

HANOVER PARKS AND RECREATION ADULT PROGRAM CALENDAR

48 Lebanon Street, Hanover, NH 03755 at the RWB Community Center www.hanoverrec.com or 603-643-5315

PRE-REGISTER FOR CLASSES AND LUNCHEONS AT LEAST 24 HOURS IN ADVANCE

CALL THE CENTER AT (603) 643-5315 OR STOP BY THE FRONT DESK TO SEE JEANNE!

LUNCHEONS

(All lunches begin at 12:00 pm with the exception of the Breaking Bread Together which begins at 11:30 am)

BIRTHDAY CELEBRATION – Family and friends are welcome to join us at our monthly birthday celebration luncheon. The Hartford Area Career and Technology Culinary students will be catering the meal. **Wednesday, December 19 at 12:00 pm. Donations are graciously accepted. Please register at least 24 hours in advance!**

OSHER BROWN BAG LUNCH & LEARN – Our Lunch & Learn series will resume in January!

POTLUCK LUNCHEON – December is our **Holiday Traditions Across the Globe!** We invite you to join us as we celebrate this very special time of the year. We all have family holiday traditions and we hope that you will share a favorite of yours! A spiral ham will be provided by HPR. **Wednesday, December 5 at 12:00 pm. Please register at least 24 hours in advance.**

WILLY'S BREAKING BREAD TOGETHER – The Upper Valley Senior Center Meals on Wheels program provides a hot meal that is served in the Community Lounge **the second Wednesday of each month at 11:30 am. A \$3.00 donation is requested. Please Register at least 24 hours in advance.**

EXERCISE

ELDER TAI CHI – **Mondays 9:45 to 10:45 am in the Community Lounge (Room 112)** with instructor Ursula Austin. Work on movement fluidity, balance enhancement, cartilage buildup and left and right brain thinking. **\$5.00 per class. Note - there will be no class on Monday, December 24.**

EXERCISE W/GAIL – **Tuesdays and Thursdays at 8:45 am in the Multi-Purpose Room.** Class includes cardiovascular exercise, strength training, balance and stretching. Join Gail in the Community Lounge after class for a healthy snack, coffee and conversation! Call to check on space availability as this class is very popular! **\$20 per month. Note - there will be no class on Tuesday, December 25.**

GENTLE QI GONG – **Thursdays 3:30 to 4:30 pm in Room 206** with instructor Landon Hall. This practice involves aligning breath, movement, awareness for exercise, healing, and greater physical and mental fluidity. Sequences include gentle stretching, flowing movements, and standing postures that are quietly harmonized by rhythmical breathing and a calm, unhurried, focused mind. The movements stimulate and invigorate the energy in the body and support health and vitality. The Center for Disease Control has named Qi Gong as a primary self-care practice that supports aging with grace and ease. **\$15.00 drop-in fee for residents and non-residents or 10 class pass available! Note - there will be no class on Thursday, December 27.**

LET YOUR YOGA DANCE – **Thursdays 8:30 to 9:30 am in Room 206** with Instructor Liz Barker. A joyful celebration of body, mind and spirit. The class builds community by combining gentle yoga, user-friendly dance, creativity and positive psychology with music from around the world. As we move through our seven energy centers of the body, the heart pumps, the brain is engaged, and strength and balance are improved. There is no "required" floor work and chairs are available for seated work. **\$12.00 drop in fee for residents and non-residents or 6 class pass available! Note - there will be no class on Thursday, December 27.**

LINE DANCING – **Tuesdays 10:30 to 11:30 am in the Multi-Purpose Room** with instructor Jamie Orr. Beginners to experienced dancers are welcomed. **\$9.00 drop-in fee for residents and non-residents or \$28.00/month. Note - there will be no class on Tuesday, December 25.**

TAI JI QUAN: MOVING FOR BETTER BALANCE — The Balance Day session for members currently enrolled is Wednesday, December 5 from 3:00 - 4:30 p.m. in Room 206. The new session begins **Monday, December 10 in Room 206!** **Registration for this class is currently closed.**

HEALTH AND WELLNESS

BLOOD PRESSURE SCREENING — Community Nurse, Doris Yates will be available **12:30 to 1:30 pm on Wednesday, December 5 and Wednesday, December 19 in the Community Lounge (Room 112)** for free blood pressure screenings.

FOOT CARE CLINIC – NOTE WE HAVE ADDED A NEW DAY! This service is provided by the VNH. **Monday, December 10 and Monday, December 17 in the Health Screening Room (Room 114).** Sign up at the front desk or call (603) 643-5315 for an appointment. Bring a towel and the cost is \$20.00.

HEALTH & WELLNESS LECTURE SERIES – “Hoarding Disorders - Clutter, Collections or Concerning?”

Gain an understanding of what separates clutter from pathology and experience the struggle one who hoards must endure to change his/her behavior. Presented by Tammy Astle, OT, Lake Sunapee Region VNA & Hospice. **Thursday, December 13 at 10:30 a.m. in the Community Lounge (Room 112).**

LEISURE

BRIDGE PLAY (INTERMEDIATE) – This is a friendly group and they welcome anyone who would like to join. The skill level is best described as intermediate. If you have a regular partner that's fine, if not, no problem as tables will be allocated randomly so you may be playing with one partner one week and someone else the next. We welcome you to join the group!

Tuesdays at 1:30 pm in the Community Lounge (Room 112). Note - there will be no Bridge Play on Tuesday, December 25.

CRAFTY CHARACTERS – The goal of this craft group is to “sit, chat and finish that.” Take time to work on a project of your choice. Some equipment is available at the Center, so call ahead to inquire! Enjoy a cup of coffee and conversation, as well as a chance to work on your unfinished project. Remember, when friends meet, hearts warm!

This group meets the second Wednesday of each month from 12:15 to 2:00 pm in the Community Lounge (Room 112).

“PASS THE PRESENT” HOLIDAY GIFT EXCHANGE – Bring a small wrapped unisex gift (\$5.00 limit) for our Pass the Present - Right-Left Present Swap. Attendees will sit in a circle with their present in their hands. One person will read a story. Every time the storyteller says, “right”, you pass your present to the right and each time the storyteller says, “left”, you pass your present to the left. At the end of the story, the present you have in your hands is the one you keep. Come join in the fun and enjoy some light refreshments. **Monday, December 17 at 2:00 pm in the Community Lounge (Room 112).**

NO-SEW COMMUNITY PROJECT – WE NEED YOUR HELP! Join Hanover resident, Jodi Lenning, on **Wednesday, December 12 at 2:30 pm in the Community Lounge (Room 112)** to assist her with making beautiful no-sew blankets to benefit local children's organizations. All materials and refreshments are provided.

LUNCH BUNCH – Carpool with a friend! Join this social group to visit and enjoy various food establishments on the second Friday of each month! **Group reservations are required, so please RSVP no later than Wednesday, December 12 by calling 643-5315. Friday, December 14 at 11:30 am at Jesse's Restaurant, Hanover, NH.**

OPEN PICKLEBALL – Pickleball is available on a drop-in basis at no charge. Equipment is available—come give it a try! Bring a partner and have some fun. **Wednesdays at 8:45 am and Fridays at 10:00 am in the Multi-Purpose Room.**

COMMUNITY NEWS

VISION SUPPORT GROUP – The goal of this group is to help members feel less isolated and lonely. It can assist them with gaining a sense of empowerment and self confidence, help to manage stress, depression or anxiety, provide inspiration and motivation from hearing others' stories, and an opportunity to mutually support others in a safe and confidential setting. The format may or may not include guest speakers and specific topics are to be determined. Group Facilitator, Doris Yates, RN, Community Nurse. **Monday, December 10 at 1:00 pm in the Community Lounge (Room 112)**

PIANO CONCERT — David Thron will be performing in the **Community Lounge (Room 112)** on **Monday, December 17 at 3:00 p.m.** Get into the holiday spirit and join us while we sit back, relax and enjoy this beautiful music!

Hanover Parks & Recreation
48 Lebanon Street
Hanover, NH 03755

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FREE HOLIDAY GIFT WRAPPING EVENT

Tuesday, December 18, 9:30 am to 1:00 pm in the Community Lounge (Room 112)

Let us help you wrap up the season!

Bring your boxed gifts to the R.W. Black Community Center Lounge (Room 112) and enjoy some cookies, coffee or hot chocolate and conversation while we wrap and decorate your gifts at no cost!