



Rochester Senior Newsletter

Updates:

The Rec Office will be closed from Saturday, May 25th to Monday, May 27th for the Memorial Day holiday. The last day of 50+ Indoor Pickleball season will be Thursday, May 23rd. No Pickleball 5/8 and 5/9 due to renovations in the gym.

We will be changing the structure of Senior Activity Memberships starting July 1, 2024. Please see page 5 for full details.

Volunteer Recognition:

Congratulations to Jerry Vermette who was recognized by the New Hampshire Commission on Aging as Volunteer of the Year for Strafford County. Jerry has demonstrated great passion for his fellow Veterans, meeting with them each Tuesday morning from 9:00 - 12:00 pm at the 50+ activity center in Rochester. Jerry's heart is to make sure that Veterans receive all the benefits they are entitled to after their service to our country. Jerry's compassion and commitment to reaching as many Veterans as possible is a great service to those who have committed so much to our country.

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. No class 5/27.

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.

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

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.

Senior Tech Support - First and Third Thursday from 9:30am-11:30am

Free, no registration or membership required. Schedule this month: 5/2 and 5/16.

Cribbage for Seniors - Thursdays from 1pm-3pm

Free, no registration or membership required.

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

Registration required. Current session runs from 5/9-6/27.

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

Registration required. Current session runs from 5/9-6/27.

Mobility - 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, May 9th from 11am-12pm

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

May Senior Breakfast - Friday, May 17th 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. Ends 5/23.

Trips/Events

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.

50+ Fun, Friends, Fellowship Walk - Friday, May 24th at 11am

Free, no membership required. Please register in advance. This walk will start at the Rec Center and loop through Hanson Pines.

Senior Trip: Clarks Bears & Trading Post - Monday, May 27th at 9:30am

Registration required. Member registration opens 5/6 at 9:30am. Non-member registration opens 5/13. Cost is \$5 plus \$26 for the entrance fee.

In the Arena Upstairs Program Room

Cardio Drumming - Mondays 11am-11:45am

Spring Session 2 ends 5/20. Summer Session 1 registration opens 5/20 at 9:30am. Senior Activity Membership (interim or regular) required. No class 5/13, 5/27.

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

Spring Session 2 ends 5/28. Summer Session 1 registration opens 5/20 at 9:30am. Senior Activity Membership (interim or regular) required.

TUES Power Hour - Tuesdays 9am-10am

Spring Session 2 ends 5/28. Summer Session 1 registration opens 5/20 at 9:30am. Senior Activity Membership (interim or regular) required.

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

Spring Session 2 ends 5/30. Summer session 1 registration opens 5/20 at 9:30am. Senior Activity Membership (interim or regular) required.

THURS Power Hour - Thursdays 9am-10am

Spring Session 2 ends 5/30. Summer Session 1 registration opens 5/20 at 9:30am. Senior Activity Membership (interim or regular) required.

Zumba Gold - Fridays 11am-11:45am

Spring Session 2 ends 5/31. Summer Session 1 registration opens 5/20 at 9:30am. Senior Activity Membership (interim or regular) required. No class 5/10 or 5/31.

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). No class 5/8.

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

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

50+ Membership changes continued on the next page...

Changes to 50+ Membership Options

In December of 2023, we created an interim senior membership as a way to transition to new membership types that will better suit the needs of our 50+ community. We are now ready to publish details about these new membership options. Starting July 1, 2024 all Rochester 50+ Memberships will fall under a new structure. Anyone with an existing membership will have the original terms honored through the length of the current membership.

Open Events

We will continue to offer the following programs with no membership requirements. Open Events may have age requirements.

- Educational Seminars
- 55+ Bingo
- Senior Breakfast
- Tech Support with Chris

Baseline Membership:

Eligibility: All those 50 years of age and older. No residency requirements.

Timeline: Rolling membership. Memberships are active one year from the date of membership purchase.

Membership Fee: \$10. Please note, this fee cannot be transferred to another membership at a later date.

Description: In order to best serve our community members, we are requiring that participants in all of our passive, low impact programs purchase at least a Baseline Membership. The Baseline Membership will ensure that we have accurate contact information for all the community members who enjoy our casual, drop-in programming.

Membership Benefits: (Please be aware that some of these programs require registration.)

- Community Drop-In Hours
- Quilting & Crafting
- Mah Jongg
- Cribbage
- Game Day
- Mobility
- Chair Yoga
- Line Dancing

Rochester 50+ Activity Membership

Eligibility: Rochester Residents 50 years of age and older. Please see General Policies for All Rochester Recreation 50+ Memberships for information on proof of residency.

Membership Fee: \$20

Timeline: Rolling membership. Memberships are active one year from the date of membership purchase.

Membership Benefits: This membership allows you to register for our flagship 50+ fitness classes:

- Power Hour
- Cardio Drumming
- Zumba

Rochester 50+ Activity Members also get free access to the following Adult (16+/18+) Drop-In Programs:

- Drop-In 18+ Volleyball
- Drop-In 16+ Pickleball
- Drop-In 16+ Yoga Classes
- Drop-In 18+ Open Gym
- Drop-In 18+ Pick Up Sports
- Pickleball for Beginners

This membership also grants early registration for 50+ trips. Additional fees may apply for trips and programs.

Community 50+ Activity Membership

Eligibility: Non-Rochester Residents 50+ years and older.

Timeline: Rolling membership. Memberships are active one year from the date of membership purchase.

Membership Fee: \$25

Membership Benefits: Members will be able to register for the following flagship fitness classes at a fee of \$10/program:

- Power Hour
- Cardio Drumming
- Zumba

The following Drop-In programs are included at no additional fee in this membership:

- Drop-In 18+ Volleyball
- Drop-In 16+ Pickleball
- Drop-In 16+ Yoga Classes
- Drop-In 18+ Open Gym
- Drop-In 18+ Pick Up Sports
- Pickleball for Beginners

Members will have access to registration for 50+ trips. Additional fees may apply for trips and programs.

Changes to Pickleball

In addition to the new 50+ membership types, there will be a separate pickleball membership. This membership can be purchased on its own or in addition to an activity membership.

2024-2025 Rochester Weekday 50+ Pickleball Membership

Eligibility: Rochester Residents 50+ years of age and older. Please see General Policies for All Rochester Recreation 50+ Memberships for information on proof of residency.

Timeline: October-May (exact dates TBD)

Membership Fee: \$25

Membership Benefits

- Resident only play Monday, Wednesday 8:00am-9:30am.
- Access to general play Monday, Wednesday, 9:30am-12pm and Thursdays 8:30am-12:00pm

2024-2025 Community Weekday 50+ Pickleball Membership

Eligibility: Non-Rochester Residents 50 years of age and older.

Timeline: October-May (exact dates TBD)

Membership Fee: \$50

Membership Benefits:

- Pickleball play Monday, Wednesday, 9:30-12pm and Thursdays 8:30am-12:00pm

These changes will go into effect for any membership purchased after July 1, 2024. Please note that all membership benefits are subject to change, and new programs will be incorporated into one of the new membership categories. We thank you in advance for your patience and understanding.

Full Senior Membership Policy



Pickleball Rules and Information

