



Rochester Senior Newsletter

Updates:

The Rec Office will be closed until 4:30pm on April 11th for staff professional development. This closure only affects office hours and does not impact Senior Pickleball or other Senior Programs, which will take place as usual.

Programs at the Rochester Senior Activity Center **Drop-in Mon, Tues, Thurs, 9am-12pm, Fri 9am-11am**

Quilting and Crafting Drop In- Mondays from 9am-12pm
Free, no membership or registration required.

Veterans' Time with Jerry and Llew - Tuesdays from
9am-12pm
Free, no registration or membership required.

Mah Jongg Free Play - Mondays 1pm-3pm
*Class for experienced Mah Jongg players. Free, no
registration or membership required.*

55+ Bingo - Tuesdays at 1pm
\$.50/card. No registration or membership required.

Chair Yoga - Wednesdays from 9:30am-10:30am and 11am-12pm.
*Free, no registration or membership required. Please only attend one class on Wednesday; do not
stay for both classes. Laurie is back!*

Senior Tech Support - First and Third Thursday from 9:30am-11:30am
Free, no registration or membership required. Schedule this month: 4/4 and 4/18.

Contact Information:
Rec.Rochester@RochesterNH.gov
603-332-4120

Facebook: Rochester NH
Recreation & Arena
Instagram: rochester_Rec

The RSAC is located at 150
Wakefield St, Suite 10, Rochester,
NH 03867

Cribbage for Seniors - Thursdays from 1pm-3pm

Free, no registration or membership required. Held in Conference Room 1 on 4/11.

Line Dancing Beginner Class - Thursdays from 6pm-6:45pm

Current session runs 3/7-5/2. Free, registration required. No membership required.

Line Dancing Intermediate Class - Thursdays from 7pm-7:45pm

Current session runs 3/7-5/2. Free, registration required. No membership required.

Mobility - NEW TIME Fridays from 9:45am-10:30am

Free, no registration or membership required.

Game Day - Fridays at 1:00pm

A day filled with games, including board and card games. Free, no registration or membership required.

CVNA Foot Clinic - Thursday, April 11 from 11am-12pm

Cost is \$35. Please bring your own towel and lotion.

April Senior Breakfast - Friday, April 19 from 8:30am-9:30am

Free, but registration requested. No membership required. Please visit Rec.RochesterNH.gov or call 603-332-4120 to register. Drop-ins welcome.

In the Rec Gym**Toddler Play Group** - Fridays 9:30am-11am

Free, drop-in program for caregivers and young children.

Open to residents only. Caregivers must watch their children and are encouraged to play with them.

Senior Pickleball

\$5 drop-in or free with Senior Activity Membership (regular or interim). Monday, Wednesday, Thursday from 8:30am-12pm. Doors open at 8:20am.

Trips/Events

Senior Trip: Eclipse Viewing - Monday, April 8th

Trip is full.

Seminar on Medicare and Medicaid - Thursday, April 11 at 1pm

Free, registration optional. No membership required.

Cycles of Memory - Saturday, April 13 at 2pm

Screening of Cycles of Memory Documentary. Free, drop-in program for all ages. Brought to you in partnership with the Rochester Public Library.

Senior Trip: 1692 Salem Day Tour - Thursday, April 25

Trip cost is \$5 + \$26 for the tour. Member registration opens April 4, non-member registration opens April 18 if space is available. Please be aware: this is a 1.5-mile walking tour. We will walk at a leisurely pace and there are several stops and places to rest along the way.

Senior Hearing Seminar - Wednesday, May 1 at 1pm

Free, registration is optional. No membership required.

Senior Hearing Clinic - Wednesday, May 15 at 1pm

Free, registration optional. No membership required. Clinic will clean/repair hearing aids and perform screenings.

Adult Programs at the Senior Activity Center

\$5 or free with Senior Activity Membership (interim or regular)

16+ Iyengar Yoga - Mondays 6pm-7pm

\$5 drop-in or free with Senior Activity Membership.

16+ Kundalini Yoga - Wednesdays 6pm-7:30pm

\$5 drop-in or free with Senior Activity Membership (interim or regular).

16+ Adult Indoor Pickleball - Sundays 5pm-8pm

\$5 drop-in or free with Senior Activity Membership (interim or regular).