

Active Adult Newsletter

MARCH/APRIL 2019

Register 

In Person or by Phone

Monday, 9:00 am - 5:00 pm
 Tuesday - Friday, 9:00 am - 6:00 pm
 Saturday, 10:00 am - 6:00 pm
 R.W. Black Community Center
 48 Lebanon Street, Hanover, NH 03755
 (603) 643-5315

Online

www.hanoverrec.com/info/activities

**RECREATION DEPARTMENT STAFF
ADULT PROGRAMMING**

DIRECTOR

John Sherman

ASSISTANT DIRECTOR

Liz Burdette

COMMUNITY CENTER PROGRAM MANAGER

Camille Ricciardelli

ADULT/SENIOR PROGRAM MANAGER

Judy Stevens

ATHLETICS PROGRAM MANAGER

Bri Barnes

RECEPTIONIST/PROGRAM ASSISTANT

Jeanne Vieten



I am excited about spring's arrival and all that it brings to the R.W. B. Community Center. We continue to host several dynamic exercise and health and wellness classes,

as well as many new programs including art, dog obedience, and gardening education to name a few. If you haven't yet submitted your address and would like to receive this newsletter by mail, please call or stop by the front desk so that we can add you to our list.

As always, all of us at Hanover Parks and Recreation look forward to seeing you soon!

Judy Stevens

Adult/Senior Program Manager

DO YOU HAVE A UNIQUE SKILL OR
TALENT AND WOULD LIKE TO
INSTRUCT A CLASS OR PROGRAM?

PLEASE SHARE YOUR THOUGHTS WITH US.
AND LET'S SEE WHAT WE CAN
CREATE TOGETHER!



Follow us on Facebook!

Join us for lunch!

REGISTRATION IS REQUIRED!

PLEASE CALL AT LEAST 48 HOURS IN ADVANCE

BIRTHDAY CELEBRATION LUNCH

Wednesdays, 12:00 pm
Community Lounge (Room 112)

MARCH 6 and APRIL 3

Free

Family & friends are welcome to our monthly birthday celebration luncheon that is held in the Community Lounge (Room 112).

OSHER BROWN BAG LUNCH & LEARN

Wednesdays, 12:00 pm
Community Lounge (Room 112)

MARCH 27 and APRIL 24

Bring a Brown Bag Lunch!

MARCH 27

Going Out Green - Exploring Sustainable and Meaningful Funeral Options. OSHER Instructor Lee Webster will talk about emerging eco-friendly funeral movements that are changing the way we do death in America. With funeral prices rising along with temperatures, it's time to take a look at ways to reduce expenses and carbon footprints while still having rich, meaningful send-offs.

APRIL 24

To Catch a Thief (1955) - OSHER Instructor Don Watson will present this Hitchcock mystery, romance and thriller, starring Carey Grant as a reformed jewel thief who must return to his former occupation to ferret out the real thief in order to prove his innocence. Grace Kelly is cool and exquisite as a presumably rich American woman traveling with her mother in quest of 'a man'. What is her real role exactly? The film was shot on the French Côte d'Azur and in the city of Cannes, above the Mediterranean. Discussion will follow!

THEMED POTLUCK LUNCH

Wednesdays, 12:00 pm
Community Lounge (Room 112)

 **MARCH 20 - St. Patrick's Day** 
APRIL 17 - Spring Fling

Join in the fun and bring your favorite dish to share with friends!

SENIOR COMMUNITY LUNCH

Tuesdays, 12:00 pm
Multi-Purpose Room
Free

APRIL 9 - First Church of Christ Scientists

Lunch is prepared and served by members of local area religious communities in the Multi-Purpose Room.

WILLY'S BREAKING BREAD TOGETHER

Wednesdays, 11:30 pm
Community Lounge (Room 112)
MARCH 13 and APRIL 10
A \$3.00 donation is requested.

Enjoy a hot meal provided by The Upper Valley Senior Center Meals on Wheels program.

active & HEALTHY

ELDER TAI CHI

Mondays, 9:45 am
Community Lounge (Room 112)
\$5.00 per class or \$20.00 per month

In this class you will work on movement fluidity, balance enhancement, cartilage buildup and left and right brain thinking. Instructor: Ursula Austin

EXERCISE WITH GAIL

Tuesdays and Thursdays, 8:45 am
Multi-Purpose Room
\$3.00 Drop-In Fee or \$20.00 per month

Class includes cardiovascular exercise, strength training, balance and stretching. Join Gail in the Community Lounge after class for a healthy snack, coffee and conversation! Instructor: Gail Schaal

HEALTHY 4 LIFE GOLD EDITION

Fridays, 11:00 am
Multi-Purpose Room
\$5.00 Drop-In Fee or \$20.00 per month

A weekly chair exercise program specifically designed for seniors focused on strength, conditioning and injury prevention. 45 minutes of chair exercise, followed by OPTIONAL strengthening exercises designed for fall prevention. Instructor: Dr. Laleh, PhD - Certified Health Coach and Group Fitness Instructor.

HEAD-TO-TOE BODY FLOW (NEW)

Fridays, 12:15 pm
Multi-Purpose Room
\$16.00 Drop-In Fee or \$115.00 for 8 Classes

Let your body flow where the music will go! Total body conditioning and toning using only your body and music. Whether you regularly exercise or have never followed a regular exercise plan, you will have fun while building strength and cardiovascular fitness. This class is open to all ages, genders and fitness levels! Instructor: Dr. Laleh, PhD - Certified Health Coach and Group Fitness Instructor.

LINE DANCING

Tuesdays, 10:30 am
Multi-Purpose Room

\$9.00 Drop-in Fee or \$28.00 for 4 Classes

These classes are for any level dancer from beginner to experienced. Instructor: Jamie Orr.



Please register 24 Hours in Advance

Mondays, 5:30 pm
Wednesdays, 8:30 am and Fridays, 9:45 am
Multi-Purpose Room
Free

Equipment is provided by HPR. Bring a partner and come give it a try and have some fun!

PILATES

Mondays & Fridays, 8:30 am
Wednesdays, 7:30 am
Multi-Purpose Room

\$18.00 Drop-In Fee

\$160 Resident/\$170 Non-Resident - 10 Classes
\$300 Resident/\$310 Non-Resident - 20 Classes
\$420 Resident/\$430 Non-Resident - 30 Classes

Pilates with props is a mat class which follows a progression of exercises designed to build strength, balance and flexibility to the postural muscles (abdominals, buttocks and lower back). The technique is excellent for anyone wishing to move with more power, grace and less trauma to their body. It will also help increase the body's resilience to the effects of age. Instructor: Susan Burke, Second Generation Pilates Master Trainer.

TAI JI QUAN: MOVING FOR BETTER BALANCE

Mondays & Wednesdays, 3:00 pm
Room 206

This class is currently full. Please inquire at the front desk about the early spring session.

This is a falls prevention exercise program that uses Tai Ji Quan based movements to improve strength, mobility and balance. Instructor: Bonnie Kimmelman



practicing
Mindfulness
for positive life change

ZUMBA

Mondays & Wednesdays, 8:30 am
Room 206

Workout Level: High Intensity
Instructor: Liz Burdette

Wednesdays, 5:45 pm
Saturdays, 9:00 am
Room 206

Workout Level: Medium Intensity
Instructor: Rhonda Fenton

\$10.00 Drop-In Fee or

\$76.00 Resident/\$86.00 Non-Resident - 10 Classes
\$152.00 Resident/\$162.00 Non-Resident - 20 Classes
\$228.00 Resident/\$238.00 Non-Resident - 30 Classes

Zumba is a total body workout! The hour will fly by and at the end, you will have toned from head to toe all while getting an amazing cardio workout. This class will keep your mind sharp as you learn new dance moves from 26 different rhythms including Salsa, Merengue, Cumbia, Calypso, Quebradita and more. Classes are led taking advantage of non-verbal cueing allowing them to flow well and are easy to follow. Workouts are quickly adapted to any fitness level and you can go at your own pace.



BLOOD PRESSURE SCREENING

Wednesdays, 12:30 pm
Community Lounge (Room 112)
Free

MARCH 6 and MARCH 20
APRIL 3 and APRIL 17

This service is provided by Hanover's Community Nurse, Doris Yates, RN.



FOOT CARE CLINICS

Mondays (2nd and 3rd)
Health Screening Room
\$20.00

MARCH 11 and MARCH 18
APRIL 8 and APRIL 15

This service is provided by the VNH. Sign up at the front desk or by calling (603) 643-5315 for an appointment.

Please bring a towel!

HEALTH & WELLNESS LECTURE SERIES

Thursdays, 10:30 am
Community Lounge (Room 112)
Free

APRIL 11

Honoring Care Decisions Advance Care Planning

April is National Healthcare Decisions month. Don't wait until it's too late! Who would speak for you if you were unable to speak for yourself? Make your healthcare wishes clear. Assign a healthcare agent, speak with your agent about your healthcare choices and complete an advance directive today! Presented by DHMC's Center of Shared Decision Making.



VISION SUPPORT GROUP

Mondays, 1:00 pm
Community Lounge (Room 112)
Free

MARCH 11 and APRIL 8

The goal of this group is to assist with managing stress, depression, anxiety and the feeling of isolation. Gain support in a safe and confidential setting!
Facilitator: Doris Yates, RN.

Note: The MARCH 11 group meeting will feature speaker Denise Caruso, Low Vision Specialist from Future Insight (formerly known as the NH Association for the Blind).

COOKING SERIES: EAT TO DEFEAT DISEASE (NEW)

Fridays, 5:30 - 7:00 pm
Kitchen/Multi-Purpose Room
\$35.00 per person per class

(Registration fee does not include groceries. You will be given a list of items to purchase prior to class.)

MARCH 1: Eat to Defeat Inflammation

Cook to Defeat Disease™ Nutrition Education series was created by Dr. Laleh Talebian, Ph.D. a research scientist, with a strong background in cancer biology, human genetics and immunology, and a certified health and wellness coach.

Dr. Laleh's approach is simple: Eat like Mother Nature intended. She teaches about making healthy choices, caring for oneself by preparing healthy foods, developing a healthy relationship with food. With her background in cancer biology/immunology, she has created a long list of disease fighting foods as well as foods that should be avoided for prevention and control of chronic disease. Participants receive supporting literature, information about good food sources, shopping lists and recipes created by Dr. Laleh, while preparing healthy food.



Leisure

PLEASE REGISTER FOR ALL PROGRAMS AT LEAST 24 HOURS IN ADVANCE BY CALLING (603) 643-5315

BRIDGE PLAY (INTERMEDIATE)

Tuesdays, 1:30 pm
Community Lounge (Room 112)
Free

This is a friendly group who welcomes anyone interested in joining. The skill level is best described as intermediate.



DUPLICATE BRIDGE

Wednesdays & Fridays, 1:00 pm
Room 112
\$8.00 per session

Play duplicate bridge with the Eastman Bridge Club, an ACBL (American Contract Bridge League). Arrive early to register. Earn Master Points while you gain experience and learn from fellow players. Partnerships only. For assistance finding a partner, contact Instructor Jane Verdrager at janevny@comcast.net.

DOG OBEDIENCE CLASS (NEW)

Basic Dog Manners for Dogs Age 6 Months & Up

Wednesdays, 4:30 pm

MARCH 6 - APRIL 17

Multi-Purpose Room

\$125.00 - 7 Week Course

Learn to teach your dog basic manners - how to walk nicely on a leash, sit, stay, come when called, ignore distractions, and self-calming techniques in stressful situations. Build a lifelong bond with your pup!

Work with trainer Lindsay Quinn who has trained dogs for over 20 years using positive reinforcement and techniques that will work for you and your individual dog.





HOWE LIBRARY PROGRAM (NEW)

"Managing Your Digital Photos"

Tuesday, APRIL 16

10:30 am

Community Lounge (Room 112)

Free

Instructor: Megan Coleman

What do you do when you have photos across multiple electronic devices? How do you manage them so you don't feel overwhelmed? Librarian Megan Coleman will give tips on consolidating, organizing and backing up your digital photos.

GOD'S EYE ART (NEW)

Wednesday, APRIL 10

1:00 pm

Community Lounge (Room 112)

Free

Learn to design and make your own God's Eye using colorful yarn!

Instructor: Annette Houston



PIZZA & PAINT (NEW)

Saturday, MARCH 9

4:00 - 6:00 pm

@ Ramunto's Brick n' Brew

\$35.00 per person

Instructor: Casey Clark



Join Hanover Parks and Recreation and Casey Clark from Casey's Let's Paint for an afternoon of fun with friends!

Grab some pizza slices, your favorite beverage and paint this beautiful picture!

MANDALA PAINTING PARTY (NEW)

Wednesday, MARCH 20

6:00 - 9:00 pm

Room 214

\$40 per person

Instructor: Amy Fortier



This is a fun, relaxing event where local artist, Amy Fortier, provides all the supplies needed for you to create an original piece of mandala art (acrylic paint on an 8x8 canvas). Over the course of 3 hours, Amy will teach you how to draw a simple mandala image and you will spend the rest of the time painting your creation with colors of your own choosing. No two canvases will be alike and no artistic ability is needed.

ESSENTIAL OIL CRAFT (NEW)

Saturdays, 11:00 am

Room 214

Instructor: Melissa Kelly

MARCH 23

\$20 per person (All materials are provided.)

Paint and decorate your own foaming hand soap dispenser and make your own soap to go in it! Learn how cost effective it is to make your own all-natural foaming soaps for your home by creating personalized scents using essential oils.

APRIL 13

\$15 per person (All materials are provided.)

Make your own bath bombs! Create fizzy bath bombs and customize them with your favorite essential oil scents.





EDGEWATER FARM'S CONTAINER GARDENING SERIES

Tuesdays, 5:30 - 7:30 pm
Room 212

MARCH 5 and MARCH 12

A suggested donation of \$10.00
to support the Summer Park Gardens

Pooh Sprague from Edgewater Farm will be here to tell us everything we need to know about container gardening! No space, no problem. Join us and learn how creative planting can be!

MARCH 5

- ◆ The pros and cons of container gardening. Why bother?
- ◆ Types of materials to use for container gardening (wood, plastic, ceramic) and how that plays into your needs.
- ◆ Growing mediums to consider - testing, using natural soil and composts or soilless peat or coir (coconut fiber) based mediums. How they work, how they differ, and the potential problems with both.
- ◆ Location, location, location... the importance of where and why you should think about it before starting your garden.

MARCH 12

- ◆ Planning the garden—plant choice vs. plant compatibility.
- ◆ Process of planting container itself and post op care.
- ◆ Care and growth of container...the maintenance years.
- ◆ After the frost.



NO-SEW BLANKET MAKING WITH JODI LENNING

Wednesdays, 1:15 pm
Community Lounge (Room 112)

MARCH 6 and APRIL 3

Help Jodi in her quest to create beautiful blankets to be donated to local children's organizations. All materials are provided! Please join her in the Community Lounge directly after the birthday luncheon celebration to help with this worthy cause!

Occom Pond Party



HHS STUDENT INTERVIEWS



Community Connections



Hanover Parks & Recreation
48 Lebanon Street
Hanover, NH 03755

PRSRT ST
US Postage Paid
Permit 51
Hanover, NH 03755



(Above) Over the holidays, Summer Park resident David Thron gave us a wonderful piano performance in the Community Lounge

(Below) February's Senior Community Lunch was prepared and served by members of the United Church of Christ.



What have we been up to?

(Left) Members of Gail Schaal's exercise class had fun wearing and showing off their very colorful holiday socks!

