



Also available on www.nashuaseniorcenter.org

For March/April Classes
Updated March 27th

DANCE					
Program	Time	# of Sessions	Beginning Date	Fee	Registration & Payment Deadline
Beginners Tap	Monday 10:00 am	8 Weeks	June 2 nd	FREE \$56 mem \$ 66 non	May 26th
"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	

UPCOMMING EVENTS AND ACTIVITIES

- *Trivia Tunes
- *Frosting Frenzy
- *Annual Senior BBQ
- *Christmas in July

Exciting News: We now have a massage table for the Reiki Sessions
(see pg 4 for info)

EXERCISE

Program	Time	# of Sessions	Beginning Date	Fee	Registration & Payment Deadline
Mat Yoga with Terri	Tuesday 10:15 am	6 Weeks	April 15 th	\$36 mem \$46 non	April 8 th
CHAIR YOGA With Janice	Tuesday 10:45 <u>Modified for all levels</u>	6 Weeks	April 15 th	\$36 mem \$46 non	April 8 th
<u>Get Fit & Strong</u> With Kevin	Tuesday 1:30 pm	6 Weeks	April 15 th	\$36 mem \$46 non	April 8 th
Tai Chi/QiGong With Maria	Monday 10:00am	6 Weeks	April 14 th	\$36 mem \$46 non	April 7 th
Tai Chi with Maria	Wednesday 1:00pm	6 Weeks	April 16 th	\$36 mem \$46 non	April 9 th
Aerobics With Sylvie	Thursday 10:00am	6 Weeks	April 17 th	\$36 mem \$46 non	April 10 th
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
Yoga for Everyone With Janice	FYI Please note Yoga for everyone is now Chair Yoga which has been)	merged to Tuesday Chair Yoga at 10:45am see above			<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 9:30 am	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	Monday & 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	1st & 3rd 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	9:20-12pm	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 April 16 th	9am-11:30am			
Reiki	Wednesday		April 16 th	Donation to Instructor	Call to make an appointment (603) 889-6155
Parish Nurse Program	2 nd & 4 th Tuesday of month	10:30-11:30 am Drop In		FREE	
Rivier University Wellness Clinic	Friday & Wednesday		March 19 th	FREE & Confidential	BMI, Blood Pressure, Review, Glucose, A1 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	6 Weeks	April 14 th	\$36 mem \$46 non	April 7 th
Hoop Yoga	Monday 6pm	5 Weeks	April 21 st	\$30 mem \$40 non	April 14 th
Mat Yoga Note: new time →	Thursday 5:30 pm	6 Weeks	April 17 th	\$36 mem \$46 non	April 10 th
Paint Night "Birds of Paradise"	Monday 6pm	1X	May 5 th	\$55	April 25 th Includes all supplies
Mandala Dot Class	Monday 6pm	1X	May 12 th	\$49	May 1 st
Candle Making Make 2 Candles	Monday 6pm	1X	June 2 nd	\$49	May 23 rd Includes all supplies
Fall Ribbon Wreath	Saturday 9am	1X	September 13 th	\$80.00	August 13 th Includes all supplies
Sound Healing	Monday 6pm	1X	June 9 th	\$30	May 30 th