

# Senior

## ACTIVITY CENTER

(Revised January 31, 2024)  
For February/March Classes

Also available on [www.nashuaseniorcenter.org](http://www.nashuaseniorcenter.org)

DANCE					
Program	Time	# of Sessions	Beginning Date	Fee	Registration & Payment Deadline
Beginners & Intermediate Tap	Monday 10:00 am	8 Weeks	March 4 <sup>th</sup>	\$56 mem \$ 66 non	February 26 <sup>th</sup>
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	



More info available in your March/April Newsletter!

- \*Spring Wreath Class
- \*Beginners Mah Jong Classes
- \*Chrome Book Classes for Beginners
- \*Beginners & Intermediate Photography Classes



Don't Forget to get your Irish Social Tickets!  
(See full details in your newsletter)



Few more spaces left for the Free Bird House class for members!

EXERCISE					
Program	Time	# of Sessions	Beginning Date	Fee	Registration & Payment Deadline
<b>"NEW" Aerobics with Gen!</b>	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	3 Weeks	March 19th	\$18/mem \$28/non	March 12 <sup>th</sup>
<b>"NEW" Yoga For Every One With Janice</b>	Tuesday 10:45am	6 Weeks	February 27 <sup>th</sup>	\$36/mem \$46/non	February 20 <sup>th</sup>
<u>Get Fit &amp; Strong</u> <u>With Kevin</u> <u>"New Day and Time"</u>	Tuesday 1:30 pm	6 Weeks	February 27 <sup>th</sup>	\$36/mem \$46/mem	February 20 <sup>th</sup>
Tai Chi/QiGong With Maria	Monday 10:00am	4 Weeks	March 18th	\$24/mem \$34/mem	March 11 <sup>th</sup>
Tai Chi With Connie	Wednesday 1:00pm	6 Weeks	February 28 <sup>th</sup>	\$36/mem \$46/non	February 21 <sup>st</sup>
<b>"NEW" Mat Pilates With Gen</b>	Wednesday 9:00 AM	5 Weeks	TBA	\$30/mem \$40/non	TBA Put name on May/Pilates interest list
<b>"NEW" Chair Pilates With Gen</b>	Wednesday 10:00 AM	5 Weeks	TBA	\$30/mem \$40/non	Put name on May/Pilates interest list
Aerobics With Sylvie	Thursday 10:00am	6 Weeks		\$36/mem \$46 /non	April 11 <sup>th</sup>
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
<b>*Tuesday Bridge</b>	<b>Tuesday 12:45 pm</b>	<b>Drop In</b>	<b>NOW AVAILABLE</b>	<b>\$3 mem \$4 non</b>	
<b>Four Aces Bridge</b>	<b>Thursday 9:30 am</b>	<b>Drop In</b>		<b>\$3 mem \$4 non</b>	
<b>*Tuesday Mah Jongg</b>	<b>Tuesday 1:00 pm</b>	<b>Drop In</b>	<b>NOW AVAILABLE</b>	<b>\$2 mem \$3 non</b>	
<b>Whist</b>	<b>Monday 1:00 pm</b>	<b>Drop In</b>	<b>TBD</b>	<b>\$3 mem \$4 non</b>	<b>Currently Not Available</b>
<b>*Pinochle</b>	<b>Monday 9:00 am</b>	<b>Drop In</b>		<b>\$2 mem \$3 non</b>	
<b>Cribbage</b>	<b>Wednesday 1:00 pm</b>	<b>Drop In</b>		<b>\$3 mem \$4 non</b>	
<b>TRIVIA</b>	<b>3<sup>rd</sup> Wednesday of each month 12:30pm</b>	<b>We ask that you preregister</b>	<b>Call or stop by front desk</b>	<b>Free 603 889-6155</b>	
<b>CHESS</b>	<b>Thursday 1:00pm</b>	<b>Drop in</b>		<b>\$2 mem \$3 non</b>	
<b>Table Tennis</b> (Now available)	<b>Friday 9-11:30am</b>	<b>Drop In</b>		<b>\$3 mem \$5 non Per person</b>	<b>Please pay at front desk prior to playing</b>
<b>"NEW HOURS" BILLARDS</b>	<b>Mon. 9-3:30pm Tues. 1-4pm Wed.12:30- 3:30pm</b>	<b>Thurs. 9-4:00</b>		<b>\$3 mem \$5 non mem Per person</b>	<b>Please pay at front desk prior to playing</b>

## 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 <sup>th</sup>
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 <sup>st</sup> & 3 <sup>rd</sup> 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.**

**Coming soon .....(May) More info to come**





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 <sup>th</sup> Tuesday Of Month 1:30-3:00pm	Pre-Registration is Required			For More Information Call: (800)581-6881
Reiki	3 <sup>rd</sup> 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 <sup>nd</sup> & 4 <sup>th</sup> 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 1<sup>st</sup> & 3<sup>rd</sup> 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
<b>Aerobics</b>	Monday 5:30 pm	6 Weeks	April 15 <sup>th</sup>	\$36 mem \$46 non	April 8 <sup>th</sup>
<b>Gentle Flow Mat Yoga</b>	Monday 5:30 pm	4 Weeks	March 11 <sup>th</sup>	\$24 mem \$34 non	March 4 <sup>th</sup>
<b>Mat Yoga</b> Note: new time➡	Thursday 5:30 pm	4 Weeks	March 14 <sup>th</sup>	\$24/mem \$34/non	March 7 <sup>th</sup>

**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**