

Also available on www.nashuaseniorcenter.org

For Fall Classes
Updated last on August 5, 2026

DANCE					
Program	Time	# of Sessions	Beginning Date	Fee	Registration & Payment Deadline
Beginners Tap	Monday 10:00 am	8 Weeks	September 14 th	\$56/mem \$ 66/non	September 8 th
"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	September 14 th	\$38 mem \$48 non	September 8 th
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	

**CHECK OUT THESE UP COMING ACTIVITIES & EVENTS IN YOUR UPCOMING
SEPTEMBER/OCTOBER NEWS LETTER**

*** Music Trivia, October**

***Beading Class**

***Scrabble**

***Keyboard Lessons**

***Annual Fall Senior Concert, Saturday, November 21st**

*** Holiday Social/December (more info to come)**

[Check out our evening programs, open for those 18 and over on page 6](#)

EXERCISE					
Program	Time	# of Sessions	Beginning Date	Fee	Registration & Payment Deadline
Mat Yoga with Sharon	Tuesday 10:15 am	6 Weeks	September 15th	\$36 mem \$46 non	September 8th
CHAIR YOGA With Janice	Tuesday ** <u>10:45am</u> <u>Modified for all levels</u>	6 Weeks	September 15th	\$36 mem \$46 non	September 8th
<u>Get Fit & Strong</u> <u>With Kevin</u>	Tuesday 1:30 pm	6 Weeks	September 15th	\$36 mem \$46 non	September 8th
Tai Chi Easy/QiGong With Meghan	Monday 10:00am	6 Weeks	September 14th	\$36 mem \$46 non	September 8th
Tai Chi Easy/QiGong With Meghan	Wednesday 1:00pm	6 Weeks	September 16th	\$36 mem \$46 non	September 9th
“NEW” Tai Chi With Jenny	Thursday 1:00pm	4 Weeks	September 17th	\$24 mem \$34 non	September 10th
“NEW” Chair Pilates Level I Chair Pilates Level II With Sharon	Thursday 10:00am 11:00am	6 Weeks	September 17th	\$36 mem \$46 non	September 10th
“NEW” Semi Private, Personal Training With Sharon	10am & 11am 4:15pm	6 Weeks	September 14th September 15th	\$90 mem \$120 non	September 8th
“NEW” Water Color Beginners II With Kristine Beginners Water Color class	Monday 10am Monday 1pm	4 Weeks	September 14th	\$60 mem \$80 non (Plus \$10 material fee for beginners)	September 8th

Program	Time	# of Sessions	Beginning Date	Fee	Registration & Payment Deadline
Tuesday Bridge	Tuesday 12:45 pm	Drop In		\$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		\$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	Drop in 12:30 pm		Free/mem \$3 non	Bring Member card
CHESS	Thursday 1:00 pm	Drop in		\$2 mem \$3 non	
Cribbage Lessons With Ann & Frank	Tuesday 10 am			FREE	Call to pre- register You will be called with a start date (603) 899-6155
Table Tennis (Now available)	Friday 9-11:30 am	Drop In		\$3 mem \$5 non	Please pay at front desk prior to playing
“NEW HOURS” BILLIARDS	Mon. 9-3:30 pm Tues. 1-4 pm	Thurs. 9-4:00 Wed. 12:30- 3:30 pm		\$3 mem \$5 non	Please pay at front desk prior to playing
Coffee With a Cop	2 nd Tuesday of the Month	10 am		FREE	
Veteran Coffee Talk	2 nd Friday of the month	9:30-11:00 am		FREE	

Program	Time	# of Sessions	Beginning Date	Fee	Registration & Payment Deadline
Friends Making Music	Wednesday 9:30 am	Drop In		FREE	
Silver Lining Chorus	Friday 10:30 am	Drop In		FREE	
Music with Benes		Drop In		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	1sr & 3 rd Friday 9:30 am		Ongoing	FREE	
Making Christmas Cards	Wednesday 1pm	1 Week	November 4 th	\$15	October 30 th

HEALTH / OTHER SERVICES					
Foot Clinic	9:20 – 12 pm	Call 689-2899 in the afternoon to schedule an appointment	Multiple Dates available		
*Sight Services	4 th Tuesday of Month 1:30 – 3:00 pm	Pre- Registration is Required			For More Information Call: (800)581-6881
Hearing Screening	Thursday	9am-10:30am	September 24 th	FREE	No Appointment walk in
Parish Nurse Program	2 nd & 4 th Tuesday of month	10:30-11:30 am Drop In		FREE	
Rivier University Wellness Clinic		TBD		FREE & Confidential	BMI, Blood Pressure, Lab Review, Glucose, A1C, Medication Reconciliation.....
Membership	Monday- Thursday 9-11:30 am	Drop In	VETS \$5 discount➔	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: TBA 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
Hoop Groove With Shelly	Monday 6pm	6 Weeks	September 14th	\$36 mem \$46 non	September 10th
Mat Pilates With Sharon	Tuesday 5:30pm	6 Weeks	September 15th	\$36 mem \$46 non	September 10th
Mat Yoga With Terri	Thursday 5:30 pm	6 Weeks	September 17th	\$36 mem \$46 non	September 10th
Chunky Blanket	Monday 6:00 pm	1 Week	October 19th	\$40	October 12th
Making Christmas Cards	Wednesday 6pm	1 Week	November 4th	\$15	October 30th
Cookie Decorating	Thursday 6:00 pm	1 Week	November 12th	\$50	November 5th

ALL EVENING CLASSES ARE OPEN TO THOSE 18 YEARS AND OLDER