

Active Adult Newsletter

MAY/JUNE 2019

Register

In Person or by Phone

Monday, 9:00 am - 5:00 pm
Tuesday - Friday, 9:00 am - 6:00 pm
Saturday, 10:00 am - 6:00 pm
R.W.B. Community Center
48 Lebanon Street, Hanover, NH 03755
(603) 643-5315

Online

www.hanoverrec.com/info/activities

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 the old adage goes,
"April showers bring May flowers!"

Just like flowers need nourishment and sunshine to grow, so do we need nourishment for our mind, body and soul. Better weather and sunshine is on its way and I hope that you will take time to stop by the R.W.B. Community Center and check out our wide variety of programs - music, dance, art, cooking, exercise, lunch and education! There is something for everyone!

Please take time to register today either online or by calling 643-5315!

Judy Stevens

Adult/Senior Program Manager



DO YOU HAVE A UNIQUE SKILL OR
TALENT AND WOULD LIKE TO
INSTRUCT A CLASS OR PROGRAM?

PLEASE SHARE YOUR THOUGHTS WITH US .
AND LET'S SEE WHAT WE CAN
CREATE TOGETHER!



Follow us on Facebook!

Join us for lunch!

REGISTRATION IS REQUIRED!
PLEASE CALL AT LEAST 48 HOURS IN ADVANCE

BIRTHDAY CELEBRATION LUNCH

Wednesdays, 12:00 pm
Community Lounge (Room 112)

MAY 1 and JUNE 5

Free

Family & friends are welcome to our monthly birthday celebration luncheon that is held in the Community Lounge (Room 112).

OSHER BROWN BAG LUNCH & LEARN

Wednesdays, 12:00 pm
Community Lounge (Room 112)

MAY 29 and JUNE 26

Bring a Brown Bag Lunch!

MAY 29

Et in Arcadia Ego - This program presented by OSHER Instructor Jo Evarts will focus on the Cornish Art Colony in its seminal period, from its inception in 1884 to 1916, the year of its retrospective at Dartmouth. You will discuss its place in Arcadian American Art, ranging from the Hudson River School to Maxfield Parrish (in particular) as well as view images of the artists' works.

JUNE 26

Nuclear Power - OSHER Instructor Dr. Robert Hargraves will lead a discussion on nuclear power with a presentation and Q&A session on costs/benefits versus alternative ways to address energy poverty and global warming.

THEMED POTLUCK LUNCH

Wednesdays, 12:00 pm
Community Lounge (Room 112)

MAY 15 - Favorite Salads

JUNE 19 - Summer Picnic

Join in the fun and bring your favorite dish to share with friends!

SENIOR COMMUNITY LUNCH

Tuesdays, 12:00 pm
Multi-Purpose Room

Free

MAY 14 - St. Thomas Episcopal Church

Lunch is prepared and served by members of local area religious communities in the Multi-Purpose Room.

WILLY'S BREAKING BREAD TOGETHER

Wednesdays, 11:30 pm
Community Lounge (Room 112)

MAY 8 and JUNE 12

A \$3.00 donation is requested.

Enjoy a hot meal provided by The Upper Valley Senior Center Meals on Wheels program.

active & HEALTHY

ELDER TAI CHI

Mondays, 9:45 am
Community Lounge (Room 112)
\$5.00 per class or \$20.00 per month

In this class you will work on movement fluidity, balance enhancement, cartilage buildup and left and right brain thinking. Instructor: Ursula Austin

EXERCISE WITH GAIL

Tuesdays and Thursdays, 8:45 am
Multi-Purpose Room
\$3.00 Drop-In Fee or \$20.00 per month

Class includes cardiovascular exercise, strength training, balance and stretching. Join Gail in the Community Lounge after class for a healthy snack, coffee and conversation! Instructor: Gail Schaal

HEALTHY 4 LIFE GOLD EDITION

Fridays, 11:00 am
Multi-Purpose Room
\$5.00 Drop-In Fee or \$20.00 per month

A weekly chair exercise program specifically designed for seniors focused on strength, conditioning and injury prevention. 45 minutes of chair exercise, followed by OPTIONAL strengthening exercises designed for fall prevention. Instructor: Dr. Laleh, PhD - Certified Health Coach and Group Fitness Instructor.

LINE DANCING

Tuesdays, 10:30 am
Multi-Purpose Room
\$9.00 Drop-in Fee or \$28.00 for 4 Classes

These classes are for any level dancer from beginner to experienced. Instructor: Jamie Orr.



PLEASE REGISTER 24 HOURS IN ADVANCE

Mondays, 5:30 pm
Wednesdays, 8:30 am and Fridays, 9:45 am
Multi-Purpose Room
Free

Equipment is provided by HPR. Bring a partner and come give it a try and have some fun!



PILATES

Mondays & Fridays, 8:30 am
Wednesdays, 7:30 am
Multi-Purpose Room

\$18.00 Drop-In Fee

\$160 Resident/\$170 Non-Resident - 10 Classes

\$300 Resident/\$310 Non-Resident - 20 Classes

\$420 Resident/\$430 Non-Resident - 30 Classes

Pilates with props is a mat class which follows a progression of exercises designed to build strength, balance and flexibility to the postural muscles (abdominals, buttocks and lower back). The technique is excellent for anyone wishing to move with more power, grace and less trauma to their body. It will also help increase the body's resilience to the effects of age. Instructors: Susan Burke and Laura Curthoys.

TAI JI QUAN: MOVING FOR BETTER BALANCE

Mondays & Wednesdays, 3:00 pm
Room 206

This class is currently full. Please inquire at the front desk about the summer session scheduled to start in July.

This is a fall prevention exercise program that uses Tai Ji Quan based movements to improve strength, mobility and balance. Instructor: Bonnie Kimmelman



Mondays & Wednesdays, 8:30 am
Room 206

Workout Level: High Intensity
Instructor: Liz Burdette

Wednesdays, 5:45 pm
Saturdays, 9:00 am
Room 206

Workout Level: Medium Intensity
Instructor: Rhonda Fenton

\$10.00 Drop-In Fee or

\$76.00 Resident/\$86.00 Non-Resident - 10 Classes

\$152.00 Resident/\$162.00 Non-Resident - 20 Classes

\$228.00 Resident/\$238.00 Non-Resident - 30 Classes

Zumba is a total body workout! The hour will fly by and at the end, you will have toned from head to toe all while getting an amazing cardio workout. This class will keep your mind sharp as you learn new dance moves from 26 different rhythms including Salsa, Merengue, Cumbia, Calypso, Quebradita and more. Classes are led taking advantage of non-verbal cueing allowing them to flow well and are easy to follow. Workouts are quickly adapted to any fitness level and you can go at your own pace.



HEALTH & WELLNESS LECTURE SERIES

Thursday, JUNE 13, 10:30 am

Room 212

Free

The ABCs of Heart Health: Arteries, Blood Pressure and Cholesterol

Take control and reduce your risk of a heart attack and stroke. Cardiovascular disease is the cause of 1 in 3 deaths in the U.S. Learn about the risk factors that are controllable and those that are not.

Presented by Lauri Smerald, RN, CDE, Lake Sunapee Region VNA & Hospice

(NEW)

THE LIVING A HEALTHY LIFE WITH CHRONIC PAIN SELF-MANAGEMENT PROGRAM (CPSMP)

Thursdays

Community Lounge (Room 112)

Free 6-Week Workshop

Presented by DHMC's Center for Shared Decision Making

Intro Session: May 16, 10:30 to 11:30 am

Weekly Session: May 23 - June 27, 10:30 am - 1:00 pm

PRE-REGISTRATION IS REQUIRED! CALL 643-5315

Do you experience chronic pain? Join us on May 16 to learn about this 6-week workshop for individuals with chronic pain and their caregivers. It helps participants take control, cope with chronic pain, and maintain a healthy lifestyle.

Participants will be provided with a toolkit of skills and knowledge:

- Manage chronic pain on a day-to-day basis.
- Learn and practice pain management techniques.
- Understand and manage the physical, social, and emotional challenges of chronic pain.

Covered Topics:

- Pain management techniques.
- Appropriate exercise for maintaining and improving strength, flexibility and endurance.
- Techniques to deal with frustration, fatigue and isolation.
- Managing depression.
- Appropriate use of medications.
- Communicating effectively with family, friends and health professionals.
- Healthy eating.
- Relaxation techniques
- How to evaluate new treatments.

BLOOD PRESSURE SCREENING

Wednesdays, 12:30 pm
Community Lounge (Room 112)
Free

**MAY 1 and MAY 15
JUNE 5**

This service is provided by
Doris Yates, RN , Hanover
Community Nurse.



FOOT CARE CLINICS

Mondays (2nd and 3rd)
Health Screening Room
\$20.00

**MAY 13 and MAY 20
JUNE 10 and JUNE 17**

This service is provided by the VNH. Sign up at the front desk or call (603) 643-5315 for an appointment. *Please bring a towel!*

COOKING SERIES: EAT TO DEFEAT DISEASE

Fridays, 5:30 - 7:00 pm
Kitchen/Multi-Purpose Room
\$35.00 per person per class

(Registration is required a week prior to class and the registration fee does not include groceries. You will be given a list of items to purchase prior to class.)

**MAY 3: Eat to Defeat Diabetes
JUNE 7: Eat to Defeat Parkinson's**

Cook to Defeat Disease™ Nutrition Education series was created by Dr. Laleh Talebian, Ph.D. a research scientist, with a strong background in cancer biology, human genetics and immunology, and a certified health and wellness coach.

Dr. Laleh's approach is simple: Eat like Mother Nature intended. She teaches about making healthy choices, caring for oneself by preparing healthy foods, developing a healthy relationship with food. With her background in cancer biology/immunology, she has created a long list of disease fighting foods as well as foods that should be avoided for prevention and control of chronic disease. Participants receive supporting literature, information about good food sources, shopping lists and recipes created by Dr. Laleh, while preparing healthy food.



RUNNING MECHANICS WORKSHOP

Wednesday, MAY 22

6:00 - 8:00 pm
Room 212
\$30.00 per person
Instructor: Lisa Blackburn



Lisa Blackburn, owner and solo practitioner at Blackburn Physical Therapy in Hanover, is a seasoned PT who specializes in manual therapy. Her 20+ years of training in manual therapy techniques through Michigan State University School of Osteopathy Continuing Education Program differentiates her skill set and approach from other practitioners. She also has extensive continuing education in foot biomechanics, gait and running analysis. Lisa enjoys keeping people healthy and moving in order to fully maximize success in their chosen activity.

This two hour workshop is designed to smooth the transition into running. The goal of the class is to understand proper running mechanics in order to maximize the efficiency of your gait, improve performance and minimize injury. Learn the proper exercises for warming up as well as those that will improve your running gait and understand how to adjust your running schedule during running re-entry to avoid injury.

PLEASE REGISTER FOR ALL PROGRAMS AT LEAST 24 HOURS IN ADVANCE BY CALLING (603) 643-5315

BRIDGE PLAY (INTERMEDIATE)

Tuesdays, 1:30 pm
Community Lounge (Room 112)
Free

This is a friendly group who welcomes anyone interested in joining. The skill level is best described as intermediate.



DUPLICATE BRIDGE

Wednesdays & Fridays, 1:00 pm
Room 112
\$8.00 per session

Play duplicate bridge with the Eastman Bridge Club, an ACBL (American Contract Bridge League). Arrive early to register. Earn Master Points while you gain experience and learn from fellow players. Partnerships only. For assistance finding a partner, contact Instructor Jane Verdrager at janevny@comcast.net.

Leisure

Gospel Singing

Monday, JUNE 17

6:30 - 7:30 pm

Community Lounge (Room 112)

Free

Join us in the Community Lounge for an old country gospel performance by the talented EGGs (Etna Gospel Group).

STRAW HAT DECORATING

Wednesday, MAY 8

12:15 pm

Community Lounge (Room 112)

Free

Instructor: Annette Houston



Join us in the Community Lounge for a fun afternoon of hat decorating using colorful ribbons, bright colored flowers and beautiful butterflies! Show off your creativity by hanging these as a door decoration or wearing them out and about!

CIRCULAR WEAVING

Wednesday, JUNE 12

12:15 pm

Community Lounge (Room 112)

Free

Instructor: Annette Houston



This is a fun project where you will learn the art of weaving using textiles/yarn and an embroidery hoop.

ESSENTIAL OIL CRAFTS

Room 214

Instructor: Melissa Kelly



Saturday, MAY 11 at 11:00 am

PAMPER THE MOMS IN YOUR LIFE

\$15 per person

Are you looking for a gift idea for the moms in your life? How about a mother's morning out? This fun, DIY class is all about pampering. We will be whipping up some cuticle cream as well as making our own bath salts. Both will be scented with certified pure therapeutic grade essential oils.

Wednesday, MAY 15 at 6:00 pm

ESSENTIAL OIL BLENDS FOR KIDS

\$10 per person



A fun make and take style class where we will discuss natural options to support our children and you will make two blends to take home.

Saturday, JUNE 8 at 11:00 am

FOAMING HAND SOAP DISPENSER AND SOAP

\$20 per person

Paint and decorate your own foaming hand soap dispenser and make your own soap to go in it! Learn how easy and cost effective it is to make your own all-natural foaming soaps for your home.



Wednesday, JUNE 19 at 6:00 pm

ESSENTIAL OIL BLENDS FOR PETS

\$10 per person

A fun make and take style class where we will discuss natural options to support our fur-babies and you will make two of your own blends to take home. Essential oils are a safe, natural solution that work well on your pets. Recipes include blends for cuts and bruises, anxiety, bug repellent and more!



SIP & PAINT

Saturday, MAY 4

4:00 - 6:00 pm

@ Ramunto's Hanover Brick n' Brew

\$25.00 per person

(Minimum 5 Painters Required)

Instructor: Casey Clark

Join Hanover Parks and Recreation and Casey Clark from Casey's Let's Paint at Ramunto's Brick n Brew in Hanover for a fun evening of Sip & Paint.

We will be painting wine glasses and you can choose from one of the designs below.



NO-SEW BLANKET MAKING WITH JODI LENNING

Wednesdays, 1:15 pm

Community Lounge (Room 112)

MAY 1 and JUNE 5



Join in the fun creating beautiful, warm blankets to be donated to local children's organizations. Please join Jodi in the Community Lounge directly after the birthday luncheon celebration to help her with this worthy cause!

BOB ROSS STYLE OIL PAINTING

Thursday, MAY 30

6:00 - 9:00 pm

Room 214

\$50.00 (includes all supplies)

Registration is required at least 24 hours in advance!

(A minimum of 3 painters is required with a class limit of 10 participants 18 years or older or accompanied by an adult.)

Instructor: Mary Bakker CRI, CRIW, CRIF

Mary Bakker is a Certified Bob Ross Instructor in landscape, floral and wildlife, and has been teaching the Bob Ross oil painting classes at various venues throughout the Upper Valley. She has a BA in Art Education and is also a Registered Nurse and Yoga Instructor.

In this 3-hour workshop, using the Bob Ross wet-on-wet technique, you will learn how to paint a beautiful landscape in oil like those featured in the Bob Ross "The Joy of Painting".

This program is for all skill levels and you will leave the class with a completed painting!



HOWE LIBRARY PROGRAM "Maximizing Your Library Card"

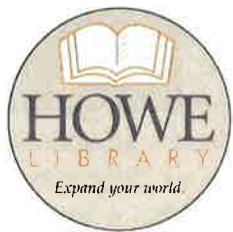
Tuesday, JUNE 4

10:30 am

Community Lounge (Room 112)

Free

Instructor: Megan Coleman



Did you know that you can stream movies, download ebooks and audiobooks and learn a foreign language at no charge using your Howe Library card? Join Megan Coleman, Program Coordinator and Howe Outreach & PR Librarian to explore online resources. Feel free to bring your own device and remember to bring your account information for your device's app store (Apple ID, Google Play) so she can better assist you.

Upcoming **COMMUNITY EVENTS**



Hanover Parks and Recreation & the Upper Valley Running Club
& Dartmouth Triathlon Team present -
A One Mile Race in Downtown Hanover

Thursday, May 16 at 7:00 pm Sharp!

***Entrance fee \$15 in advance (\$20 same day) includes a hat
Student entrance fee \$5 same day only and \$15 if hat included.***

Event is limited to 200 runners.

Prizes awarded to the top male and female finishers.

Runners must finish the race in 10 minutes or less.

Online registration ends on Wednesday, May 15 at 12:00 pm. Same day registration (\$20) will be held on the Dartmouth Green from 6:00 - 6:45 pm.

The race starts at the Hanover Country Club and ends on the Dartmouth Green. Parking in downtown Hanover - please note that there is no parking available at the Hanover Country Club!

**58th Annual
Memorial Muster Day Celebration**

**May 27, 2019 4:00 pm
Hanover Center Green**

Please join us in celebrating the New England tradition of Mustering. The event includes patriotic music by the Lyme Town Band, historical readings by local Boy & Girl Scouts and a keynote address by Charlie Garipay.

Please bring a lawn chair as there will be limited chairs provided.

COMING SOON!

Check out our website for details about the upcoming
"Annual Old Fashioned 4th of July Celebration"

Hanover Parks & Recreation
48 Lebanon Street
Hanover, NH 03755

PRSR T ST
US Postage Paid
Permit 51
Hanover, NH 03755

What have we been up to?

(Right) Attendees at our March Hanover Brick & Brew Pizza & Paint class showing off their artwork.



(Left) Seniors enjoying a meal prepared by students from the Hartford Vo-Tech Culinary Arts program at our April birthday luncheon.