

Active Adult Newsletter

SUMMER 2020

Our COVID-19 Phased Reopening Plan can be found on our website at www.hanoverrec.com



Register 

Register Online:

www.hanoverrec.com/info/activities

R.W.B. Community Center
48 Lebanon Street, Hanover, NH 03755
(603) 643-5315

PARKS & 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

As I write to you today, the first thing that comes to mind is... WE MISS YOU! In just a few short months, life as we once knew it has changed dramatically for all of us. I recently read an article in *The New Yorker* written by Kim Stanley Robinson entitled *The Coronavirus is Rewriting Our Imaginations*. He talks about what felt impossible has become thinkable. How true that is on so many levels.

I want you to know that you have not been forgotten and that the entire staff at Hanover Parks and Recreation has been working diligently to bring you programming to keep you moving, keep you healthy and to keep your creative juices flowing during this time of social isolation. Although our building is not currently open to the public, we are offering online programs as well as limited outdoor activities using social distancing practices. COVID-19 has transformed the way we communicate, e.g. telephone, email, video conferencing, social media, FaceTime, etc. For those of you who have not yet had the opportunity to learn Zoom, we are offering Zoom 101 and will soon be offering virtual games where you can connect with friends.

Until we have the opportunity to see each other again, please stay in touch and most importantly, stay healthy!

Judy Stevens
Adult/Senior Program Manager



Follow us on Facebook!

PLEASE REGISTER FOR ALL PROGRAMS ONLINE AT
WWW.HANOVERREC.COM

Exercise



ZUMBA - LIVESTREAM & IN-PERSON

ZOOM \$5.00 per class

A link to join class via Zoom will be emailed out to everyone preregistered for that particular day at 8:00 am. If you are registered and do not receive the link, please email parksandrec@hanovernh.org before 8:30 am.

IN-PERSON \$8.00 per class

In-person Zumba is available in the RWB Community Center Parking Lot on Mondays, Wednesdays and Fridays. Limit of 10 participants, so please register in advance.

Instructor: Liz Burdette (Livestream and In-person)

Monday, Wednesday & Friday: 8:30 am - 9:30 am

Dance Level: All Level Dance

Workout Level: High Intensity

Music Style: Latin Rhythms

Instructor: Nicole Leonard (Livestream)

Thursday: 8:30 am - 9:30 am

Dance Level: All Level Dance

Workout Level: High Intensity

Music Style: Latin Rhythms, Country and Hip-Hop

Instructor: Jolin Salazar-Kish (Livestream)

Tuesday: 8:30 am - 9:30 am

Dance Level: All Level Dance

Workout Level: High Intensity

Music Style: Latin Rhythms, Hip-Hop

Instructor: Rhonda Fenton (In-Person Only) **Begins July 18th**

Saturday: 8:30 am - 9:30 am

Dance Level: All Level Dance

Workout Level: Medium Intensity

Music Style: Latin Rhythms, Country, Electro Pop, Pop

ATTENTION FIRST TIME ZUMBA ATTENDEES!

A message from Instructor Liz Burdette

Congratulations on deciding to take your first Zumba class. Here is my official pre-class Zumba message.

1. Go at your own pace.
2. Focus on your feet first.
3. The music and routines repeat - if you missed it the first time, you will have another shot at it.
4. Modify any movement that causes discomfort or doesn't feel right to you.
5. I will add more to the moves as the song progresses - stay at the level you are comfortable.
6. Look for non-verbal cues such as pointing in the direction we will travel or I will hold up two fingers to indicate how many times the next move is repeated.
7. The playlist stays the same for approximately six weeks so you will have the chance to learn the songs.
8. Each time you will find it a little easier.
9. HAVE FUN and MOVE.

If you have any questions or concerns, please email me at liz.burdette@hanovernh.org.

- Social distancing guidelines will be followed so masks are not required for in-person classes.
- In-Person classes are weather dependent—rain, heat or humidity may cause cancellations. All registered in-person participants will automatically receive the link for the livestream class and be credited \$3.00.

LIVESTREAM PILATES



Instructor: Jennifer Sielicki

Monday, Wednesday & Friday: 8:30 am - 9:30 am

Online: Zoom

Drop-In \$10.00

This class has a strong focus on breathing and mindful movement. An excellent way to increase flexibility and strengthen your mind and body.

Jennifer has been a mindful movement educator for over 30 years. She uses and works with the principles of the Alexander Technique and is a certified teacher. Her classes are fun and informative.

Health & Wellness

7th ANNUAL HANOVER TRAILS HIKE CHALLENGE

Get Outdoors and Explore

** All registrations include hiking guide booklet available by pdf or mail.

Registration Fees:

Individual: \$6.00

Family of 4 or more: \$20.00

Children 4 and Under: Free



You are invited to take the "Hanover Trails Hike Challenge" featuring 9 easy to moderate hikes in Hanover! Each family friendly hike has a special destination for you to discover. Many of the featured trails are wide to provide and accommodate for physical distancing. The Trails Challenge runs from June 15 to the end of September.

Complete at least 6 of the 9 hikes and you will be eligible for a raffle of prizes from local businesses to be drawn in September!

Last year we increased the nominal registration fee to add a small fund-raising component to help with costs associated with maintaining the hundreds of miles of hiking trails in Hanover. **For each \$6 registration fee, \$2 is donated to a Trails Stewardship Fund.** We will continue this format and thank all who participated in last summer's trails challenge which provided \$200 for this Fund.

There will unfortunately be no t-shirts offered this year.

Sponsored by: HPR, The Hanover Conservancy, Town of Hanover Conservation Commission, and business supporters BE Fit Physical Therapy, New England Free Jack's Rugby Club, LindeMac Real Estate, River Valley Club, and Lou's.

FREE HYPNOSIS SESSIONS

Experience Hypnosis! Live Group Sessions from Green Mountain Hypnosis. No experience needed, just a desire to feel better!

Every Monday at 2:00 pm on Zoom!

A link will be emailed one hour in advance of each session!

Instructor: Karen Gray CH, CHI, RN

July 13th: Better Sleep

July 20th: Weight Management

July 27th: Confidence

August 3rd: Stress Relief

August 10th: Better Sleep

Stress Relief

Join Karen for an hour of deep relaxation that will recharge your mind and body. She will guide you through a hypnotic experience that will dissolve feelings of stress and anxiety and leave you feeling calm, centered and refreshed.

Better Sleep

Slow down racing thoughts and allow your mind and body to relax so that you can fall asleep easier and stay asleep longer. This hypnotic experience will help you to train your mind in the habit of better sleep.

Weight Management

Hypnosis is a powerful tool that complements your diet and exercise program. Imagine how you'll feel when you eliminate unwanted cravings and eating from stress or boredom. Imagine how great it will be when you feel fuller quicker, feel more satisfied eating smaller portions and have the motivation to exercise.

Confidence

Give yourself the gift of self-confidence and personal empowerment. These hypnosis sessions empower you to break out of negative self-talk, self-judgment, and whatever else has been holding you back from believing in you. Boost your confidence and tap into your inner resources in this hour-long hypnotic experience.

To learn more, visit GreenMountainHypnosis.com



FOOT CARE CLINIC

Until further notice, foot clinics are cancelled at the RWB Community Center. VNH will no longer be providing the service to the community; however, we are working with other organizations who have shown interest in providing the service at our center once COVID restrictions are lifted. We will update information on our website once it becomes available to us.



COMMUNITY NURSE SERVICES Attention Hanover Residents!

Doris Yates, Hanover's Community Nurse, works with you, your family, and other health professionals and caregivers to provide coordinated health care that addresses your physical, emotional and social needs. There is no fee for this service.

Contact: Doris Yates, RN
Email: doris.yates@hanovernh.org
Phone: (603) 727-2832

HPR's HYDRATION CHALLENGE



Staying hydrated is key when exercising in the summer. Drink water before, during and after exercise. It is the best and most inexpensive way to improve your health and although it doesn't get the same media attention as green tea and antioxidants, it plays a much more critical part in our daily lives and bodies. It is important in controlling body temperature, heart rate and blood pressure. Check out our website for more information and to download and print our One-Week Hydration Challenge Chart.



Arts & Education

LIVESTREAM PAINTING WITH ALINE

Please register for this class in advance. A link to join the demonstration via Zoom will be emailed to registrants 1 hour prior to start time.

In order to register for this program, please log into your account, add it to your cart and check out. If you have any registration questions, call (603) 643-5315 to leave a message or email parksandrec@hanovernh.org.

Instructor: Aline Ordman

Thursdays: 1:00 pm (Check our website for class information.)

Online: Zoom

Cost: \$25.00

Aline will do a one hour oil/pastel painting demonstration. She will discuss her colors, color theory and design while painting a scene from one of her own photo references. Check out her program on our website for supply lists.

RECORDED DEMOS-PAINTING WITH ALINE

Did you miss one of Aline's Livestream Painting Demos? Demo videos are now available for purchase.

Cost: \$25 per demo video

You must register for the recorded demos on our website. Once registered, you will receive an email with link (Monday-Friday). We ask that you please do not share the link with others. Note: If you purchase the demo on Saturday or Sunday, the link will not be email to you until Monday.

Current Demo Recordings:

April 16: Oil Demo, Portrait

April 23: Oil Demo, Street Scene

April 30: Oil Demo, Water Reflections

May 14: Oil Demo, Interior

May 21: Pastel Demo, Landscape

May 28: Pastel Demo, Portrait

June 4: Oil Demo, Flower

June 11: Oil Demo, Interior, Part 1

ZOOM 101 - Intro to Zoom

Instructors: Camille Ricciardelli and Jeanne Vieten

Friday, July 17: 10:00 am - 10:30 am

Online: Zoom

Free

This session will offer a brief introduction on how to use Zoom and provide you with step-by-step instructions on how to connect to virtual programs. An email link will be sent to registrants and telephone assistance will be available.

Community Event

SENIOR SUMMER BBQ

Friday, July 31 - 12:00 pm

Free

Location: Tenney Park
(Thompson Terrace, Hanover)

Please join us for a small, social distance BBQ. Attendance is limited to 12 people so sign up as soon as possible to reserve your space! You must be registered to attend. We look forward to seeing you!



**48 HOUR ADVANCED REGISTRATION IS REQUIRED
FOR THIS EVENT**

Hanover Parks & Recreation
48 Lebanon Street
Hanover, NH 03755

PRSRT ST
US Postage Paid
Permit 51
Hanover, NH 03755



COMMUNITY



In lieu of our annual Old Fashioned 4th of July Celebration, we created the Flags, Flamingos & the 4th program. Hanover residents signed up to receive flamingos that they could decorate and “flock” in designated areas in downtown Hanover. It was a fun and creative way to celebrate our Nation’s birthday!

Visit our website to access the following community resources:

- Educational Museums with Free Virtual Tours
- National Virtual Activities
- Open Local Farms & Produce
- Audubon Society