



Also available on www.nashuaseniorcenter.org

For July/August Classes
Updated June 27, 2025

DANCE					
Program	Time	# of Sessions	Beginning Date	Fee	Registration & Payment Deadline
Beginners Tap	Monday 10:00 am	8 Weeks	August 4 th	\$42 mem \$52 non	July 28 th
"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	

UPCOMING EVENTS AND ACTIVITIES

See July/August newsletter for full details

- *Christmas in July
- *Ice Cream Social
- *Trivia Tunes
- *Brain Games
- *Gift Card Raffle
- *Fall Concert

EXERCISE					
Program	Time	# of Sessions	Beginning Date	Fee	Registration & Payment Deadline
Mat Yoga with Sharon/Terri	Tuesday 10:15 am	5 Weeks	July 29th	\$30 mem \$40 non	July 22 nd
CHAIR YOGA With Janice Please Note: Sharon and Joyce will be subbing for Janice through August. Janice will start back in September	Tuesday **11:30am	2 Weeks	<u>July 22nd</u>	\$12 mem \$16 non	<u>July 15th</u>
	Tuesday ** 10:45am <u>Modified for all levels</u>	4 Weeks	<u>August 4th</u>	\$24 mem \$32 non	<u>July 29th</u>
<u>Get Fit & Strong</u> <u>With Kevin</u>	Tuesday 1:30 pm	5 Weeks	July 29 th	\$30 mem \$40 non	July 22 nd
Tai Chi/QiGong With Maria	Monday 10:00am	5 Weeks	July 28 th	\$30 mem \$40 non	July 16 th
Tai Chi with Maria	Wednesday 1:00pm	6 Weeks	July 23 rd	\$36 mem \$46 non	July 16 th
Aerobics With Sylvie	Thursday 10:00am	6 Weeks	September 11 th	\$36 mem \$46 non	September 4 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	<u>FYI Please note</u> Yoga for Everyone is <u>now Chair Yoga</u>	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	Thurs. 9-4:00 Wed. 12:30- 3:30pm		\$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	1 st & 3 rd Friday 9:30 am		Ongoing	FREE	
Bone Builders	Monday & Thursday 2:30 pm	Must Pre- Register	Contact: Donna Konop 603-598-9421	Contact:	Pat /details 603-921- 4337

HEALTH / OTHER SERVICES					
Program	Time	# of Sessions	Beginning Date	Fee	Registration & Payment Deadline
Foot Clinic	9:20-12pm	<u>Call 689-2899 in the afternoon to schedule an appointment</u>	Multiple Dates available	\$40.00 <u>Price subject to change</u>	
*Sight Services	4 th Tuesday Of Month 1:30-3:00pm	Pre-Registration is Required			For More Information Call: (800)581-6881
Hearing Screening	Will resume in the fall	9am-11:30am			
20th Reiki (We now have a massage table)	Wednesday	9am-12pm	July 23rd & August	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	<u>Will Resume in the fall</u>		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 (Will resume in the fall)



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	September 8 th	\$36 mem \$46 non	September 2 nd
Hoop Yoga	Monday 6pm	3 Weeks	July 14 th	\$18 mem \$24 non	July 7 th
Mat Yoga Note: new time →	Thursday 5:30 pm	6 Weeks	July 24 th	\$36 mem \$46 non	July 17 th
Fall Ribbon Wreath	Saturday 9am	1X	October 25 th	\$80.00	October 2 nd Includes all supplies