



# 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](http://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.*

## **In the Arena Upstairs Program Room**

**Cardio Drumming** - Mondays 11am-11:45am

*Spring Session 1 ends 4/15. Spring Session 2 registration opens 4/8 at 9:30am. Senior Activity Membership (interim or regular) required.*

**Early Bird TUES Power Hour** - Tuesdays 8am-8:45am

*Spring Session 1 ends 4/16. Spring Session 2 registration opens 4/8 at 9:30am. Senior Activity Membership (interim or regular) required.*

**TUES Power Hour** - Tuesdays 9am-10am

*Spring Session 1 ends 4/16. Program full. Spring Session 2 registration opens 4/8 at 9:30am. Senior Activity Membership (interim or regular) required.*

**Early Bird THURS Power Hour** - Thursdays 8am-8:45am

*Spring Session 1 ends 4/18. Spring session 2 registration opens 4/8 at 9:30am. Senior Activity Membership (interim or regular) required.*

**THURS Power Hour** - Thursdays 9am-10am

*Spring Session 1 ends 4/18. Program full. Spring Session 2 registration opens 4/8 at 9:30am. Senior Activity Membership (interim or regular) required.*

**Zumba Gold** - Fridays 11am-11:45am

*Spring Session 1 ends 4/19. Spring Session 2 registration opens 4/8 at 9:30am. Senior Activity Membership (interim or regular) required.*

**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).*