adults are welcome to join us. No registration/pre-registration required.
- **Cribbage** – Play a fun card game for two to four people. New players are welcome, and knowledge of the game is not required to participate. Ages 18+ are welcome.
- **Drop-in Drawing Session** – Enjoy a social and instructional drop-in time for drawing with our art teacher, Christine! Work on techniques, create projects or your own, or follow along with sample projects and ideas. Paper, a variety of pencils, erasers, and smudgers will be available for use during sessions. No registration required.
- **Drop-In Sewing Session** – Learn new mending and sewing skills, bring in projects for help, and maybe even dabble in quilting! Stop by any time during our drop-in sessions for help, or just to work on your pieces in a social and fun setting. We have a variety of material and supplies for anyone attending to use.
- **Drop-in Watercolors Session** – Enjoy a social and instructional weekly watercolors session with our art teacher, Christine! Work on techniques, create projects or your own, or follow along with sample projects and ideas. Paper, a variety of water colors palettes, and paintbrushes will be available for use during sessions. No registration required.
- **Fall Wreath Making Workshop** – Create a beautiful seasonal, festive wreath using fabric scraps. All materials and supplies will be provided with the workshop. Cost is \$10 for members and \$20 for non-members. Pre-registration required.
- **Mah Jongg** – Explore this classic tile game, originating from China. Cards are provided. New players are welcome, and knowledge of the game is not required to participate. Ages 18+ are welcome.
- **Sleeping Mats Community Service Project** – Help the homeless community and the environment at the same time! Join us in an ongoing community service project of knitting and crocheting sleeping mats made from "plarn", upcycled plastic bag yarn. There are many ways to help out. Stop by on Mondays to participate or learn more.
- **Spooky Open House** – Join us for a fun Halloween open house! Non-members welcome! This is a great opportunity to enjoy the Y with children and grandchildren. A variety of our program areas will be hosting free activities and demos. This year's theme is Super Heroes. No registration or reservation required.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
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THE CENTER FOR ACTIVE OLDER ADULTS

October 2023 | Newsletter

YMCA Allard Center of Goffstown, 116 Goffstown Back Road

Welcome to Fall!

We're back in The Center downstairs as of September 5th! Visit the Center using our convenient Express Entrance, available from 9:30a – 1:00p weekday mornings and 3:30 – 6:45 pm weekday evenings.

Seeking Your Input!

We hope to continue to build our community within the Center, and want your feedback!

If you would like to offer any ideas for future Center programming, please reach out to kwelch@graniteymca.org, or stop by our Welcome Center and fill out a comment card!

Your Ideas
Here?? 😊

ANNOUNCEMENTS

Volunteer and Employment Opportunities – Updated 8/21/23

Share your time and talents with our community in The Center! Give back while making friends and having fun in a relaxed environment. Staff also receive FREE individual memberships!

- Special event and Gardening Volunteers
- Volunteers with an interest in gardening and outdoor property maintenance
- Anyone with specialty skills or presentable topics

For more information, contact Katie Welch, Director of member experience by e-mail at kwelch@graniteymca.org or by phone at 603-232-8607.

October 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3 Mah Jongg, Cribbage + 10:00 am - 1:00 pm Book Club 12:00 - 1:00 pm	4 BINGO 10:00 am -12:00 pm Mah Jongg 1:00 -3:00 pm	5	6 Mah Jongg 10:15 am -12:15 pm	7
8	9 Mah Jongg, Cribbage + 10:00 am - 1:00 pm Sleeping Mats Project 10:00 am - 1:00 pm	10 Mah Jongg, Cribbage + 10:00 am - 1:00 pm Drop-In Sewing 10:00 am - 1:00 pm Drop-In Watercolors 1:00 - 2:30 pm	11 BINGO 10:00 am -12:00 pm Mah Jongg 1:00 -3:00 pm	12	13 Give-Back Gardening Day 8:00 am -12:00 pm Mah Jongg 10:15 am -12:15 pm	14
15	16 Mah Jongg, Cribbage + 10:00 am - 1:00 pm Sleeping Mats Project 10:00 am - 1:00 pm	17 Mah Jongg, Cribbage + 10:00 am - 1:00 pm Drop-In Sewing 10:00 am - 1:00 pm Drop-In Drawing 1:00 - 2:30 pm	18 BINGO 10:00 am -12:00 pm Mah Jongg 1:00 -3:00 pm	19	20 Mah Jongg 10:15 am -12:15 pm	21
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NOTES

The Center Free Library
Borrow books from our free, ever-growing library! We have titles for all ages and interests. We also accept donations of gently used hard cover and paperback books. Book shelves are located in The Center, and are accessible during general facility hours.

The Caring Cafe
Visit the lobby or The Center for complimentary coffee and other hot beverages during our hours of operation. Thank you for helping us to reduce environmental waste by bringing your own reusable cup or travel mug! Travel mugs are also available for purchase at the Welcome Center.