



Also available on www.nashuaseniorcenter.org

For February-April Classes
February 10, 2026

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

Coming Soon!



Irish Social, March 12th at 1:30
(purchase tickets at front desk by March 5th)

Stop the Bleed, Save a Life

(Pick up flyer or newsletter for full details)

March 12th at 10 am (Please preregister by March 5th)

2026 Senior Golf League Sign ups



We have a few spots open for this year's golf league starting February 23rd
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
Mat Yoga with Sharon	Tuesday 10:15 am	5 Weeks	March 10th	\$30 mem \$40 non	March 3rd
CHAIR YOGA With Janice <u>Please Note:</u>	Tuesday <u>** 10:45am</u> <u>Modified for all levels</u>	5 Weeks	March 10th	\$30 mem \$40 non	March 3rd
<u>Get Fit & Strong</u> <u>With Kevin</u>	Tuesday 1:30 pm	5 Weeks	March 10th	\$30 mem \$40 non	February 25th
Tai Chi Easy/QiGong With Maria	Monday 10:00am	3 Weeks	March 23rd	\$24 mem \$34 non	March 16th
Tai Chi Easy/QiGong With Maria	Wednesday 1:00pm	5 Weeks	March 4th	\$30 mem \$40 non	February 25th
"NEW" Tai Chi With Jenny	Thursday 1:00pm	4 Weeks	March 19th	\$24 mem \$32 non	March 12th
Aerobics With Sylvie	Thursday 10:00am	6 Weeks	May 11th	\$36 mem \$46 non	May 4th
"NEW" Chair Pilates Level I Chair Pilates Level II With Sharon	Thursday 10:00am 11:00am	6 Weeks	March 5th	\$36 mem \$46 non	February 26th
"NEW" Semi Private, Personal Training With Sharon	Wednesday 11:00am	Join us for a "Free" Meet & Greet	April 1st		Pre-register by March 31st
"NEW" Water Color	Monday 1pm	<u>"Free" Meet & Greet</u> 4 Week Classes	<u>March 23rd</u> March 30th	\$60 mem \$80 non Plus \$10 material fe	Pre-register by March 18th March 24TH

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	3rd 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	2nd 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	1st & 3rd 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	<u>Call 689-2899</u> in the afternoon to schedule an appointment	Multiple Dates available	\$50.00 <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	Wednesday	9am-11:30am	April 15 th		
Reiki with Jane (We now have a massage table)	Wednesday	9am-12pm	Feb 25 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	Monday	March 23 rd April 13 th	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 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.

EVENING PROGRAMS					
Program	Time	# of Sessions	Beginning Date	Fee	Registration & Payment Deadline
Aerobics	Monday 5:30 pm	6 Weeks	May 14th	\$36 mem \$46 non	May 7th
Hoop Yoga	Monday 6pm	6 Weeks	March 23rd	\$36 mem \$46 non	March 19th
Mat Yoga	Thursday 5:30 pm	6 Weeks	March 5th	\$36 mem \$46 non	February 26th
Restorative Yoga 1 Time Class	Tuesday 5:30 pm	1 Week	March 24th	\$10 mem \$12 non	March 19th
Mat Pilates	Tuesday 5:30pm	6 Weeks	March 31st	\$36 mem \$46/non	March 26th

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.