



**October/ November Classes
(Updated, October 21, 2021)**

Also available on www.nashuaseniorcenter.org

DANCE					
Program	Time	# of Sessions	Beginning Date	Fee	Registration & Payment Deadline
<i>“New” Beginners Tap</i>	Monday 9:00am	6 Weeks	November 1 st	\$40 mem \$50 non	October 25 th
Intermediate Tap (<u>Must have taken Beginners Tap</u>)	Monday 10:00 am	6 Weeks	November 1 st	\$40 mem \$50 non	October 25 th
Beginners to Improve Line Dance	Tuesday 10:00 am	6 Weeks	November 9 th	\$30 mem \$40 non	November 2 nd
Improve to Intermediate Line Dance	Tuesday 11:30 am	6 Weeks	November 9 th	\$30 mem \$40 non	November 2 nd

**Check out your November/December newsletter
for full details on these new classes and events!**

- Art Exhibit & Sale
- Basic Guitar Strummer
- Beginners Water Color
- Day & Multi Day Trips
- Down Sizing Class
- Flea Market
- House Plants 101
- Holiday Wreath Making
- Night of Tribute Music in Celebration of Jerry Jean
- Symphony NH Holiday Concert

EXERCISE					
Program	Time	# of Sessions	Beginning Date	Fee	Registration & Payment Deadline
Moving to Music With Susan At Greeley Park	9:00 am Monday	6 Weeks	TBA	\$36 mem \$46 non	Currently not available
Tai Chi With Susan At Greeley Park	10:30 am Monday			\$36 mem \$46 non	Currently not available
Aerobics With Bev At NSAC	9:00 am Tuesday	4 Weeks	TBA	\$24 mem \$34 non	Currently not available
Mat Yoga With Terri NSAC	Tuesday 10:15 am	6 Weeks	November 2 nd	\$36 mem \$46 non	October 26 th
Exercise to Improve Your Balance/ Chair Yoga(Janice) NSAC	Tuesday 10:45 am	6 Weeks	November 2 nd	\$36 mem \$46 non	October 26 th
Get Fit & Strong With Kevin NSAC	Wednesday 9:00am	6 Weeks	November 3 rd	\$36 mem \$46 non	October 27 th
Tai Chi With Connie NSAC	Wednesday 11:30 am	6 Weeks	November 3 rd	\$36 mem \$46/non	October 27 th
Tai Chi With Connie NSAC	Wednesday 1:00 pm	6 Weeks	November 3 rd	\$36 mem \$46 non	October 27 th
Aerobics With Sylvie NSAC	Thursday 10:00 am	6 Weeks	October 28 th	\$36 mem \$46 non	October 21 st
“New” Chair Yoga With Janice NSAC	Thursday 10:45 am	6 Weeks	November 4 th	\$36 mem \$46 non	October 28 th
Personal Training (Limit 2 per class - 1 st come 1 st served basis)	Thursday 9:30, 10:00, 11:30, 12:30 & 1:00	5 Weeks	TBA	\$55 mem \$65 non	Currently Not Available

HOBBIES & SPECIAL INTERESTS					
Program	Time	# of Sessions	Beginning Date	Fee	Registration & Payment Deadline
Monday Bridge	Monday 12:45 pm	Drop In	TBA	\$3 mem \$4 non	Currently Not Available
*Tuesday Bridge	Tuesday 12:45 pm	Drop In	NOW AVAILABLE	\$3 mem \$4 non	
*4 Aces Thursday Bridge	Thursday 9:30 am	Drop In		\$5 mem \$6 non	
*Tuesday Mah Jongg	Tuesday 1:00 pm	Drop In	NOW AVAILABLE	\$2 mem \$3 non	
Whist	Monday 1:00 pm	Drop In	TBA	\$3 mem \$4 non	Currently Not Available
*Pinochle	Monday 9:00 am	Drop In	NOW AVAILABLE	\$2 mem \$3 non	
Cribbage	Wednesday 1:00 pm	Drop In	Starts back Nov. 3rd	\$3 mem \$4 non	
Mexican Mule Train/Dominos	Thursday 1:00 pm	Drop In	TBA	\$2 mem \$3 non	Currently Not Available
Table Tennis	Friday 1:00 pm	Drop In	TBA	FREE	Currently Not Available
Billiards	<i>(90 mins. Pre-registration Required)</i>	Please Show Membership Card	By appointm ent	\$3 mem \$5 non	

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.

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

Program	Time	# of Sessions	Beginning Date	Fee	Registration & Payment Deadline
Silver Lining Chorus	Friday 10:30 am	Drop In	Will resume September 8 th	FREE	
Harmonica Saints	Wednesday 10:30 am	Drop In	TBA	FREE	Currently Not Available
Friday Music Friends	Friday 9:30am	Drop In	TBA	FREE	Currently Not Available
Music with Suzie	1 st & 3 rd Friday of Month 3:30 pm	Drop In	TBA	FREE	Currently Not Available
Afternoon Bingo	1 st & 3 rd Wednesday Of Month	Open:1:00 Game: 1:30	TBA		Currently Not Available
Art Interest	Monday 9:00 am	Drop In	TBA	\$1 mem \$3 non	Currently Not Available
Water/Oil Painting All Levels	Thursday 9:30 am & 1:00 pm	4 Weeks <i>(2 hrs. each)</i>	November 18 th	\$56 mem \$66 non	November 10 th <i>(Limit 6 per class)</i>
Knitting / Crochet Etc.	Wednesday 9:00 am	Drop In	Ongoing	FREE	
Quilting	Thursday 9:00 am	Drop In	Ongoing	FREE	
Book Club <i>(Temporarily Off Site - Space Limited)</i>	1 st & 3 rd Friday 9:30 am	Drop In	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			

HEALTH / OTHER SERVICES					
Program	Time	# of Sessions	Beginning Date	Fee	Registration & Payment Deadline
*Foot Clinic	2 nd & 3 rd Monday & 3 rd Wednesday	Call 689-2931 in the afternoon for an Appointment	Oct.20 th (w) Nov. 8 th (M) Nov .15 ^t (M) Nov. 17 th (w)	\$35.00	
*Sight Services	4 th Tuesday Of Month 1:30-3:00pm	Pre-Registration is Required	Oct. 26 th		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		Nov. 9 th 23 rd Dec. 14 th 28 th		
*Hearing Screenings	10am-12pm		Nov. 16 th Dec. 21 st	FREE	Reserve a time slot. Call 603- 889-6155
Membership	Monday – Thursday 9-11:30 am	Drop In	Ongoing	New Membership \$40/single \$60/double	For More Information Call: 816-2646

FITNESS ROOM TRAINING WITH KEVIN Every 1st & 3rd Wednesday of the month, Fitness Room Training 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

*Trivia: Wednesday, November 17th at 12:30pm. Please preregister one week prior to start date.

*Friday Walking & Biking Program Up Date: Thanks for the great season we will see you all again in the spring.

*Gift Certificates: Great for all occasions!
(see full details in November/December newsletter

EVENING PROGRAMS					
Program	Time	# of Sessions	Beginning Date	Fee	Registration & Payment Deadline
Aerobics (SAC)	Monday 5:30 pm	6 Weeks	November 8th	\$36 mem \$46 non	November 1st
Yoga (SAC)	Wednesday 4:15 pm	6 Weeks	November 3rd	\$36 mem \$46 non	October 27th
Yoga (SAC)	Thursday 5:30 pm	6 Weeks	TBA		TBA