



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

For August/September Classes  
Updated August 6, 2025

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

### EVENTS AND ACTIVITIES

#### **\*Gift Card Raffle**

(You could win over 1,160 in gift cards. See Rosemary for tickets)

#### **\*Fall Concert**

Show casing many of our senior's talent with song and dance.  
(Get your tickets now at the front desk before there sold out)

**\* Keyboard Lessons \*Trivia Tunes\*Brain Games**

EXERCISE					
Program	Time	# of Sessions	Beginning Date	Fee	Registration & Payment Deadline
<b>Mat Yoga with Sharon/Terri</b>	<b>Tuesday 10:15 am</b>	<b>6 Weeks</b>	<b>September 9<sup>th</sup></b>	<b>\$36 mem \$46 non</b>	<b>Sept. 2<sup>nd</sup></b>
<b>CHAIR YOGA</b> <b>With Janice</b> <b><u>Please Note:</u></b> Sharon and Joyce will be subbing for Janice through August. Janice will start back in September	<b>Tuesday</b> <b>** <u>10:45am</u></b> <b><u>Modified for all levels</u></b>	<b>6 Weeks</b>	<b>September 9<sup>th</sup></b>	<b>\$36 mem \$46 non</b>	<b><u>September 2<sup>nd</sup></u></b>
<b><u>Get Fit &amp; Strong</u></b> <b><u>With Kevin</u></b>	<b>Tuesday 1:30 pm</b>	<b>6 Weeks</b>	<b>September 9<sup>th</sup></b>	<b>\$36 mem \$46 non</b>	<b>September 2<sup>nd</sup></b>
<b>Tai Chi/QiGong</b> <b>With Maria</b>	<b>Monday 10:00am</b>	<b>6 Weeks</b>	<b>September 8<sup>th</sup></b>	<b>\$36 mem \$46 non</b>	<b>September 2<sup>nd</sup></b>
<b>Tai Chi</b> <b>with Maria</b>	<b>Wednesday 1:00pm</b>	<b>6 Weeks</b>	<b>September 10<sup>th</sup></b>	<b>\$36 mem \$46 non</b>	<b>September 3<sup>rd</sup></b>
<b>Aerobics</b> <b>With Sylvie</b>	<b>Thursday 10:00am</b>	<b>6 Weeks</b>	<b>September 11<sup>th</sup></b>	<b>\$36 mem \$46 non</b>	<b>September 4<sup>th</sup></b>
<b>Chair Pilates</b> <b>(Currently looking to hire new instructor)</b>	<b>Monday 11:15 AM</b>	<b>6 Weeks</b>	<b>TBA</b>	<b>\$36/mem \$46/non</b>	<b>We are currently taking names for Pilates interest list</b>
<b>Yoga for Everyone</b> <b>With Janice</b>	<u>FYI Please note</u> Yoga for Everyone is now <u>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
<b>Tuesday Bridge</b>	<b>Tuesday 12:45 pm</b>	<b>Drop In</b>	<b>NOW AVAILABLE</b>	<b>\$3 mem \$4 non</b>	
<b>Four Aces Bridge</b>	<b>Thursday 9:30 am</b>	<b>Drop In</b>		<b>\$3 mem \$4 non</b>	
<b>Tuesday Mah Jongg</b>	<b>Tuesday 1:00 pm</b>	<b>Drop In</b>	<b>NOW AVAILABLE</b>	<b>\$2 mem \$3 non</b>	
<b>Whist</b>	<b>Monday 1:00 pm</b>	<b>Drop In</b>	<b>TBD</b>	<b>\$3 mem \$4 non</b>	<b>Currently Not Available</b>
<b>Pinochle</b>	<b>Monday 9:00 am</b>	<b>Drop In</b>		<b>\$2 mem \$3 non</b>	
<b>Cribbage</b>	<b>Wednesday 1:00 pm</b>	<b>Drop In</b>		<b>\$3 mem \$4 non</b>	
<b>TRIVIA</b>	<b>3<sup>rd</sup> Wednesday of each month 12:30pm</b>	<b>We ask that you preregister</b>	<b>Call or stop by front desk</b>	<b>Free 603 889-6155</b>	
<b>CHESS</b>	<b>Thursday 1:00pm</b>	<b>Drop in</b>		<b>\$2 mem \$3 non</b>	
<b>Table Tennis</b> (Now available)	<b>Friday 9-11:30am</b>	<b>Drop In</b>		<b>\$3 mem \$5 non</b>	<b>Please pay at front desk prior to playing</b>
<b>"NEW HOURS" BILLARDS</b>	<b>Mon. 9-3:30pm Tues. 1-4pm</b>	<b>Thurs. 9-4:00 Wed.12:30- 3:30pm</b>		<b>\$3 mem \$5 non</b>	<b>Please pay at front desk prior to playing</b>
<b>Coffee With a Cop</b>	<b>2<sup>nd</sup> Tuesday of the Month</b>	<b>10am</b>		<b>FREE</b>	

### 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 <sup>st</sup> & 3 <sup>rd</sup> 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	Call 689-2899 in the afternoon to schedule an appointment	Multiple Dates available	\$40.00 <u>Price subject to change</u>	
*Sight Services	4 <sup>th</sup> Tuesday Of Month 1:30-3:00pm	Pre-Registration is Required			For More Information Call: (800)581-6881
Hearing Screening		9am-11:30am	September 10 <sup>th</sup> October 5 <sup>th</sup>		
Reiki (We now have a massage table)	Wednesday	9am-12pm	Aug. 20 <sup>th</sup> Sept. 17 <sup>th</sup> & Oct. 16 <sup>th</sup>	Donation to Instructor	Call to make an appointment (603) 889-6155
Parish Nurse Program	2 <sup>nd</sup> & 4 <sup>th</sup> 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 1<sup>st</sup> & 3<sup>rd</sup> 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

(Date to be determined)



**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
<b>Aerobics</b>	<b>Monday 5:30 pm</b>	<b>6 Weeks</b>	<b>September 8<sup>th</sup></b>	<b>\$40.00</b>	<b>September 2<sup>nd</sup></b>
<b>Hoop Yoga</b>	<b>Monday 6pm</b>	<b>6 Weeks</b>	<b>September 8<sup>th</sup></b>	<b>\$40.00</b>	<b>September 2<sup>nd</sup></b>
<b>Zumba Gold</b>	<b>Monday 5:30pm</b>	<b>7 Weeks</b>	<b>September 29<sup>th</sup></b>	<b>\$70.00</b>	<b>September 26<sup>th</sup></b>
<b>Mat Yoga</b> <b>Note: new time➡</b>	<b>Thursday 5:30 pm</b>	<b>6 Weeks</b>	<b>September 11<sup>th</sup></b>	<b>\$40.00</b>	<b>September 4<sup>th</sup></b>
<b>Sea Glass Christmas Trees</b>	<b>Monday 5:30pm</b>	<b>1X</b>	<b>October 27<sup>th</sup></b>	<b>\$50.00</b>	<b>October 21<sup>st</sup></b>
<b>Winter Wreath Class</b>	<b>Saturday 9am</b>	<b>1X</b>	<b>October 25<sup>th</sup></b>	<b>\$80.00</b>	<b>September 20<sup>th</sup></b> <b>Includes all supplies</b>
<b>Cookie Decorating Class</b>	<b>Monday</b>	<b>1X</b>	<b>November 17<sup>th</sup></b>	<b>\$68.00</b>	<b>November 10<sup>th</sup></b> <b>Includes all supplies and refreshments</b>

**PLEASE NOTE: ALL EVENING CLASSES ARE OPEN TO THOSE 18 YEARS AND OLDER**