

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

For Fall Classes  
Updated last on October 2, 2026

| DANCE                                                               |                     |                |                              |                       |                                 |
|---------------------------------------------------------------------|---------------------|----------------|------------------------------|-----------------------|---------------------------------|
| Program                                                             | Time                | # of Sessions  | Beginning Date               | Fee                   | Registration & Payment Deadline |
| <b>Beginners Tap</b>                                                | Monday<br>10:00 am  | 8 Weeks        | TBD                          | \$56/mem<br>\$ 66/non | TBD                             |
| <b>"NEW"<br/>Cardio Drumming<br/>with Gail</b>                      | Tuesday<br>9 am     | <u>Drop in</u> |                              | \$5 mem<br>\$7 non    |                                 |
| <b><u>"New" Beginner Line<br/>Dance Lessons</u><br/>with Karrie</b> | Monday<br>10am      | 5 Weeks        | November<br>16 <sup>th</sup> | \$32 mem<br>\$42 non  | November 9th                    |
| <b>Beginners to<br/>Improve Line Dance<br/>with Gail</b>            | Tuesday<br>10:00 am | <u>Drop in</u> |                              | \$5 mem<br>\$7 non    |                                 |
| <b>Improve to<br/>Intermediate<br/>Line Dance<br/>with Gail</b>     | Tuesday<br>11:30 am | <u>Drop in</u> |                              | \$5 mem<br>\$7 non    |                                 |

**CHECK OUT THESE UP COMING ACTIVITIES & EVENTS IN YOUR CURRENT NEWSLETTER**

**\*Trivia Tunes, October 28<sup>th</sup>**

**\*Beading Class**

**\*Annual Fall Senior Concert, Saturday, November 21<sup>st</sup>**

**\* Holiday Social/December 10<sup>th</sup>**

**(purchase tickets at front desk)**

**[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                            |
| <b>Mat Yoga with Sharon</b>                                                         | <b>Tuesday 10:15 am</b>                                          | <b>6 Weeks</b> | <b>November 3<sup>rd</sup></b>                          | <b>\$36 mem<br/>\$46 non</b>                                            | <b>October 27<sup>th</sup></b>                             |
| <b>CHAIR YOGA With Terri</b>                                                        | <b>Tuesday<br/>** 10:45am<br/><u>Modified for all levels</u></b> | <b>6 Weeks</b> | <b>November 3<sup>rd</sup></b>                          | <b>\$36 mem<br/>\$46 non</b>                                            | <b>October 27<sup>th</sup></b>                             |
| <b><u>Get Fit &amp; Strong</u><br/><u>With Kevin</u></b>                            | <b>Tuesday 1:30 pm</b>                                           | <b>6 Weeks</b> | <b>November 3<sup>rd</sup></b>                          | <b>\$36 mem<br/>\$46 non</b>                                            | <b>October 27<sup>th</sup></b>                             |
| <b>Tai Chi Easy/QiGong With Meghan</b>                                              | <b>Monday 10:00am</b>                                            | <b>6 Weeks</b> | <b>November 9<sup>th</sup></b>                          | <b>\$36 mem<br/>\$46 non</b>                                            | <b>November 2<sup>nd</sup></b>                             |
| <b>Tai Chi Easy/QiGong With Meghan</b>                                              | <b>Wednesday 1:00pm</b>                                          | <b>6 Weeks</b> | <b>TBD</b>                                              | <b>\$36 mem<br/>\$46 non</b>                                            | <b>Will be back in Feb 2027</b>                            |
| <b>"NEW" Tai Chi With Jenny</b>                                                     | <b>Thursday 1:00pm</b>                                           | <b>7 Weeks</b> | <b>October 29<sup>th</sup></b>                          | <b>\$42 mem<br/>\$52 non</b>                                            | <b>October 22<sup>nd</sup></b>                             |
| <b>"NEW" Chair Pilates Level I<br/>Chair Pilates Level II<br/>With Sharon</b>       | <b>Thursday 10:00am<br/>11:00am</b>                              | <b>6 Weeks</b> | <b>November 5<sup>th</sup></b>                          | <b>\$36 mem<br/>\$46 non</b>                                            | <b>October 29<sup>th</sup></b>                             |
| <b>"NEW" Semi Private, Personal Training With Sharon</b>                            | <b>10am &amp; 11am<br/>4:15pm</b>                                | <b>6 Weeks</b> | <b>Will be adding new classes for the 2027 schedule</b> |                                                                         | <b>See January/February newsletter for info.</b>           |
| <b>"NEW" Water Color Beginners II With Kristine<br/>Beginners Water Color class</b> | <b>Monday 10am<br/>Monday 1pm</b>                                | <b>4 Weeks</b> | <b>Will be adding new classes for the 2027 schedule</b> | <b>\$60 mem<br/>\$80 non<br/>(Plus \$10 material fee for beginners)</b> | <b>See January/February newsletter for new class info.</b> |

| Program                                 | Time                                              | # of Sessions                                    | Beginning Date | Fee                         | Registration & Payment Deadline                          |
|-----------------------------------------|---------------------------------------------------|--------------------------------------------------|----------------|-----------------------------|----------------------------------------------------------|
| <b>Tuesday Bridge</b>                   | <b>Tuesday<br/>12:45 pm</b>                       | <b>Drop In</b>                                   |                | <b>\$3 mem<br/>\$4 non</b>  |                                                          |
| <b>Four Aces Bridge</b>                 | <b>Thursday<br/>9:30 am</b>                       | <b>Drop In</b>                                   |                | <b>\$3 mem<br/>\$4 non</b>  |                                                          |
| <b>Tuesday Mah Jongg</b>                | <b>Tuesday<br/>1:00 pm</b>                        | <b>Drop In</b>                                   |                | <b>\$2 mem<br/>\$3 non</b>  |                                                          |
| <b>Pinochle</b>                         | <b>Monday<br/>9:00 am</b>                         | <b>Drop In</b>                                   |                | <b>\$2 mem<br/>\$3 non</b>  |                                                          |
| <b>Cribbage</b>                         | <b>Wednesday<br/>1:00 pm</b>                      | <b>Drop In</b>                                   |                | <b>\$3 mem<br/>\$4 non</b>  |                                                          |
| <b>TRIVIA</b>                           | <b>3<sup>rd</sup> Wednesday<br/>of each month</b> | <b>Drop In<br/>12:30 pm</b>                      |                | <b>Free/mem<br/>\$3 non</b> | <b>Bring<br/>Member card</b>                             |
| <b>CHESS</b>                            | <b>Thursday<br/>1:00 pm</b>                       | <b>Drop In</b>                                   |                | <b>\$2 mem<br/>\$3 non</b>  |                                                          |
| <b>"NEW"<br/>SCRABBLE</b>               | <b>Monday<br/>9:30-12pm</b>                       | <b>Drop in</b>                                   |                | <b>\$2 mem<br/>\$3 non</b>  |                                                          |
| <b>Table Tennis<br/>(Now available)</b> | <b>Friday<br/>9-11:30 am</b>                      | <b>Drop In</b>                                   |                | <b>\$3 mem<br/>\$5 non</b>  | <b>Please pay at<br/>front desk prior<br/>to playing</b> |
| <b>"NEW HOURS"<br/>BILLIARDS</b>        | <b>Mon. 9-3:30<br/>pm<br/>Tues. 1-4 pm</b>        | <b>Thurs. 9-4:00<br/>Wed. 12:30-<br/>3:30 pm</b> |                | <b>\$3 mem<br/>\$5 non</b>  | <b>Please pay at<br/>front desk prior<br/>to playing</b> |
| <b>Coffee With a Cop</b>                | <b>2<sup>nd</sup> Tuesday of<br/>the Month</b>    | <b>10 am</b>                                     |                | <b>FREE</b>                 |                                                          |
| <b>Veteran Coffee Talk</b>              | <b>2<sup>nd</sup> Friday of<br/>the month</b>     | <b>9:30-11:00 am</b>                             |                | <b>FREE</b>                 |                                                          |

| 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                                     | Monday & Thursday                    | Drop In                  | 12:30-2:30pm                                         | FREE             |                                 |
| Just The Two of Us With Jim & Paul                   | Thursday                             |                          | 10:00-12:00pm                                        |                  |                                 |
| Juke Box Jimmy                                       | Monday & Wednesday<br>Wednesday      | Drop In                  | 10:30-12:00pm<br>12:30-2:30pm                        | FREE             |                                 |
| Knitting / Crochet Etc.<br>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 & 3 <sup>rd</sup> Friday 9:30 am |                          | Ongoing                                              | FREE             |                                 |
| Making Christmas Cards                               | Wednesday 1pm                        | 1 Week                   | November 4 <sup>th</sup>                             | \$15             | October 30 <sup>th</sup>        |
| Lift/Uber class                                      | Thursday 1pm                         | 1 Week                   | November 12 <sup>th</sup>                            | FREE             | DROP IN                         |
| Pet Therapy with Bea                                 | Wednesday 1pm                        | Once a month             | November 18 <sup>th</sup> & December 9 <sup>th</sup> | FREE             | DROP IN                         |

|                                              |                                                                     |                                                                                  |                                         |                                                   |                                                                                                      |
|----------------------------------------------|---------------------------------------------------------------------|----------------------------------------------------------------------------------|-----------------------------------------|---------------------------------------------------|------------------------------------------------------------------------------------------------------|
|                                              |                                                                     |                                                                                  |                                         |                                                   |                                                                                                      |
| <b>HEALTH / OTHER SERVICES</b>               |                                                                     |                                                                                  |                                         |                                                   |                                                                                                      |
| <b>Foot Clinic</b>                           | <b>9:20 – 12 pm</b>                                                 | <b>Call 689-2899<br/>in the<br/>afternoon to<br/>schedule an<br/>appointment</b> | <b>Multiple<br/>Dates<br/>available</b> |                                                   |                                                                                                      |
| <b>*Sight Services</b>                       | <b>4<sup>th</sup> Tuesday of<br/>Month<br/>1:30 – 3:00 pm</b>       | <b>Pre-<br/>Registration is<br/>Required</b>                                     |                                         |                                                   | <b>For More<br/>Information<br/>Call:<br/>(800)581-6881</b>                                          |
| <b>Hearing Screening</b>                     | <b>Thursday</b>                                                     | <b>9am-10:30am</b>                                                               | <b>TBD</b>                              | <b>FREE</b>                                       | <b>No Appointment<br/>walk in</b>                                                                    |
| <b>Parish Nurse<br/>Program</b>              | <b>2<sup>nd</sup> &amp; 4<sup>th</sup><br/>Tuesday of<br/>month</b> | <b>10:30-11:30<br/>am<br/>Drop In</b>                                            |                                         | <b>FREE</b>                                       |                                                                                                      |
| <b>Rivier University<br/>Wellness Clinic</b> |                                                                     |                                                                                  | <b>TBD</b>                              | <b>FREE<br/>&amp;<br/>Confidential</b>            | <b>BMI, Blood<br/>Pressure, Lab<br/>Review, Glucose,<br/>A1C, Medication<br/>Reconciliation.....</b> |
| <b>Membership</b>                            | <b>Monday-<br/>Friday<br/>9-11:30 am</b>                            | <b>Drop In</b>                                                                   | <b>VETS \$5<br/>discount➡</b>           | <b>Membership<br/>\$40/single<br/>\$60/double</b> | <b>For More<br/>Information<br/>Call: 816-2646</b>                                                   |

**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.

**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 |
| <b>Hoop Groove<br/>With Shelly</b> | <b>Monday<br/>6pm</b>       | <b>6 Weeks</b> | <b>November 2<sup>nd</sup></b>      | <b>\$36 mem<br/>\$46 non</b> | <b>October 30<sup>th</sup></b>  |
| <b>Mat Pilates<br/>With Sharon</b> | <b>Tuesday<br/>5:30pm</b>   | <b>6 Weeks</b> | <b>November 3<sup>rd</sup></b>      | <b>\$36 mem<br/>\$46 non</b> | <b>October 30<sup>th</sup></b>  |
| <b>Mat Yoga<br/>With Terri</b>     | <b>Thursday<br/>5:30 pm</b> | <b>6 Weeks</b> | <b>November 5<sup>th</sup></b>      | <b>\$36 mem<br/>\$46 non</b> | <b>October 29<sup>th</sup></b>  |
| <b>Chunky Blanket</b>              | <b>Monday<br/>6:00 pm</b>   | <b>1 Week</b>  | <b>October 19<sup>th</sup></b>      | <b>\$40</b>                  | <b>October 12<sup>th</sup></b>  |
| <b>Making Christmas<br/>Cards</b>  | <b>Wednesday<br/>6pm</b>    | <b>1 Week</b>  | <b>November 4<sup>th</sup></b>      | <b>\$15</b>                  | <b>October 30<sup>th</sup></b>  |
| <b>Cookie Decorating</b>           | <b>Thursday<br/>6:00 pm</b> | <b>1 Week</b>  | <b>November<br/>12<sup>th</sup></b> | <b>\$50</b>                  | <b>November 5<sup>th</sup></b>  |
|                                    |                             |                |                                     |                              |                                 |
|                                    |                             |                |                                     |                              |                                 |

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