

# Seabrook Recreation Department

## 2017 WINTER SCHEDULE Jan. 3rd - Mar. 24th

### Youth, Adult & Senior



#### Seabrook Community Center

311 Lafayette Rd., Seabrook NH  
(603) 474-5746

#### BUILDING HOURS

**Mon.-Thurs.** 9am-8pm

**Fri.** 9am-9pm (No special event)

**Fri.** Closed from 5pm-6pm (Special event)

**Sat.** 8am-8pm (starting Dec. 3)

**Sun.** 1pm-8pm (starting Dec. 4)

**Winter Registration Begins**

December 5th, 2016

Mission Statement: To provide leisure services for Seabrook residents of all ages and interests by promoting programs which encourage the development of healthy bodies, minds and attitudes. - *Seabrook Rec. Commission & Staff*

#### SEABROOKREC.COM

Create an online account & register for classes from home!



#### SRD MEMBERSHIPS AND FEES

To use the facilities, you must obtain a SRD membership or pay a guest fee. Please call the office for details on memberships and guest fees.

### COMMUNITY CENTER FACILITIES

#### EXERCISE ROOM

Open only to SRD membership holders age 13 and above. Each participant must complete the 30 minute clearance course, held on Wednesdays at 2pm & 5pm. (An appointment must be made to attend this course). A current SRD ID is required.

	<u>Adults/Teens</u> (16 yrs. +)	13-16 yrs.
<b>M-Th.</b>	9am-9pm	2:45-6pm
<b>Fri.</b>	9am-9pm	2:45-5pm
<b>Sat.</b>	11am-3pm	N/A
<b>Sun.</b>	1-8pm	N/A

**Equipment includes:** 6 pieces of Cybex equipment, health rider, fitness flyer, treadmill, bench press, squat rack, rowing machine, bikes, calf machine, curl machine, Ab machines, Total Gym 1000, free weights, elliptical machine, and more.



#### OUTDOOR AREAS

All outdoor facilities are closed until around April 17th (weather permitting). Outdoor areas include the playground, walking trail, and tennis



#### OPEN GYM

**Mon-Thurs:** 9am-6pm (at least 1/2 gym)

Call ahead for availability after 6pm due to basketball practices.

**Fri:** 9am-5pm

(at least 1/2 gym)

**Sat & Sun:** Call for availability



*Open times are subject to change!*

#### GAME ROOM

Table tennis, billiards, table games and an Xbox. Supervised most weekdays from 3-9pm

**Mon - Thurs:** 9am-9pm

**Fri:** 9am-5pm

**Sat:** 8am-8pm

**Sun:** 1pm-8pm



*Note: youth ages 10 & under must leave at 6 pm.  
youth ages 11 & 12 must leave at 7 pm.*

## Staff

### Full-time

**Director of Recreation**-Katie Duffey  
[kduffey@seabrooknh.org](mailto:kduffey@seabrooknh.org)

**Assistant Director**-Patrick Collins  
[pcollins@seabrooknh.org](mailto:pcollins@seabrooknh.org)

(Coordinates and facilitates athletic programs, leagues and specials)

**Program Director**-Cassandra Carter  
[ccarter@seabrooknh.org](mailto:ccarter@seabrooknh.org)

(Coordinates and facilitates various recreational youth, adult, & senior citizen programs)

**Office Supervisor**-Jo-Anne Page  
[jpage@seabrooknh.org](mailto:jpage@seabrooknh.org)

**Custodian**-Mitch Bragg  
[mbragg@seabrooknh.org](mailto:mbragg@seabrooknh.org)

### Part-time

**Clerk**- Shayna Merrill  
[smerrill@seabrooknh.org](mailto:smerrill@seabrooknh.org)

(Assists with secretarial duties)

**Receptionist**- Rhonda Allen, Daryl Johnson

**Recreation Supervisors**-Lita Brown, Karen Foulkes-Bagley, Tony Sinagra; Corrina Donahue

## Contact Information

**Phone:** 603-474-5746 or 603-474-8008

**Fax:** 603-474-8007

**Website:** <http://www.seabrookrec.com>

**Facebook:** Seabrook Recreation  
 Department & Community Center

## Online Registration!!!!

Make an online account now at

★ [www.seabrookrec.com](http://www.seabrookrec.com) ★

You will be able to register for classes straight from home, have first access to registration and information, and get our notifications!

## Rules and Regulation Information

### Rules & General Info...

**Attire**-Non-marking sneakers are required by any participant in gym activities. Shirts must be worn in all areas. Undergarment must be covered up.

**Cancellations**- Classes may be cancelled due to the lack of enrollment. All those registered for such a class, may receive credit toward another program or receive a refund.

#### **School Aged Youth Using Facility-**

School age youth are not allowed to use the building during school hours. Regular youth hours start at 2:45pm. Children 10 years and under must leave the Rec. at 6pm, and children 11 & 12 years must leave the gym at 6pm and go to the game room until 7pm, unless they are with a parent or adult who is directly supervising them or engaging in the same activity. Children less than the **third grade** may not be dropped off to use the building, unless they are attending a structured class or team practice. Youth age 10 & under need adult supervision outdoors.

**Eligibility Requirements** - Most of our programs are offered at three different rates, which includes 2 rates for members and 1 rate for non-members. A few programs & facilities are limited to members only, for example the exercise room is limited to members. We also have some programs that are limited to resident members first, such as summer camp.

**Individuals without a SRD ID**- Any person who does not have a current SRD ID Card must stop at main office to sign in and pay the appropriate drop-in fee. Anyone age 15 years old & older, must show other ID such as a drivers license or school ID.

Resident	Non- Residents	
	17& less & 55+	Age 18-54
\$2	\$3	\$5

**Refund policy** – Some programs have a minimum and maximum number of participants set, in order to begin operating classes. Refunds are allowed one week prior to the class starting. Credit may be given in some situations.

**Checks with Insufficient Funds** – Any person using a check to pay for services & items, must understand that they are responsible for any bank charges and the amount of the check. These fees must be taken care of before they can sign up for any additional programs.

**Dogs on the Property**- Dogs are not allowed in the community center. This does not apply to medical assisting dogs.

**Handicapped Access** – The community center is handicapped accessible. Shower facilities, sinks, playground, etc. meet ADA standards.

**Inclement Weather**- If there is severe weather, some programs may be cancelled.

**Lost & Found** – We try very hard to give people an opportunity to reclaim their lost item. Check at the main office and lost & found cage. The Rec. Center is not responsible for lost or stolen property.

**Skateboards, bicycles, roller blades, heelys & scooters**– Are not allowed outside in the main driveway area, in the front walkway/entrance or in use anywhere inside the building. No wheels other than those belonging to the Center are allowed in use, on the building floors and furnishings.



# COMMUNITY CENTER ACTIVITIES

## “3 – 5 Years ” ACTIVITIES”

### WINTER WONDERLAND

**Wed:** 10:30-11:30am

**Min:** 5 **Max:** 10 **Gym 2**

**Instructor:** Cassandra Carter



In this pre-school program we will be experiencing and creating winter crafts, playing winter games, and even making our own edible snow!

The morning will begin with open invitation activities such as; play-dough, blocks, kitchen play and many more. Then we will participate in new games, and winter crafts or cooking. There will be a designated snack time during class.

Pick-up will be in Gym 2.

Resident w/ SRD ID	Non Resident w/ SRD ID	Other/ NO SRD ID
\$27 (10 wks)	\$49(10 wks)	\$54 (10 wks)

### KIDDIE CRAFTS & COOKING

**Thurs:** 9:30-10:30am

**Min:** 5 **Max:** 10 **Gym 2**

**Instructors:** Cassandra Carter



In this pre-school program we will have winter themed cooking crafts and will learn new games while being active!

The morning will begin with open invitation activities such as; play-dough, blocks, kitchen play area, and many more. Then we will participate in new games, and winter crafts or cooking.

There will be a designated snack time during class. Pick-up will be in Gym 2.

Resident w/ SRD ID	Non Resident w/ SRD ID	Other/ NO SRD ID
\$27 (10 wks)	\$49(10 wks)	\$54 (10 wks)

### INTRO TO T-BALL

**Fri:** 1:30pm-2:30 pm

(8 wks: 1/13-3/10)

**Min 5 Max 12 Gym 2**

**Instructors:** Patrick Collins



This introductory t-ball program helps teach participants the basics of the game.

Skills taught will include: throwing, catching, hitting, and running the bases.

Resident w/ SRD ID	Non Resident w/ SRD ID	Other/ NO SRD ID
\$14 (8 wks)	\$25(8 wks)	\$28 ( 8wks)

### FAMILY YOGA FUN!

**Thurs:** 10:30am-11:30am

**Min:**5 **Max:**10 **Multi**

**Instructor:** Kathie Bowen



Youngsters and a parent share yoga through games, stories and movement. Parent or guardian **MUST** be with the child to participate.

Resident w/ SRD ID	Non Resident w/ SRD ID	Other/ NO SRD ID
\$27 (10 wks)	\$49(10 wks)	\$54 (10 wks)

### LEARN TO SKATE WITH YOUR LITTLE ONE

**Tue:** 12:00-1:00pm

**Gym 1**

This is a **NEW** drop-in program where you can bring your little ones in to learn how to skate!

Please be aware that this program is **NOT** supervised by staff. Parent or guardian **MUST** be with the child to participate.



*Music Box will be made available & a staff member will help with the skates.*

*COST: \$2.00 per drop-in w/SRD membership/  
\$3.00 w/o SRD membership*

## NEW!— Saturday Classes —NEW!



### WINTER FUN

(K-2nd)

**Sat:**10:45-11:45

**Min:** 5 **Max:** 10

**Instructor:** Tasia Valcarcel & Emily Dyer

**Multi Rooms**

This class will get to build gingerbread houses, snowmen, and play tons of new games! If you like winter than this class is for you. We will be doing everything and anything that has to do with winter! There will be a designated snack time during class.



Resident w/ SRD ID	Non Resident w/ SRD ID	No SRD ID
\$27 (10 wks)	\$49(10 wks)	\$54 (10 wks)

### WINTER ANIMALS & MORE

(3yrs-K)

**Sat:** 9:30-10:30pm

**Min:** 5 **Max:** 12

**Multi Rooms**

**Instructor:** Tasia Valcarcel & Emily Dyer

In this pre-school program we will be learning about all the animals in the winter-time. We will be doing craft activities, and playing **NEW** games! The morning will begin with open invitation activities such as; play-dough, blocks, kitchen play area, and others. Then we will participate in new games, and winter crafts. There will be a designated snack time during class.

Resident w/ SRD ID	Non Resident w/ SRD ID	No SRD ID
\$27 (10 wks)	\$49(10 wks)	\$54 (10 wks)



## School Aged Youth Using Facility

Regular youth hours during school week start at 2:45pm. Under **3rd grade** may not be dropped off to use the building, unless in a structured class. Children 10 years & under must leave the Rec. at 6pm, and children 11 & 12 years must leave the gym at 6pm and go to the game room until 7pm, unless they are with an adult who is directly supervising them or engaging in the same activity.

## **AFTER SCHOOL FORMAT** (No afterschool classes during Vacation Weeks or when school is closed)

2:50-3:10 pm	3:10—3:20 pm	3:20-3:45 pm	3:45-4:45 pm	4:45 pm
EXERCISE ENERGY OUT TIME	SNACK TIME <i>Provided by the Rec.</i>	HOMEWORK / QUIET ACTIVITY STATIONS	RECREATION PROGRAM <i>(See below)</i>	PARENT PICK -UP

## MONDAYS

### GYMNASISTICS

**Mon:** 2:45-4:45 pm      **Min:** 8 **Max:** 12  
**Grades:** 1st-5th      **Gym 1**  
**Instructor:** Lou Datillo



Strength and flexibility are emphasized with basic apparatus use to teach beginning tumbling. Lou, was the Jr. Olympic National Champion and 5 time international Jr. National Champion and the owner of the NH Academy of Artistic Gymnastics. 45 minutes of gymnastics instruction.

Resident w/ SRD ID	Non Resident w/ SRD ID	Other/ NO SRD ID
\$40 (8 wks)	\$72 (8 wks)	\$80 (8 wks)

### OUTDOOR WINTER FUN

**Mon:** 2:45-4:45 pm      **Min:** 8 **Max:** 15  
**Grades:** K-2nd      **Outside/ Gym 1**  
**Instructor:** Cassandra Carter

If you love the winter time then this class is for you! We will be creating winter projects and going outdoors to play winter games!

Fort building & sledding is just the beginning in this class!



Resident w/ SRD ID	Non Resident w/ SRD ID	Other/ NO SRD ID
\$28 (8 wks)	\$50 (8 wks)	\$56 (8 wks)

## SCULPTING THROUGH THE SEASON

**Mon:** 2:45-4:45pm      **Max:** 12      **Grades:** 3rd-5th      **Kitchen/Outside**      **Instructor:** Tasia Valcarcel

If you love to make things with clay then this program is for you! We will be sculpting all kinds of projects like pots, favorite characters, sceneries, and other items of your choice! We will be using Clap, Model Magic, Play-doh, and sculpting tools!

Resident w/ SRD ID	Non Resident w/ SRD ID	Other/ NO SRD ID
\$32 (8 wks)	\$58 (8 wks)	\$64 (8 wks)



## TUESDAYS

### MUSIC & MORE!

**Tues:** 2:45-4:45pm      **Min:** 8 **Max:** 12  
**Ages:** K-2nd      **Trips, Woods, Gym 2**  
**Instructor:** Tasia Valcarcel



If you love music, dance, and trivia then this program is for you! Join in on this special "Holiday Edition" of music & more. We will be playing "Guess that tune", "Holiday Encore", and so much more!

Resident w/ SRD ID	Non Resident w/ SRD ID	Other/ NO SRD ID
\$34 (9 wks)	\$61 (9 wks)	\$68 (9 wks)

### GOAL GETTERS!

**Tues:** 2:45-4:45pm      **Min:** 8 **Max:** 13  
**Grades:** 3rd-5th  
**Leader:** Cassandra Carter

Get excited for this program that will keep you on your feet with fun goalie games like soccer, hand ball, hockey, and many more!



Resident w/ SRD ID	Non Resident w/ SRD ID	Other/ NO SRD ID
\$30 (9 wks)	\$54 (9 wks)	\$60 (9 wks)

## ARTS OF WINTER

**Mon:** 2:45-4:45pm      **Max:** 12      **Grades:** K-2nd      **Kitchen/Outside**      **Instructor:** Daryl Johnson

If you love winter, and you love arts then this program is for you! We will be discovering all of the wonders that winter has to offer! We will be making our own ice cream out of snow, painting snow, and constructing our own creations out of snow!



Resident w/ SRD ID	Non Resident w/ SRD ID	Other/ NO SRD ID
\$34 (9 wks)	\$61 (9 wks)	\$68 (9 wks)

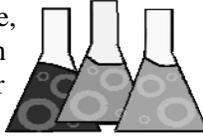


## WEDNESDAYS

### SCIENCE EXPLOSION

**Wed:** 2:45-4:45 pm      **Min:** 8 **Max.:** 15  
**Grades:** K-2nd      **Gym 1 / Woods/ Trips**  
**Instructor:** Cassandra Carter

In this class we will make a volcano explode, make elephant toothpaste and your very own glow in the dark slime. If you are looking for creative science experiments this class is for you!



Resident w/ SRD ID	Non Resident w/ SRD ID	Other/ NO SRD ID
\$38 (11 wks)	\$68 (11 wks)	\$76 (11 wks)

### SPORTS AND GAMES

**Wed:** 2:45-4:45pm      **Min:** 8 **Max:** 15  
**Grades:** 3rd-5th      **Gym 2**  
**Instructor:** Patrick Collins

High energy activities through traditional recreation games and traditional sports such as basketball, baseball, hockey, soccer, football and more.



Resident w/ SRD ID	Non Resident w/ SRD ID	Other/ NO SRD ID
\$34 (11 wks)	\$61 (11 wks)	\$68 (11 wks)

### MOVIE MAGIC SUPERHEROES

**Wed:** 2:45-4:45pm      **Min:** 5 **Max:** 12      **Grades:** K-2nd      **Kitchen/Multi 2**      **Instructor:** Tasia Valcarcel

If you're a fan of ALL kinds of superhero movies then you may want to sign up for this class. We will be creating crafts from your favorite superhero movies, playing gym games with Captain America's shield, and so much more!



Resident w/ SRD ID	Non Resident w/ SRD ID	Other/ NO SRD ID
\$38 (11 wks)	\$68 (11 wks)	\$76 (11 wks)

## THURSDAYS

### ANTARCTIC EXCURSION

**Thurs:** 2:45-4:45pm      **Min:** 8 **Max:** 12  
**Grades:** K- 2nd      **Kitchen**  
**Instructor:** Daryl Johnson



Ever wanted to travel to see the continent of Antarctica? Well now you can! We will be discovering the animals of the Arctic, foods, and how to survive the freezing cold!

Resident w/ SRD ID	Non Resident w/ SRD ID	Other/ NO SRD ID
\$38 (11 wks)	\$68 (11 wks)	\$76 (11 wks)

### DANCE IT UP

**Thurs:** 2:45-4:45pm      **Min:** 8 **Max:** 12  
**Grades:** K-2nd      **Multi 2**  
**Instructor:** Tasia Valcarcel

For those who love to DANCE! We will be dancing to well known songs, but also learning dances throughout the world. At the end of this class we will be creating our very own dance... and maybe even do a performance!



Resident w/ SRD ID	Non Resident w/ SRD ID	Other/ NO SRD ID
\$34 (11 wks)	\$61 (11 wks)	\$68 (11 wks)

### DODGE-BALL DISCOVERY

**Thurs:** 2:45-4:45pm      **Min:** 5 **Max:** 12      **Grades:** 3rd-5th      **Kitchen/Multi 2**      **Instructor:** Cassandra Carter

If you like bombardment, space jam, castle ball, white knight, & other dodge ball games than this class is for you! We will be playing some of the most classic dodge ball games PLUS... playing some BRAND NEW dodge ball games as well! Don't dodge this class if you like dodge ball!



Resident w/ SRD ID	Non Resident w/ SRD ID	Other/ NO SRD ID
\$34 (11 wks)	\$61 (11 wks)	\$68 (11 wks)

## FRIDAYS

### KIDS CHOICE!

**Grades:** K- 5th      **Friday:** 2:45-4:45pm

Each Friday the students will have the choice of the activity offered for the day! The choice will be made each Friday, just sign your child up for the day and they have the power to choose! Sports? Crafts? The choice is yours!



Resident w/ SRD ID	Non Resident w/ SRD ID	Other/ NO SRD ID
\$34 (11 wks)	\$61 (11 wks)	\$68 (11 wks)

# MIDDLE / HIGH SCHOOL/COMMUNITY PROGRAMS

## VOLUNTEER OPPORTUNITIES!!

**Mon.-Fri. 2:45-5pm** **Grades: 8th-12th** **Leader: Cassandra Carter**  
**GAIN EXPERIENCE....** VOLUNTEERING CAN OPEN UP SO MANY DOORS FOR YOUR FUTURE!!  
**SIGN UP TODAY! NO COST!**

- Working with kids
- Planning events
- Running your own activities
- Fundraising
- Leading a group... & more!

In order to become a volunteer you must fill out the application, complete the permission to volunteer form, and sign the volunteer agreement.

## 5th –8th Grade ADVENTURE TRIPS

Tuesdays (Time/Dates TBA) Max. 12  
 Leader: Cassandra Carter

- \*Bowling
  - \*Swimming
  - \*Ice Skating
  - \*Movie Theater
  - \*Sledding
  - \*Blitz
- ...and so much more!

## UPCOMING HAPPENINGS!



**REC. TRIP TO...  
 DISNEY ON ICE!**  
 SATURDAY, February 18th 2017  
 11:00 AM Show  
**"Follow Your Heart"**  
 Tickets \$35.00

Tickets on sale online now! Limited Tickets!  
 Price includes transportation & admission.  
 Bus leaves Rec. at **9:30 AM SHARP!**  
 Event is subject to change

## ANNUAL EGG HUNT!



Saturday, April 15th, 2017  
 At the Seabrook Rec.  
 FLYERS WILL BE OUT BY: March 6th, 2017



## FEBRUARY VACATION CAMP-preview

**Grades: K-4th 9am-3pm Min: 8 Max: 16**

*Daily arts & crafts, music, games and more based on a daily theme.*  
**Mon. 2/27** Karaoke Craziiness Day (Karaoke & Lyrical Projects)  
**Tues. 2/28:** Creative Minds (Building, Painting, and Creating your own games)  
**Wed. 2/29:** Outdoor Winter Adventures (Sledding & Fort Building)  
**Thurs. 3/1:** Pro Sports Day (DIY Sport Hands, Soccer)  
**Fri. 3/2:** Disco Days (Roller-skating & Dancing)

Fees and times will be provided on the vacation schedule Jan. 18, 2017.

## KIDS PAINT NIGHT!!



WED. FEBRUARY 15TH, 2017 5:00PM-6:30PM  
**Min: 8 Max: 35** **Location: Kitchen**  
**Ages: 3rd-5th Grade** **Instructor: Jody Mueller**

We will be painting a Penguin Canvas while snacking on some treats, and sipping some sparkling juice! Feel free to bring your own snacks, beverages or even something to share!

Resident w/ SRD ID	Other/ NO SRD ID
Canvas \$20 / Tote Bag \$30	Canvas \$30 / Tote Bag \$40

## BABYSITTER'S TRAINING COURSE

SATURDAY MARCH 4TH, 2017 9:00AM-4:30PM  
**Min: 8 Max: 25** **Location: Multi Rooms**  
**Ages: 11yrs-15yr olds** **Instructor: American Red Cross**

Designed to provide youth who are planning to babysit with the knowledge and skills necessary to safely give care for children and infants. Learn about basic child care and basic first aid.

Babysitter's Training notes for parents: please walk your child to the classroom and make certain that the instructor has a good emergency contact number for you. A one-half hour lunch break is planned. Please remember to send a lunch with your child. Please arrive fifteen minutes early to retrieve your child from the classroom.

Resident w/ SRD ID	Non Resident w/ SRD ID	Other/ NO SRD ID
\$90	\$180	\$186

## Tutoring Opportunities!

If you find yourself needing homework help, or need studying for a big test, the SRD now offers Tutoring Tues. & Thurs. 3pm-5pm! Sign-up now or Drop-in for FREE!



## ANNUAL SEABROOK BASKETBALL TOURNAMENT

March 17th – April 2nd

Limited open gym times available. Please call the office for detailed information.



## Special Events: YOUTH & TEENS

DATE	EVENT	AGE/ GRADE	TIME	COST
January 6th	New Year's Mixer!	5th-6th Grades	6-8:30pm	\$4 w/SRD ID or \$6 others
January 13th	New Year's Party!	7th-8th Grades	6-8:30pm	\$4 w/SRD ID or \$6 others
January 20th	Neon Roller-skating and Dance Party!	2nd Grade & Under	6-8:00pm	\$4 w/SRD ID or \$6 others
January 27th	New Year's Bash!	3rd-4th Grades	6-8:30pm	\$4 w/SRD ID or \$6 others
February 3rd	Roller-Skating, Dancing & a Movie!	5th & 6th Grades	6-8:30pm	\$4 w/SRD ID or \$6 others
February 10th	Valentine's Mixer!	7th-8th Grades	6-8:30pm	\$4 w/SRD ID or \$6 others
February 17th	Valentines Day Colors!	2nd Grade & Under	6-8:00pm	\$4 w/SRD ID or \$6 others
February 24th	Roller-skating, Dancing & a Movie!	3rd-4th Grades	6-8:30pm	\$4 w/SRD ID or \$6 others

Note: a "Mixer" can be a combination of: Roller Skating, dancing, games, contests, etc. Events may vary.

# Adult & Senior SERVICES, SOCIAL & CRAFT

## DROP IN BINGO

**Thursdays:** 12:30-2:30 pm **Multi 2&3**

**Leader:** Betty Ash

Drop In Bingo is one of the most popular social recreation programs for seniors and middle aged adults. Bingo is played for small amount of money and cash prizes are awarded to winners.

**Fee:** Free with a SRD ID Others pay \$2 guest fee

## SR. Wii BOWLING LEAGUE -

**Wednesday** 12:15-2:30 pm. **Min:** 6 players **Max:** 24

**Age:** 50+ (Co-ed) **Multi 2&3**

**Leader:** Sandy Beaudoin

**Assisted by:** Nancy Lewis

Come on and join now! It's an addictive activity that is great fun! Teams of four players will be formed and everyone will play each week for 10 weeks. Prizes for the most turkeys, best string, best totals, etc. This activity can be played while standing or sitting, so please join up if you wanted to have fun. PS: Join the meals on wheels program & have lunch before you bowl.

**Fee:** \$5 w/ SRD ID \$10 Others (no ID)



## VISITING NURSES

3rd Wednesday of each month is a **foot clinic** by appointment only, 926-2066.



## HAPPY SENIOR CITIZEN CLUB MEETINGS

1<sup>st</sup> Wednesday of each month from 12-3pm, meeting starts @ 1pm. (Annual Dues: \$15.00)

**Location:** Seabrook Library

**President:** Dot Chase. 474-8803

Occasional entertainment, refreshments and discussion of upcoming trips.

## SENIOR TRIPS

For information call Dot: 474-8803



## R.S.V.P. KNITTING SOCIAL

**Mondays:** 9:30 am –11:30 a.m. **Multi 3**

**Group Leader:** Bobbi Silva

This is a time where R.S.V.P. knitters can come together to share ideas and skills with each other. Any senior who would like to join this program is welcome. A representative from R.S.V.P. usually stops by during this time to drop off materials and touch base with the volunteers who teach new skills. The group enjoys each other's company and a few laughs. Come join the fun! No Charge!

## ROCKINGHAM NUTRITION PROGRAM

Meals on Wheels. A daily nutritional meal is available to senior citizens (60+ years old). Meals are served on site too! Come early and play cards or a game.

**Meal on Wheels Site Director:** Lorraine Delisle

Call for reservation: 474-2139.

**Monday – Friday @ 11:30 am on site**

**DONATION:** \$2.00 **PLACE:** Kitchen



## TAXI VOUCHER ASSISTANCE PROGRAM

Transportation assistance program for Seniors (55+) and disabled residents of Seabrook. Applications available at the Seabrook Community Center. Taxi cabs from Cars & Port Taxi Company. Limited destinations. Reduced rates for members.

Program travels to Newburyport, Amesbury, Salisbury (for medical reasons only) and Seabrook.



## SENIOR DROP IN SOCIAL

**Mon. Tues. & Fri:** 10:30-2:30pm

Stop by for some fun! Board games, puzzles, bridge & more. In the multi purpose room at Rec. center.

A group of bridge players play on Fridays and looking for more players.

**Fee:** free w/SRD ID **Others:** apply drop in fees

# TUESDAY SOCIAL HAPPENINGS FOR ADULTS 55+

**Lead by:** Betty Ash **Fee per class:** \$3 Res./ \$5 non-Res. **Time:** 12:30pm

**Sign up deadline:** Friday before class date **Min.** 8

January 10th	January 24th	February 7th	February 14th	March 7th	March 14th
New Year Bingo	Teen picture Bingo	Adult picture Bingo	Valentine's Bingo	Bingo	St. Patrick's Bingo

# ADULT & SENIOR ACTIVE PROGRAMS

## WALKING CLUB

This is open to both residents and non-residents who would like to keep track of the distances of walking. A ticket will be placed in a container for every 50 miles walkers have completed since last year after the drawing, winner will be drawn @ Senior Day May 17, 2017.



1 mile = 16 laps around the outer edge of the total gymnasium or 10 laps around parking lot edges.

**Fee:** Free w/SRD ID Others \$2 daily

## RSVP BONE BUILDERS EXERCISE PROGRAM

**Tues. & Fri.: 10:00-11:00am**

**Multi 2**

**Instructor:** Tom Wright

Class provides the opportunity for participants to increase muscle strength, bone density and balance. Participants may join the class after physician clearance has been obtained. **FREE!**



## INTRO TO YOGA

**Wed: 9:10-10:10**

**Multi 2 & 3**

**Instructor:** Kathie Bowen

Gentle beginner yoga on chair or mat, focus on movement and stretching. Bring your own mat if you have one.



Resident w/ SRD ID	Non Resident w/ SRD ID	Other/ NO SRD ID
\$16 (per 10 wk s)	\$29 (per 10wk s)	\$32 (per 10 wk s)

## ZUMBA GOLD

**Mon. Class: 10-11 AM Wed. Class: 10:30-11:30 AM**

**Instructor:** Linda DiMauro

Low impact Zumba geared towards Senior Citizens!

Drop-in Rate is \$5.00 per class

Resident w/ SRD ID	Non Resident w/ SRD ID	Other/ NO SRD ID
\$20 (per 10 wks)	\$35 (per 10wks)	\$38 (per 10 wks)

## EVENING EXERCISE CLASS SCHEDULE – beginning week of January 2nd

**(16 YRS. +) Min: 8 Max: 18** Drop-in Rate is \$5.00 ea. class!

10 week session, unless otherwise noted

Monday	Tuesday	Wednesday	Thursday
<b>5:30-6:30pm</b> <b>DANCE /MOVEMENT/ TONING</b> <b>Instructor:</b> Tina Harley Fee: \$16 w/ SRD ID Res. \$29w/SRD ID Non-Res. \$32 Others (no ID)	<b>5:30-6:30pm</b> <b>STRENGTH CIRCUIT</b> <b>Instructor:</b> Tina Harley Fee: \$16 w/SRD ID Res. \$29w/SRD ID Non-Res. \$32 Others (no ID)	<b>5:30-6:30pm</b> <b>STRETCH YOGA</b> <b>Instructor:</b> Kathie Bowen Fee per 4 wk session \$7 w/SRD ID Res. \$12w/SRD ID Non-Res. \$14 Others (no ID)	<b>5:30-6:30pm</b> <b>ZUMBA</b> <b>Instructor:</b> Tina Harley Fee: \$16 w/SRD ID Res. \$29 w/SRD ID Non-Res. \$32 Others (no ID)

## **ADULT PAINT NIGHT!!**

**WEDNESDAY MARCH 8TH, 2017**

**6:00PM-8:00PM**

**Min. 8 Max. 35 Location:**

**Kitchen Ages: 18+**

**Instructor:** Jody Mueller

**Fees Residents**

Canvas: \$30/Tote Bag:\$40

**Fees Non-Residents**

Canvas: \$45/Tote Bag:\$55



Come join us for a Fun Filled Paint Night at the Seabrook Recreation Department! Participants will have the Choice to paint on a Canvas or on a Tote Bag while snacking on some treats, and sipping some sparkling juice! Feel free to bring your own snacks, beverages and/or even something to share!

## **WOMEN'S SELF DEFENSE COURSE!**

**SATURDAY JANUARY 7TH, 2017**

**9AM-10:30AM**

**Min. 6 Max. 25 Location:** Multi

**Ages: 18+ Instructor:** Shihan Kendall

This workshop teaches simple but effective self-defense. Participants learn how and where to deliver powerful strikes with their hands, feet, elbows and knees; as well as escapes from various grabs. This new-found knowledge is put to the test as students fend off "attacks" from a Tokyo Joe's instructor wearing a protective suit. Participants leave our seminars with a new sense of self-defense awareness and confidence.

Resident w/ SRD ID	Non Resident w/ SRD ID	Other/ NO SRD ID
\$15	\$30	\$33

## **VALENTINES DAY SITTER EVENT!**

**TUESDAY FEBRUARY 14TH, 2017**

**5-8PM**

**Min. 6 Max. 20 Location:** Multi

**Ages:** Pre-4th Grade

**Instructors:** Daryl Johnson & Tasia Valcarcel

Enjoy this Valentines Day with a date night... kid free! Kids will have fun too! We will be watching Gnomeo & Juliet, Doing Crafts and playing some fun games! (Youth must be Potty Trained & Diaper Free!)

Resident w/ SRD ID	Other/ NO SRD ID
\$10	\$20