The season everyone has been waiting for is almost here! Is there anything lovelier or more wonderful than springtime in the country?

When you’re out enjoying the fresh air, consider stopping by the RWB Community Center to check out some of our favorite ways to stay healthy. Whether your idea of a workout involves yoga, strength training or dance, we have a fitness program for you. We offer a number of free or low-cost programs where you can stretch yourself without stretching your wallet.

Or, if you’re looking to unleash your creativity, find inspiration or want to socialize, join us for one of our many art, leisure, health and wellness or luncheon programs.

Spring is a lovely reminder of how beautiful change can be!

Judy Stevens
Adult/Senior Program Manager

ARE YOU INTERESTED IN STARTING A CRIBBAGE OR MAHJONG GROUP? CALL 643-5315 TODAY FOR SPACE AVAILABILITY!
ALEXANDER TECHNIQUE
10-Week Workshop: April 22 - June 24
Wednesdays, 9:30 am
Multi-Purpose Room
Cost: $180.00
The Alexander Technique is a skill for self-development and teaches how to change habits that can cause unnecessary tension in everyday activity. It assists with boosting performance in all activities and relieves the pain and stress caused by postural habits such as slouching. This technique has lessons that stimulate the ability to learn on a physical, intellectual and emotional level. Learn to become self-aware on how to move, breathe, learn, and focus. Instructor: Jennifer Sielicki

ELDER TAI CHI
Mondays, 9:45 am
Room 206
$5.00 per class or $20.00 (4-Class Pass)
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
The gentle yoga class series introduces students to yoga postures through step-by-step verbal description and demonstration. Emphasis is placed on student understanding, safety, and stability within each pose. This class will use both the yoga mat and chairs as props and is designed for relaxation and safe exploration of the body through accessible yoga postures. Deep, rhythmic breathing will be employed to help quiet the mind, allow the body to resolve patterns of tension, and relax into harmony and well-being. If you have never tried yoga before, this series is perfect for you. If you have some experience with yoga but want to advance your understanding of basic yoga poses in a safe and supportive environment, this class is also for you. All ages and abilities are welcome! Instructor: Katrina Bogan

**DR. LALEH’S HEAD-TO-TOE STRONG**

Fridays, 11:00 am
Multi-Purpose Room
$10.00 Drop-In Fee or $80.00 (10-Class Pass)

This 45 minute class focuses on building total body strength, improving balance and flexibility, gaining muscle endurance, and head-to-toe toning and conditioning using bands, dumbbells, chairs, straps, yoga blocks and your own body weight. All ages and fitness levels are welcome; however, the class is catered to beginners/seniors/those going through rehabilitation/injury/post-op recovery and more beneficial to those able to walk and stand independently. Instructor: Dr. Laleh, PhD - Certified Health Coach and Group Fitness Instructor.

**LINE DANCING**

Tuesdays, 10:15 am to 11:45 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

**PILATES**

Wednesdays, 8:30 am
Fridays, 8:30 am
Multi-Purpose Room
$10.00 Drop-in Fee or $85.00 for 10-Class Pass

This class has a strong focus on breathing and mindful movement. An excellent way to increase flexibility and strengthen mind and body. Instructor: Jennifer Sielicki

Instructor Bio: Jennifer Sielicki has been a mindful movement educator for over 30 years. She uses and works with the principles of the Alexander Technique and is a certified teacher. Her classes are fun and informative. Her moto is: "Helping you find the best you you can be!"

**PICKLEBALL**

**PLEASE REGISTER 24 HOURS IN ADVANCE**

Monday through Friday
Call 643-5315 for Available Times
Multi-Purpose Room
Free
Equipment is provided by HPR.
Bring a partner and have some fun!

**ZUMBA**

Mondays, Wednesdays & Fridays. 8:30 am
Tuesdays @ 8:30 am Room 206
Workout Level: High Intensity
Instructor: Liz Burdette (Mon - Wed)
Instructor: Kathryn Kelly (Fri)
Instructor: Jolin Salazar-Kish (Tues)

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 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.

**YOGA FOR ATHLETES**

Mondays, 5:30 pm
Multi-Purpose Room
$18.00 Drop-In Fee
$150.00 for 10-Class Pass

Are you looking to take your training to the next level? This class is designed for athletes wanting to learn useful tools to further their training and compliment their existing athletic endeavors. Using yoga you will improve strength, flexibility, range of motion, mindfulness and determination.

Each class will feature strengthening and stretching exercises key to the demands of an athlete. Movements complimentary for runners and cyclists will be emphasized but all bodies will benefit from the practice no matter what sport you are involved in.

This class series is appropriate for beginner and more seasoned yogis as well as aspiring and elite athletes. All are welcome! Instructor: Katrina Bogan

**TAI JI QUAN: MOVING FOR BETTER BALANCE**

Mondays & Wednesdays, 3:15 pm
Room 206

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

Remembering When™
A FIRE AND FALL PREVENTION PROGRAM FOR OLDER ADULTS

Remembering When™ is a comprehensive fire and fall prevention program for older adults. Mary MacCaffrie, Public Education Specialist for the NH State Fire Marshal’s office and Hanover FF Wayne Dunham, would like to present the 16 key Fire and Fall Safety messages. Remembering When™ has adopted a nostalgia theme that includes safety messages presented through discussion, music and props. The program demonstrates how older adults can help themselves live safely at home for as long as possible. Mary and Wayne can teach those strategies and help prevent the unthinkable.

Fires and falls happen but many are preventable!

PART 1: FALL PREVENTION
Thursday, March 19
10:00 am
Community Lounge (Room 112)
Free
Please register to join Mary and Wayne for Part 1 of this two series program. PART 2: FIRE SAFETY will be presented Thursday, May 14 at 10 am in the Community Lounge.

PLEASE REGISTER FOR ALL PROGRAMS AT LEAST 24 HOURS IN ADVANCE BY CALLING (603) 643-5315 OR ONLINE AT WWW.HANOVERREC.COM

Declutter Your Life
with Debora Farrington’s
CLEARING CLUTTER WORKSHOP
Monday, APRIL 6
11:00 am
Community Lounge (Room 112)
$25.00
Instructor: Debora Farrington
With a background and experience as a professional organizer, Debora offers support and positive solutions to clear clutter and create home inside and out. Practical solutions and resources are shared with the group, as you explore what is underneath the clutter with kindness and heart. Participants are invited to come with a project in mind and an intention to get the job done. Please bring a writing pad and pen!

BLOOD PRESSURE SCREENING
Wednesdays, 12:30 pm
Community Lounge (Room 112)
Free
MARCH 11 and APRIL 1
This service is provided by Doris Yates, RN
Hanover Community Nurse

FOOT CARE CLINICS
Mondays (2nd and 3rd)
Wednesdays (2nd)
Health Screening Room
$20.00
MARCH 9, 11 and 16
APRIL 13, 15 and 20
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!

Health & Wellness
ADULT CHESS TOURNAMENT
Sunday, March 15
12:30 - 4:30 pm
Onsite Registration:  12:15 pm
Register Online: $25/person - $30 at the Door
Game Time: Game 30, d/5
Rounds:  4SS (depending upon number of participants)
USCF Membership Required (www.uschess.org)
For more information email: prathibalance@gmail.com

zumbathon®
MAKE EVERY MOVE COUNT
FUNDRAISING EVENT
Sunday, March 29 8:30-11:00 am
Proceeds to benefit the Hanover Recreation Scholarship Fund
$25 in advance/$30 at door
Register online: www.hanoverrec.com

Saturday, March 21st
3 on 3 BASKETBALL TOURNAMENT
Divisions
Men’s & Women’s (ages 18+)
Teams
5 Player Max
$50 / team
Richmond Middle School
9:00am—5:00pm (subject to change)
Register at: Hanoverrec.com
DROP-IN KNITTING GROUP

Thursdays (2nd and 4th of each month)
1:00—3:00 pm
Room 204
Free

Whether you are a practiced knitter or just a beginner, this knitting group is a great way to meet friends and practice your skills. You don’t have to be a pro, just bring your supplies and enthusiasm. No formal lessons are provided; however, you might just get the help you’re looking for with that tricky problem stitch.

For further details, please contact Kathy Geraghty at kathleenknits14@gmail.com.

BEGINNER SPRING BASKET WEAVING

Saturday, MARCH 28
10:00 am
Community Lounge (Room 112)
$25.00
Instructor: Rose Smith

Sign Up Early!
Class is limited to 8 people and the deadline for registration is Monday, March 23.

In this beginner class you will learn the basics of basket weaving and terminology. Students will need to bring a tape measure, 8-10 clothes pins (if possible), scissors and a towel. All other materials will be provided.

Instructor Rose Smith, is from Lebanon, NH. She began weaving in 2000 learning from instructor Nancy Clark and enjoys sharing her true passion for basket weaving.
FREE CRAFT CLASSES
WITH INSTRUCTOR ANNETTE HOUSTON
All level crafters are welcome!

CLOTHESPIN DOLLS
Monday, MARCH 9
12:30 pm
Community Lounge (Room 112)

Using wooden clothespins, colorful scraps of cloth, paper and various craft materials, make a gallery of clothespin dolls to use as holiday ornaments, pins or display items.

FABRIC SCRAP ART
Monday, APRIL 20
12:30 pm
Community Lounge (Room 112)

Using colorful scraps of cloth and iron-on film, create a one-of-a-kind design of a whimsical house scene. No sewing required to make your original crafted house wall hanging.

PAINTING WITH ALINE
Mondays, 11:00 am - 3:00 pm
March 9, 16, 23, 30 - April 6, 13
April Room 206
Residents: $260.00 / Non-Residents: $270.00

Aline will do a demonstration at the beginning of each class and teaches oil painting in terms of the concepts of color, design, value and technique. Students work from their own photo references and Aline gives a lot of individual attention. All level painters are welcome! It’s the one room schoolhouse concept of learning and the class atmosphere is very welcoming and supportive.

A supply list is available upon request.

Aline is a signature member of the American Impressionist Society and the Oil Painters of America. She is a Master Pastelist with the Pastel Society of America and the International Association of Pastel Societies.