



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

For February-April Classes  
February 6, 2026

DANCE					
Program	Time	# of Sessions	Beginning Date	Fee	Registration & Payment Deadline
<b>Beginners Tap</b>	<b>Monday 10:00 am</b>	<b>8 Weeks</b>	<b>March 30<sup>th</sup></b>	<b>\$56/mem \$ 66/non</b>	<b>March 23<sup>rd</sup></b>
<b>"NEW" Cardio Drumming with Gail</b>	<b>Tuesday 9 am</b>	<b><u>Drop in</u></b>		<b>\$5 mem \$7 non</b>	
<b><u>"New" Beginner Line Dance Lessons</u> with Karrie</b>	<b>Monday 10am</b>	<b>6 Weeks</b>	<b>April 13<sup>th</sup></b>	<b>\$38 mem \$48 non</b>	
<b>Beginners to Improve Line Dance with Gail</b>	<b>Tuesday 10:00 am</b>	<b><u>Drop in</u></b>		<b>\$5 mem \$7 non</b>	
<b>Improve to Intermediate Line Dance with Gail</b>	<b>Tuesday 11:30 am</b>	<b><u>Drop in</u></b>		<b>\$5 mem \$7 non</b>	

**Coming Soon!**



**Irish Social, March 12<sup>th</sup> at 1:30**  
(purchase tickets at front desk by March 5<sup>th</sup>)

**Stop the Bleed, Save a Life**

(Pick up flyer or newsletter for full details)

**March 12<sup>th</sup> at 10 am (Please preregister by March 5<sup>th</sup>)**

**2026 Senior Golf League Sign ups**



We have a few spots open for this year's golf league starting February 23<sup>rd</sup>  
we are offering sign ups to new golfers. This is on a first come first serve basis

EXERCISE					
Program	Time	# of Sessions	Beginning Date	Fee	Registration & Payment Deadline
<b>Mat Yoga with Sharon</b>	<b>Tuesday 10:15 am</b>	<b>5 Weeks</b>	<b>March 10<sup>th</sup></b>	<b>\$30 mem \$40 non</b>	<b>March 3<sup>rd</sup></b>
<b>CHAIR YOGA With Janice</b> <b><u>Please Note:</u></b>	<b>Tuesday</b> <b>** 10:45am</b> <b><u>Modified for all levels</u></b>	<b>5 Weeks</b>	<b>March 10th</b>	<b>\$30 mem \$40 non</b>	<b>March 3<sup>rd</sup></b>
<b><u>Get Fit &amp; Strong</u></b> <b><u>With Kevin</u></b>	<b>Tuesday 1:30 pm</b>	<b>5 Weeks</b>	<b>March 10th</b>	<b>\$30 mem \$40 non</b>	<b>February 25<sup>th</sup></b>
<b>Tai Chi Easy/QiGong With Maria</b>	<b>Monday 10:00am</b>	<b>5 Weeks</b>	<b>March 23rd</b>	<b>\$30 mem \$40 non</b>	<b>March 16<sup>th</sup></b>
<b>Tai Chi Easy/QiGong With Maria</b>	<b>Wednesday 1:00pm</b>	<b>3 Weeks</b>	<b>March 4<sup>th</sup></b>	<b>\$18 mem \$24 non</b>	<b>February 25<sup>th</sup></b>
<b>"NEW" Tai Chi With Jenny</b>	<b>Thursday 1:00pm</b>	<b>4 Weeks</b>	<b>March 19<sup>th</sup></b>	<b>\$24 mem \$32 non</b>	<b>March 12<sup>th</sup></b>
<b>Aerobics With Sylvie</b>	<b>Thursday 10:00am</b>	<b>6 Weeks</b>	<b>May 11<sup>th</sup></b>	<b>\$36 mem \$46 non</b>	<b>May 4<sup>th</sup></b>
<b>"NEW" Chair Pilates Level I</b>  <b>Chair Pilates Level II With Sharon</b>	<b>Thursday 10:00am</b>  <b>11:00am</b>	<b>6 Weeks</b>	<b>March 5<sup>th</sup></b>	<b>\$36 mem \$46 non</b>	<b>February 26<sup>th</sup></b>
<b>"NEW" Semi Private, Personal Training With Sharon</b>	<b>Wednesday 11:00am</b>	<b>Join us for a "Free" Meet &amp; Greet</b>	<b>April 1<sup>st</sup></b>		<b>Pre-register by March 31<sup>st</sup></b>
<b>"NEW" Water Color</b>	<b>Monday 1pm</b>	<b><u>"Free" Meet &amp; Greet</u></b>  <b>4 Week Classes</b>	<b><u>March 23<sup>rd</sup></u></b>  <b>March 30<sup>th</sup></b>		<b>Pre-register by March 18<sup>th</sup></b>  <b>March 24<sup>TH</sup></b>

**We are now taking names of those interested in taking a Bosai, Drawing Classes. Register at the front reception desk.**

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	
Pinochle	Monday 9:00 am	Drop In		\$2 mem \$3 non	
Cribbage	Wednesday 1:00 pm	Drop In		\$3 mem \$4 non	
TRIVIA	3 <sup>rd</sup> Wednesday of each month 12:30pm	Drop in		Free/mem \$3 non	Bring member card
CHESS	Thursday 1:00pm	Drop in		\$2 mem \$3 non	
Cribbage Lessons With Ann & Frank	Tuesday 10am			Free	Call to pre-register You will be called with a start date. (603) 889-6155
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 <sup>nd</sup> 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	TBD	Drop In	TBD	FREE	
The Bald Eagles Music with Juke Box Jimmy, Paul & Just Jim	Wednesday Music from the 60's, 70's and 80's	Drop In	10:30 -11:45 12:45-1:45pm	FREE	
Juke Box Jimmy	Monday & Thursday	Drop In	10:30 -11:45 12:45 -2:45	FREE	
Knitting / Crochet Etc. Come work on your project	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 1:30 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	\$50.00 <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	Wednesday	9am-11:30am	April 15 <sup>th</sup>		
Reiki with Jane (We now have a massage table)	Wednesday	9am-12pm	Feb 25 <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	Monday	March 23 <sup>rd</sup> April 13 <sup>th</sup>	9-12pm	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.

EVENING PROGRAMS					
Program	Time	# of Sessions	Beginning Date	Fee	Registration & Payment Deadline
<b>Aerobics</b>	Monday 5:30 pm	6 Weeks	May 14 <sup>th</sup>	\$36 mem \$46 non	May 7 <sup>th</sup>
<b>Hoop Yoga</b>	Monday 6pm	6 Weeks	March 23 <sup>rd</sup>	\$36 mem \$46 non	March 19 <sup>th</sup>
<b>Mat Yoga</b>	Thursday 5:30 pm	6 Weeks	March 5 <sup>th</sup>	\$36 mem \$46 non	February 26 <sup>th</sup>
<b>Restorative Yoga 1 Time Class</b>	Tuesday 1 pm	1 Week	March 24 <sup>th</sup>	\$10 mem \$20 non	March 19 <sup>th</sup>
<b>Mat Pilates</b>	Tuesday 5:30pm	6 Weeks	March 31 <sup>st</sup>	\$36 mem \$46/non	March 26 <sup>th</sup>

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

### **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.



## **SPAtacular**

Rachel, a skilled and licensed esthetician and manicurist, made a huge hit with her new clients at the Nashua Senior Center. Some indulged themselves with a facial, while others held a conversation with Rachel as they were pampered with a manicure. Pre-registration and payment are required at the Front Desk.

**Daytime Dates and Hours:** February 12 and March 12 from 11 am to 3 pm

**Evening Dates and Hours:** February 26 and March 26 from 3 pm to 7 pm

Basic manicure with regular polish \$30 or Gel \$35; Facial Express \$40; Chair Back Massage \$30

Pick up flyer for additional services, dates, and prices at front reception desk.