

Also available on www.nashuaseniorcenter.org

For April-June Classes
Updated last on May 20, 2026

DANCE					
Program	Time	# of Sessions	Beginning Date	Fee	Registration & Payment Deadline
Beginners Tap	Monday 10:00 am	8 Weeks	June 1st	\$56/mem \$ 66/non	May 26th
"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	Will resume in September	\$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	

Don't miss out!

Pick up flyers or newsletter, for full details on these upcoming classes/programs....

Annual BBQ to be held in June
Patriotic Wreath Making Classes
Beginners Water Color Class



Check out our evening programs, open for those 18 and over on pg 6

EXERCISE

Program	Time	# of Sessions	Beginning Date	Fee	Registration & Payment Deadline
Mat Yoga with Sharon	Tuesday 10:15 am	6 Weeks	June 9th	\$36 mem \$46 non	June 2nd
CHAIR YOGA With Janice	Tuesday ** 10:45am <u>Modified for all levels</u>	6 Weeks	June 9th	\$36 mem \$46 non	June 2nd
<u>Get Fit & Strong</u> With Kevin	Tuesday 1:30 pm	6 Weeks	June 9th	\$36 mem \$46 non	June 2nd
Tai Chi Easy/QiGong With Meghan	Monday 10:00am	6 Weeks	July 13th	\$36 mem \$46 non	July 6th
Tai Chi Easy/QiGong With Maria	Wednesday 1:00pm	6 Weeks	July 15th	\$36 mem \$46 non	July 8th
"NEW" Tai Chi With Jenny	Thursday 1:00pm	4 Weeks	July 30th	\$24 mem \$34 non	July 23rd
Aerobics With Sylvie	Thursday 10:00am	6 Weeks	TBA	\$36 mem \$46 non	
"NEW" Chair Pilates Level I Chair Pilates Level II With Sharon	Thursday 10:00am 11:00am	6 Weeks	June 11th	\$36 mem \$46 non	June 4th
"NEW" Semi Private, Personal Training With Sharon	taking names for new sessions	TBD			Call Cathy for available days and times 603-816-2647
"NEW" Water Color Beginners With Kristine Intermediate Water Color class	Monday 10am For Kristines past beginners	4 Weeks only	June 22nd	\$60 mem \$80 non Plus \$10 material fee	June 15th
*Patriotic Wreath Making	Wednesday 1pm		June 3rd	\$25 mem \$30 non	May 27th

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 rd 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 nd Tuesday of the Month	10am		FREE	
Veteran Coffee Talk	9:30-11:00	April 10 May 8 th June 12 th		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	Call 689-2899 in the afternoon to schedule an appointment	Multiple Dates available		
*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	TBD		
Parish Nurse Program	2 nd & 4 th Tuesday of month	10:30-11:30 am Drop In		FREE	
Rivier University Wellness Clinic	Monday	TBD	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.

Mindful Resilience: TBD

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 With Sylvie	Monday 5:30 pm	6 Weeks	TBD	\$36 mem \$46 non	
Hoop Yoga With Shelly	Monday 6pm	5 Weeks	June 1st	\$30 mem \$40 non	May 29th
*Cake Decorating	Monday 6pm	1 Week	June 8th	\$50	May 29th
*Wreath Class	Monday 5:30pm	1 Week	June 22nd	\$25 mem \$30 non	June 15th
*Zentangle	Wednesday 5:30pm	1 Week	June 10th	\$15 mem \$20 non	June 5th
Mat Yoga With Terri	Thursday 5:30 pm	6 Weeks	July 9th	\$36 mem \$46 non	July 2nd
*Mat Pilates With Sharon	Tuesday 5:30pm	6 Weeks	July 7th	\$36 mem \$46/non	June 30th

ALL EVENING CLASSES ARE OPEN TO THOSE 18 YEARS AND OLDER



**THE BLEED
SAVE A LIFE**

Monday June 16th at 6pm

Location: Nashua Senior Center

This class is free. For those interested we ask that you pre-register by June 8th

**Uncontrolled bleeding from traumatic injuries is a leading cause of preventable death. During bleeding emergencies, minutes can mean the difference between life and death.
(For more info. please pick up flyer in the front reception area.)**