



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

(Up dated)  
March 5, 2018

Program	Time	# of Sessions	Beginning Date	Fee	Registration & Payment Deadline
<b>DANCE</b>					
Intermediate/Advanced Tap	Monday 10:30 am	6 week	March 26 <sup>th</sup>	\$40 mem \$50 non	<b>March 19<sup>th</sup></b>
Beginners Tap	11:30 am:	6 week	March 26 <sup>th</sup>	\$40 mem \$50 non	<b>March 19<sup>th</sup></b>
Intermediate Line Dance	Tuesday 10:15 am	Drop In	Ongoing	\$3 mem \$5 non	
Beginners Line Dance II	Tuesday 9:00am	Drop In	Ongoing	\$3/mem \$5/non	
<b>"NEW" EVENING BALLROOM DANCE CLASS</b>	<b>Monday 6:30pm</b>	<b>Meet &amp; Greet 6 week class</b>	<b>April 16<sup>th</sup> → April 23<sup>rd</sup></b>	<b>FREE → \$36/mem \$46 non</b>	<b>→ Drop In April 16<sup>th</sup></b>
<b>Kick Boxing</b>	Wednesday 11:15am	6 week	February 7 <sup>th</sup>	\$36/mem \$46/non	January 31 <sup>st</sup>
<b>"NEW" EVENING ZUMBA</b>	Thurs.5:30pm	6 Week	April 26 <sup>th</sup>	\$36/mem \$46/non	<b>April 19<sup>th</sup></b>
<b>NOTE: Free Meet &amp; Greet</b>			<b>April 12<sup>th</sup></b>		<b>Drop in for meet &amp; greet</b>
Zumba Class	Friday 10:30	6 Week	April 20 <sup>th</sup>	\$36 mem \$46 non	<b>April 13<sup>th</sup></b>

Aerobics	Monday 9:00 am	Drop In	Ongoing	\$3 mem \$5 non	
<b>“NEW” Evening Aerobics</b>	<b>Monday 6:15pm</b>	6 Weeks	April 30 <sup>th</sup>	\$36mem \$46 non	<b>April 23<sup>rd</sup></b>
Aerobics	Wednesday 9:00 am	Drop In	Ongoing	\$3 mem \$5 non	
Aerobics	Friday 9:00 am	Drop In	Ongoing	\$3 mem \$5 non	
Body Sculpting	Thursday 10:30 AM	6 Weeks	April 19 <sup>th</sup>	\$36mem \$46 non	<b>April 12<sup>th</sup></b>
Yoga	Tuesday 10:15 am	6 Weeks	April 17 <sup>th</sup>	\$36 mem \$46 non	<b>April 10<sup>th</sup></b>
Tai Chi	Tuesday 1pm	6 Weeks	April 17 <sup>th</sup>	\$36 mem \$46 non	<b>April 10<sup>th</sup></b>
Tai Chi	Thursday 11:30 am	6 Weeks	April 19 <sup>th</sup>	\$36 mem \$46 non	<b>April 12<sup>th</sup></b>
Yoga Chair/Mat	Thursday 10:15 am	6 Weeks	April 26 <sup>th</sup>	\$36mem \$46 non	<b>April 19<sup>th</sup></b>
Evening Yoga	Thurs.4:00pm or 5:30pm	6 Weeks	April 19 <sup>th</sup>	\$36 mem \$46 non	<b>April 12<sup>th</sup></b>
Yoga	Friday 10:30 am	6 Weeks	April 20 <sup>th</sup>	\$36 mem \$46 non	<b>April 13<sup>th</sup></b>
<b><u>Exercise to Improve Your Balance</u></b>	<b>Tuesday 11:30 am</b>	<b>6 Weeks</b>	<b>April 17<sup>th</sup></b>	<b>\$36mem \$46 non</b>	<b>April 10<sup>th</sup></b> (see flyer for full details)
Personal Training Limit 3 per class	Thursday 9:30am & 10:30am,	5 Weeks 11:15am, 12:30 & 1pm	March 29 <sup>th</sup>	\$55 mem \$65 non	<b>March 22<sup>nd</sup></b> <b>1<sup>st</sup> come 1<sup>st</sup> serve basis</b>

***NOTE: For those who just became a new member and interested in taking a class that is currently in session, please contact Cathy Barrett at 816-2647.***



**DON'T MISS OUT, CHECK OUT YOUR NEWS LETTER FROM FRONT TO BACK IT IS LOADED WITH SO MANY NEW CLASSES.....TOO MANY TO LIST!**

## HOBBIES & SPECIAL INTERESTS

Monday Bridge	Monday 12:45 pm	Drop In	Ongoing	\$3 mem \$4 non	
Tuesday Bridge	Tuesday 12:45 pm	Drop In	Ongoing	\$3 mem \$4 non	
4 Aces Thursday Bridge	Thursday 9:30 am	Drop In	Ongoing	\$3 mem \$4 non	
Tuesday Mah Jongg	Tuesday 1:00 pm	Drop In	On Going	\$2 mem \$3 non	
Whist	Monday 1:00 pm	Drop In	Ongoing	\$3/mem \$4 non	
Pinochle	Monday 9:00 am	Drop In	Ongoing	\$2 mem \$3 non	
Cribbage	Wednesday 1:00 pm	Drop In	Ongoing	\$3 mem \$4 non	
Mexican Mule Train/Dominos	Thursday 1pm	Drop In	Ongoing	\$2 mem \$3 non	
Book Club	1st & 3rd Friday 9:30am	Drop in	Ongoing <b>Space is limited</b>	Free	For full details please call Pat @ 603-921-4337
Bone Builders	Tues. & Thurs. 2pm	Ongoing	Must preregister with Kelly		Contact Donna Konop 634-1169 Ext.12
<b>"NEW" Beginners Mah Jongg Lessons</b>	<b>Friday 9:30am</b>	<b>4 Weeks</b>	<b>April 6<sup>th</sup></b>	<b>\$24 mem \$34 non Plus \$7 for card</b>	<b>March 23<sup>rd</sup></b>  <b>➔ Pay instructor for card</b>

**Check out our flyer on our Spring Fling available March 7<sup>th</sup> in flyer rack in front reception area. You will have the chance to try some free classes, win door prizes and take a chance on the Fit Bit raffle.**

					Registration & Payment
Program	Time	# of Sessions	Beginning Date	Fee	Deadline
<b>HOBBIES &amp; SPECIAL INTERESTS</b> (continued from page 3)					
Art Interest	Monday 9:00 am	Drop In	Ongoing	\$1 mem \$3 non	
Silver Lining Chorus	Friday 11 am	Drop In	Ongoing	Free	Looking for more singers to join our group
Harmonica Saints	Wednesday 10:45 am	Drop In	Ongoing	Free	
Friday Music Friends	Friday 9:30am	Drop In	Ongoing	Free	Come join in on the fun!
Afternoon Bingo	1 <sup>st</sup> /3 <sup>rd</sup> Wednesday	Open: 1:00 Game/1:30	Ongoing		
Water/Oil Painting All Levels	Thursday 9:30 am & 1pm	4 Weeks 2 hrs. Each	April 12 <sup>th</sup>	\$56 mem \$66 non	April 5 <sup>th</sup> Limited to 6 to class
Knitting, Crochet etc.	Wednesday 9:00 am	Drop In	Ongoing	FREE	
Quilting	Thursday 9:00 am	Drop In	Ongoing	FREE	
Table Tennis	Friday 1:00 pm	Drop In	Ongoing	FREE	
Jerry Jean & Bluegrass Buddies	3 <sup>rd</sup> Tuesday 7 - 9 pm	Drop In	Ongoing	Free	
SAC Billiards	Mon. - Fri 10:30 am	Drop In	Ongoing	\$3 mem \$5 non	
<b>For Members Only:</b> Boston Billiards Free Play(Must present current membership card)	Mon. -Thurs. 11:30 -3:00 pm				

## HEALTH SCREENINGS/SERVICES

<b>Foot Clinic</b>	March 12 <sup>th</sup> 19 <sup>th</sup> March 14 <sup>th</sup> →	→ <i>Mon.-9-1pm</i> → <i>Wed. 12-3PM</i>	Call for Appt.	\$26.00	Appts. 689-2931
<b>Sight Services</b>	1:30 pm – 3:00 pm	Drop In	4 <sup>th</sup> Tuesday of the Month	(Apr.-Oct.)	For more info. (800) 581-6881
<b>Hearing Screenings</b>	March 20 <sup>th</sup>		Call for Appt.	<b>FREE</b>	<b>889-6155</b>
Reiki	3 <sup>rd</sup> Friday 1:00 pm -3:00 pm		Call for Appt.	\$20 for 30 min. session	<b>Appts. 262-9366</b>
Congregate Lunch (Provided by St. Joseph Community Services)	Monday - Friday 11:45 am - 12:45 pm	Drop In	Ongoing	\$5 (\$2 if 60 or older)	For more info. Call 882-2106
Membership	Monday- Friday 9:00 am - 11:30 am	Drop In	Ongoing	New Membership \$40/single \$60/double	For more info. call 816-2646

### **NATURAL SPA PRODUCT CLASS-MAKE AND TAKE! April 11<sup>th</sup> at 1pm**

Come join us for an hour of fun as Nancy Hutchinson, DPT teaches us about incorporating essential oils in our health and beauty routines. Your skin is your largest organ, and it absorbs up to 80% of everything we put on it. Nancy is going to teach us some natural options to reduce the chemicals we are putting on and in our bodies.

Bonus: You will get to MAKE an All Natural Sugar Scrub of your choice to TAKE home! YAY!

The cost is \$12/members and \$15/nonmembers, all materials will be provided

Registration and Payment is due no later than April 4<sup>th</sup>

### **Making your Money Last**

### **April 25<sup>th</sup> at 6pm**

Proper preparation for retirement is necessary to ensure you can live the lifestyle you envisioned. Topics include ways to combat inflation healthcare expenses and market volatility as well as ways to prepare for expected. Light refreshments will be served. The session is free and open to the public. Register by visiting or contacting the Front Desk at 603-889-6155 by Thursday, April 19<sup>th</sup>. Hosted by Andy Whigham, Financial Advisor, Edward Jones

