



Also available on www.nashuaseniorcenter.org

**For Dec./Jan./February Classes
November 24, 2025**

DANCE					
Program	Time	# of Sessions	Beginning Date	Fee	Registration & Payment Deadline
Beginners Tap	Monday 10:00 am	8 Weeks	January 12 th	\$56/mem \$ 66/non	January 5 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	



HOLDIAY SOCIAL

**December 10, 2025 at 1:30PM
with the Bald Eagles**

Here to entertain you at the Nashua Senior Center with all their holiday favorites.
Members \$5 (refundable at door) Non-members \$7 (non-refundable)
Purchase tickets by December 3rd.

EXERCISE					
Program	Time	# of Sessions	Beginning Date	Fee	Registration & Payment Deadline
Beginners Line Dance Lessons continued... (for those who already took beginners)	Monday 10:00am	4 Weeks	January 12th	\$27 mem \$37 non	January 5th
Beginner Line Dance Lessons	Monday 10:00 am	6 Weeks	February 23rd	\$38 mem \$48/non	February 17th
Mat Yoga with Sharon/Terri	Tuesday 10:15 am	6 Weeks	January 13th	\$36 mem \$46 non	January 6th
CHAIR YOGA With Janice <u>Please Note:</u>	Tuesday ** 10:45am <u>Modified for all levels</u>	6 Weeks	January 13th	\$36 mem \$46 non	January 6th
<u>Get Fit & Strong</u> <u>With Kevin</u>	Tuesday 1:30 pm	6 Weeks	January 13th	\$36 mem \$46 non	January 6th
Tai Chi/QiGong With Maria	Monday 10:00am	6 Weeks	January 12th	\$36 mem \$46 non	January 5th
Tai Chi with Maria	Wednesday 1:00pm	6 Weeks	January 14th	\$36 mem \$46 non	January 7th
Aerobics With Sylvie	Thursday 10:00am	6 Weeks	January 15th	\$36 mem \$46 non	January 8th
"NEW" Chair Pilates	Thursday 11:00 AM	6 Weeks	January 15th	\$36/mem \$46/non	January 8th

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</u> in the afternoon to schedule an appointment	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		9am-11:30am	TBD		
Reiki (We now have a massage table)	Wednesday	9am-12pm	November 12 th December 11 th	<i>Donation to Instructor</i>	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	<u>December 5th</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

(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
Aerobics	Monday 5:30 pm	6 Weeks	January 12th	\$40.00	January 5th
Hoop Yoga	Monday 6pm	6 Weeks	TBD	\$40.00	
Mat Yoga	Thursday 5:30 pm	6 Weeks	January 15th	\$40.00	January 8th

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