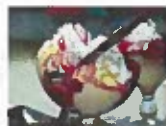


Also available on www.nashuaseniorcenter.org

For July/August Classes
Updated last on July 2, 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!



Ice Cream Social with Karaoke!

Wednesday, August 19th at 1:30 pm

\$5/members & \$7/non-members

Purchase tickets at front desk by August 12th



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

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	

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