

Senior

ACTIVITY CENTER

(Revised on November 21, 2024)

For September/October 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	TBD	\$56 mem \$ 66 non	TBD
"NEW" Cardio Drumming	Tuesday 9 am	<u>Drop in</u>		\$5 mem \$7 non	
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	

FREE

When?
December 10
10 am

Open TO THE PUBLIC

Special Guest

Kevin Rourke
Nashua Chief of Police

Where?
Nashua Senior Activity Center
70 Temple Street

NASHUA
Coffee
WITH A COP

EXERCISE					
Program	Time	# of Sessions	Beginning Date	Fee	Registration & Payment Deadline
Mat Yoga with Terri	Tuesday 10:15 am	6 Weeks	January 7th	\$36 mem \$46 non	January 2 nd
"NEW" Yoga For Every One With Janice	Tuesday 10:45 <u>Modified for all levels</u>	2 Weeks 6 Weeks →	Dec. 10 th Jan.7 th →	\$12 mem \$16 non \$36 mem → \$46 non	December 3rd → January 2 nd
<u>Get Fit & Strong</u> With Kevin	Tuesday 1:30 pm	6 Weeks	January 7 th	\$36 mem \$46 non	January 2 nd
Tai Chi/QiGong With Maria	Monday 10:00am	5 Weeks	January 27th	\$30 mem \$40 non	January 21 st
Tai Chi With Connie	Wednesday 1:00pm	2 Weeks	December 11 th	\$36 mem \$46 non	December 4 th
Tai Chi with Maria	Wednesday 1:00pm	6 Weeks	January 22 nd	\$36 mem \$46 non	January 15 th
Aerobics With Sylvie	Thursday 10:00am	6 Weeks	January 9 th	\$36 mem \$46 non	January 2 nd
Chair Pilates (Currently looking to hire new instructor)	Monday 11:15 AM	6 Weeks	TBA	\$36/mem \$46/non	We are currently taking names for Pilates interest list
Chair Yoga With Janice	FYI Please note Chair Yoga has been merged to Tuesday Yoga for everyone at 10:45am(see above)	With the Exercise and Balance/Yoga class			<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	3 rd 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	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	Please pay at front desk prior to playing
Coffee With a Cop	2 nd Tuesday of the Month	10am		FREE	

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	
Music with Benes	Monday & Thursday	Drop In	12:30-1:45pm	FREE	
The Bald Eagles Music with Juke Box Jimmy & Just Jim	Wednesday Music from the 60's, 70's and 80's	Drop In	10:30 -2:30pm	FREE	
Juke Box Jimmy	Thursday 10:30 -11:45	Drop In		FREE	
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			

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	\$40.00	
*Sight Services	4 th Tuesday Of Month 1:30-3:00pm	Pre-Registration is Required			For More Information Call: (800)581-6881
Hearing Screening	Wednesday TBA	9am-12pm	TBD		
Reiki			December 12 th	Donation to Instructor	Call to make an appointment
Parish Nurse Program	2 nd & 4 th Tuesday of month	10:30-11:30 am Drop In		FREE	
Rivier University Wellness Clinic	Wednesday Monday		TBD	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

(Drop in, Tuesdays at 1pm)



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. 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	4 Weeks	December 2 nd	\$24 mem \$34 non	November 25 th
		6 Weeks →	January 6 th →	\$36 mem → \$46 non	December 30 th
Mat Yoga Note: new time →	Thursday 5:30 pm	6 Weeks	January 9 th	\$36 mem \$46 non	January 2 nd

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)



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 you must be a current member and complete the fitness room orientation. The annual fee for the Fitness room is \$30.00