



(Revised November, 2023)

For January Classes

Also available on www.nashuaseniorcenter.org

DANCE					
Program	Time	# of Sessions	Beginning Date	Fee	Registration & Payment Deadline
Beginners & Intermediate Tap	Monday 10:00 am	8 Weeks	January 8th	\$56 mem \$ 66 non	January 2nd
Beginners to Improve Line Dance	Tuesday 10:00 am	<u>Drop in</u>		\$5 mem \$7 non	
Improve to Intermediate Line Dance	Tuesday 11:30 am	<u>Drop in</u>		\$5 mem \$7 non	

Now's your chance to try a Pilate Class to see what it's all about.



Choose from the 9am Mat Pilates
or the



10am Chair Pilates

Following this free class, you will be able to sign up for the upcoming session
(See page 2 for details)

EXERCISE					
Program	Time	# of Sessions	Beginning Date	Fee	Registration & Payment Deadline
"NEW" Aerobics with Gen!	9:00 am Tuesday	6 Weeks	TBA	\$36/mem \$46/non	Taking name on interest list to see who is interested
Mat Yoga with Terri	Tuesday 10:15 am	6 Weeks	January 9th	\$36/mem \$46/non	January 2 nd
"NEW" Yoga For Every One With Janice	Tuesday 10:45am	6 Weeks	January 9 th	\$36/mem \$46/non	January 2 nd
<u>Get Fit & Strong With Kevin</u> <u>"New Day and Time"</u>	Tuesday 1:30 pm	6 Weeks	January 9 th	\$36/mem \$46/mem	January 2 nd
Tai Chi/QiGong With Maria	Monday 10:00am	6 Weeks	January 8th	\$36/mem \$46/mem	January 2 nd
Tai Chi With Connie	Wednesday 1:00pm	6 Weeks	January 10 th	\$36/mem \$46/non	January 3 rd
"NEW" Mat Pilates With Gen	Wednesday 9:00 AM	5 Weeks	January 17 th	\$30/mem \$40/non	January 10 th
"NEW" Chair Pilates With Gen	Wednesday 10:00 AM	5 Weeks	January 17 th	\$30/mem \$40/non	January 10 th
Aerobics With Sylvie	Thursday 10:00am	6 Weeks	January 11 th	\$36/mem \$46 /non	January 4 th
Chair Yoga With Janice	<u>Please note</u> Chair Yoga has been merged to Tuesday at 10:45am <u>Under Yoga for Everyone</u>	With the Exercise and Balance/Yoga class	<u>Pick up flyer with full description</u>		<u>This class is modified for those and designed for all levels</u>

Program	Time	# of Sessions	Beginning Date	Fee	Registration & Payment Deadline
*Tuesday Bridge	Tuesday 12:45 pm	Drop In	NOW AVAILABLE	\$3 mem \$4 non	
Four Aces Bridge	Thursday 9:30 am	Drop In		\$3 mem \$4 non	
*Tuesday Mah Jongg	Tuesday 1:00 pm	Drop In	NOW AVAILABLE	\$2 mem \$3 non	
Whist	Monday 1:00 pm	Drop In	TBD	\$3 mem \$4 non	Currently Not Available
*Pinochle	Monday 9:00 am	Drop In		\$2 mem \$3 non	
Cribbage	Wednesday 1:00 pm	Drop In		\$3 mem \$4 non	
TRIVIA	3rd Wednesday of each month 12:30pm	We ask that you preregister	Call or stop by front desk	Free 603 889-6155	
CHESS	Thursday 1:00pm	Drop in		\$2 mem \$3 non	
Table Tennis (Now available)	Friday 9-11:30am	Drop In		\$3 mem \$5 non Per person	Please pay at front desk prior to playing
"NEW HOURS" BILLARDS	Mon. 9-3:30pm Tues. 1-4pm Wed.12:30- 3:30pm	Thurs. 9-4:00		\$3 mem \$5 non mem Per person	Please pay at front desk prior to playing

HOBBIES & SPECIAL INTERESTS *(continued from page 3)*

Program	Time	# of Sessions	Beginning Date	Fee	Registration & Payment Deadline
Music Group	Tuesday 9:15 am	Drop In		FREE	
Friends Making Music	Wednesday 10:15 pm	Drop In		FREE	
Silver Lining Chorus	Friday 10:30 am	Drop In		FREE	Will resume September 11 th
Music with Benes	Monday & Thursday	Drop In	10:30- 11:45am & 12:30- 1:45pm	FREE	
Water/Oil Painting All Levels	Thursday 9:30 am	4 Weeks (2 hrs. each)	TBA	\$56 mem \$66 non	Currently Not Available
Knitting / Crochet Etc.	Wednesday 9:00 am	Drop In	Ongoing	FREE	
Quilting	Thursday 9:00 am	Call Cathy (603) 816-2647	Ongoing	Free mem \$5 non	
Book Club	1 st & 3 rd Friday 9:30 am		Ongoing	FREE	For full details Contact: Pat @ 603-921-4337
Bone Builders	Monday & Thursday 2:30 pm	Must Pre-Register Contact: Donna Konop 603-598-9421			

Biking and Walking Group every Friday at 9am at the Nashua Rail Trail.



HEALTH / OTHER SERVICES					
Program	Time	# of Sessions	Beginning Date	Fee	Registration & Payment Deadline
Foot Clinic	9:20-11am	Call 689-2899 in the afternoon for an Appointment	Multiple Dates available	\$38.00	
*Sight Services	4 th Tuesday Of Month 1:30-3:00pm	Pre-Registration is Required			For More Information Call: (800)581-6881
Reiki	3 rd Friday of Month 1:00-3:00pm	Call 262-9366 for an Appointment	TBA	\$20 (For a 30 min. session)	Currently Not Available
Parish Nurse Program	2 nd & 4 th Tuesday of month	10:30-11:30 am Drop In		FREE	
Rivier University Wellness Clinic	Wednesday 9:00-1:00pm	9am-12pm Drop In		FREE & Confidential	BMI, Blood Pressure, Lab Review, Glucose, A1C, Medication Reconciliation.....
Membership	Monday – Thursday 9-11:30 am	Drop In	VETS \$5 discount ➔	New Membership \$40/single \$60/double	For More Information Call: 816-2646

FITNESS ROOM ORIENTATION WITH KEVIN Every 1st & 3rd Tuesday of the month, Fitness Room Orientation at 2:30pm is available. Space is limited. Sign-ups are on a first-come, first-serve basis and opened to members only. To register, please call 889-6155 or visit the Front Desk prior to the date of training.

VETERANS YOGA PROJECT (ongoing)



Mindful Resilience:

A FREE class for veterans, first responders and their spouses only. Veterans Yoga Project has collected data for nine years documenting a decrease in pain and stress with improved quality of sleep for class participants. In 2008, 20,775 vets were served. Currently, there are programs across the US in 18 VAs, 17 Vet Centers, several fire and police departments, and dozens of community centers. Space is limited so please pre-register at the Front Desk or call Cathy Barrett with any questions. All veterans, please bring your DD214 to the first class

EVENING PROGRAMS					
Program	Time	# of Sessions	Beginning Date	Fee	Registration & Payment Deadline
Aerobics	Monday 5:30 pm	5 Weeks	January 8 th	\$30 mem \$40 non	January 2 nd
Gentle Flow Yoga	Monday 5:30 pm	6 Weeks	TBA	\$36 mem \$46 non	TBA
Mat Yoga Note: new time➡	Thursday 5:30 pm	5 Weeks	January 11 th	\$30/mem \$40/non	November 9 th

PLEASE NOTE: ALL EVENING CLASSES ARE OPEN TO THOSE 18 AND OVER (Invite your family and friends)

Don't miss out on these classes!!!

(Day's and times above)



LOOK! TARA'S MIXING IT UP!

With

GENTLE FLOW YOGA

Monday's at 5:30pm



Mat Yoga with Terri, Thursday Evenings at 5:30pm

Rest your body and mind with Terri's Mat Yoga Class held on Thursday evenings at 5:30pm.



Aerobics with Sylvie, Monday Evenings at 5:30pm

Join Sylvie for great work out while having fun and moving and grooving to the music!

***Don't forget you can use the fitness room and play Billiards on Monday and Thursday evenings until 6:45pm**

Please note to use the fitness room your must be a current member and complete the fitness room orientation. The annual fee for the Fitness room is \$30.00