



Rochester Senior Newsletter

Senior Center Closed for Renovations

The Senior Activity Center will be closed for renovation during the month of February. We expect to reopen 2/22, but that date may change as we receive progress updates. The bathroom is being renovated to be ADA compliant, and the renovation process will be disruptive to programming. We will move most of our regularly scheduled programming to the Rec Center rooms. Programs will be held at their usual times.

The Rec Department will be closed February 19th for Presidents' Day. No programs will be held at the Rec or in the Arena program room.

Video Yoga Classes

Our amazing Yoga Instructor Laurie will be away from Feb 26-Mar 20. In her absence, we will be showing video recordings of her Iyengar and Chair Yoga Classes. Kundalini class is TBD.

Meet Senior Services Coordinator Steve Scott

Steve is a new team member here at Rec & Arena. Steve comes to us from California where he spent over 20 years as a Special Education Teacher, Athletic Director and County Sports Commissioner. Steve holds a Bachelor's degree in Arts in Recreation from the University of Utah. Steve and his wife recently moved to New Hampshire. He is passionate about keeping people of all ages and abilities active and having fun! Steve will spend the majority of his time at the Senior Activity Center.



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

Senior Programs

Quilting and Crafting- Mondays from 9am-12pm in Conference Room 2

Free, no membership or registration required. No class 2/19.

Mah Jongg Free Play - Mondays 1pm-3pm in Conference Room 2.

Free, no registration or membership required. No class 2/19.

Veterans' Time with Jerry and Llew - Tuesdays from 9am-12pm in Conference Room 2

Free, no registration or membership required.

55+ Bingo - Paused until Senior Center reopens. Usually Tuesdays 1pm-3pm.

Chair Yoga - Wednesdays from 9:30am-10:30am and 11am-12pm in Conference room 1A

Free, no registration or membership required.

Senior Tech Support - Thursdays from 9:30am-11:30am in Conference Room 1, Conference room 2 on 2/15 only

Free, no registration or membership required.

Cribbage for Seniors - Thursdays from 1pm-3pm in Conference Room 1, Conference room 2 on 2/15 only

Free, no registration or membership required.

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

Next session runs 2/22-4/18. Free, registration required. No membership required.

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

Next session runs 2/22-4/18. Free, registration required. No membership required.

Mobility - Fridays from 10am-10:30am in Conference Room 1A (2/9) and Conference Room 1 (2/2 and 2/16)

Free, no registration or membership required.

Game Day - Fridays at 1:00pm in Conference Room 1

Free, no registration or membership required.

CVNA Foot Clinic - Thursday, February 8 from 11am-12pm in Conference Room 2.

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

February Senior Breakfast - TBD

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. No TPG 2/16.

Senior Pickleball - Mon, Wed, Thurs 8:30am-12pm

\$5 drop-in or free with Senior Activity Membership (regular or interim). Doors open at 8:20am. No Pickleball 2/19.

Trips/Events

January Senior Trip: Golden Corral - rescheduled to 2/21 9am-2:30pm

Registration required, cost is \$5.

In the Arena Upstairs Program Room

Cardio Drumming - Mondays 11am-12pm

Winter Session 2 ends 3/4. Spring Session 1 registration opens 2/26 at 9:30am. Senior Activity Membership (interim or regular) required.

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

Winter Session 2 ends 3/5. Spring Session 1 registration opens 2/26 at 9:30am. Senior Activity Membership (interim or regular) required. No class 2/13.

TUES Power Hour - Tuesdays 9am-10am

Winter Session 2 ends 3/5. Spring Session 1 registration opens 2/26 at 9:30am. Senior Activity Membership (interim or regular) required. No class 2/13.

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

Winter Session 2 ends 2/29. Spring session 1 registration opens 2/26 at 9:30am. Senior Activity Membership (interim or regular) required. No Class 2/15

THURS Power Hour - Thursdays 9am-10am

Winter Session 2 ends 2/29. Spring session 1 registration opens 2/26 at 9:30am. Senior Activity Membership (interim or regular) required. No Class 2/15.

Zumba Gold - Fridays 11am-12pm

Winter Session 1 ends 3/6. Spring Session 1 registration opens 2/26 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. Held in Conference Room 1A while RSAC closed. No class 2/19.

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

\$5 drop-in or free with Senior Activity Membership (interim or regular). Held in Conference Room 1A while RSAC closed

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

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

16+ Pickleball for Beginners - Sundays 4:30pm-6pm

Program runs in 4-week sessions. Registration open the first two weeks of each session or until full. \$20 or free with Senior Activity Membership (interim or regular).