

Adult Programs



June 2024 Programs and Events

SUN	MON	TUE	WED	THU	FRI	SAT
2	3 BB(2) 9am-10am Bone Builders (1) 10:15-11:15am Mah Jongg 1pm-3pm 	4 Hiking @ SHP 9am-10:30am Painting Class 9:30-11am	5 Bone Builders(2) 9:30am-10:30am Tai Chi (ongoing) 12pm-1pm Zumba 4pm-5pm Pickleball Pot Luck 5pm-7pm	6 Painting Class 9:30am-11am Yummy Yoga 12pm-1pm Walk a 5k Training Program 9-10am	7 Coffee Social 9-10am BB(1) 10-11am Learn to Play Bridge 2-4pm	8
9	10 BB(2) 9am-10am Bone Builders (1) 10:15-11:15am Mah Jongg 1pm-3pm 	11 Hiking @ SHP 9am-10:30am Painting Class 9:30-11am Simply Healthy Luncheon 12pm-2pm	12 BB(2) 9:30am-10:30am Tai Chi (ongoing) 12pm-1pm Fiddler on the Roof at the NSMT 11:30am-5pm \$\$\$ Zumba 4pm-5pm \$\$	13 Painting Class 9:30am-11am Yummy Yoga 12pm-1pm Walk a 5k Training Program 9am-10am	14 Coffee Social 9-10am BB(1) 10-11am Learn to Play Bridge 2-4pm	15
16	17 Bone Builders (2) 9am-10am Bone Builders (1) 10:15-11:15am Mah Jongg 1pm-3pm 	18 Hiking @ SHP 9am-10:30am Painting Class 9:30am-11am 76ers Picnic 12pm-2pm	19 BB(2) 9:30am-10:30am Tai Chi (ongoing) 12pm-1pm Seniority Authority Podcast Group 2pm-4pm Zumba 4pm-5pm \$\$	20 Painting Class 9:30am-11am Yummy Yoga 12pm-1pm Walk a 5k Training Program 9am-10am	21 Coffee Social 9-10am BB(1) 10-11am Learn to Play Bridge 2-4pm	22
23	24 Bone Builders (2) 9am-10am Bone Builders (1) 10:15-11:15am Mah Jongg 1pm-3pm 	25 Hiking @ SHP 9am-10:30am Painting Class 9:30-11am Wright WWII Museum 9am-4pm \$\$	26 Bone Builders(2) 9:30am-10:30am Tai Chi (ongoing) 12pm-1pm Zumba 4pm-5pm \$\$	27 Painting Class 9:30am-11am Yummy Yoga 12pm-1pm Walk a 5k Training Program 9am-10am	28 Coffee Social 9-10am BB(1) 10-11am Learn to Play Bridge 2-4pm	29
30	1 Bone Builders (2) 9am-10am Bone Builders (1) 10:15-11:15am Mah Jongg 1pm-3pm 	2 Hiking @ SHP 9am-10:30am Painting Class 9:30-11am	3 Bone Builders(2) 9:30am-10:30am Tai Chi (ongoing) 12pm-1pm	4 No Programs Due to Independence Day 	5 Extended Holiday! Have a great weekend! 	6

Register for programs at stratham.recdesk.com

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Pickleball/Active Adult Social & Pot Luck

Calling all active Stratham senior citizens!! If you are an active adult and enjoy Pickleball, Tennis, Hiking, Skiing, Biking, Snowshoeing, X-Country Skiing, etc., join us for a potluck social on **June 5th from 5pm-7pm at the 4-H Pavilion at Stratham Hill Park** to meet active adults who love to move and groove!! Bring an appetizer, main dish or dessert to share and something to drink!



No registration required. Free!!



Simply Healthy Luncheon- Understanding Diabetes: Reducing Risk

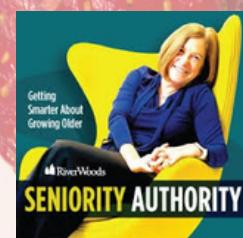
On June 11th from 12pm-2pm, we welcome back Diana Robinson, Registered Dietitian from Hannaford in Exeter. She will share how to reduce your risk for developing pre-diabetes and explore the role nutrition plays in managing blood sugar. Goody bags and a healthy snack will be provided.

This program is FREE!!! Registration is required

Seniority Authority Podcast Discussion Group

Join us on June 19th, from 2pm to 3:30pm at the Wiggin Memorial Library's Meeting Room for the second installment of the Seniority Authority Podcast Discussion Group. We will be viewing a podcast on Dan Buettner's book, "The Blue Zones," which explores the secrets of places and individuals who live to be 100. The podcast is sure to be inspiring. If you're curious, we have the book available in our library, but reading it is not required! Enjoy some cookies during the event presented in partnership with the Wiggin Memorial Library.

Please register on the Wiggin Memorial Library website.



Fiddler on the Roof at the North Shore Music Theatre

We are taking the van on the road to see the famous musical, Fiddler on the Roof, presented by the wonderful and talented folks at the North Shore Music Theater in Beverly, MA. We will be departing at 11:30am from the Stratham Municipal Center for an optional lunch at the NSMT Garden Bistro before the show begins at 2:00pm. We will return by 5pm.

Registration Required. \$75.00 for Stratham residents \$80.00 for non-residents. Lunch not included.

Zumba Class

Stratham Parks & Rec is excited to now offer ZUMBA! This popular dance fitness program merges Latin and international music with simple dance routines, offering a fun way to stay fit. Each Zumba class aims to unite people in a calorie-burning dance fitness celebration. With influences from salsa, samba, merengue, reggaeton, and hip-hop, the choreography is beginner-friendly and suitable for all levels of experience. Zumba delivers a comprehensive workout that covers cardio, muscle conditioning, balance, and flexibility. After each class, you'll feel fantastic and energized.



When & Where: Wednesday's in June from 4pm-5pm at the Stratham Municipal Center in Meeting Room A.

Cost: \$28.00 for 4 classes. Registration Required.



The Wright Museum of WWII - Community Trip

We are taking Murph's Munch & Learn Series on the road to visit the Wright Museum of WWII in Wolfeboro, NH. The Wright Museum is a nonprofit educational institution dedicated to recognizing and honoring the contributions and enduring legacy of WWII-era Americans. The Department's 15-passenger van will be leaving the Stratham Municipal Center at **9:00am on June 25th** to visit the Museum followed by lunch on the water in downtown Wolfeboro.

Registration required. \$15.00 for Stratham residents, \$20.00 for non-residents. Lunch NOT included.

Yummy Yoga

When: Thursday afternoons, June 6th - July 25th from 12:00-1:00PM. (NO class on July 4th)

Where: Meeting Room A at the Stratham Municipal Center



Come join us for Yummy Yoga with Diane Smith, certified Yoga teacher and new Program Assistant for Stratham Parks & Recreation. Enjoy gentle flow yoga geared specifically for those new to yoga or those who are interested in a gentle practice. This class incorporates simple flowing sequences to warm up the body, as well as slower paced movements focusing on alignment, strength, balance, and flexibility.

FREE for Stratham residents. 7 classes for \$65.00 for non-residents. Registration Required.

Learn to Play Bridge

When: Friday afternoons from 2:00pm-4:00PM. Ongoing.

Where: Senior Gathering Room at the Stratham Municipal Center



"2-over-1 GAME FORCE" Want to brush up on your Bridge skills? Join Joe Watts, seasoned Bridge player to learn and play duplicate bridge. A basic knowledge of Bridge is required. I.e., previous experience with "Party Bridge" or Bridge according to Goren. Also intermediate players who would like to learn two over one are welcome. All supplies and lesson handouts will be provided.

Bridge is an excellent "brain" game with both strategy and social interaction being key. Don't be intimidated, this will be a no pressure friendly atmosphere experience.

This program is FREE! Registration Required. A few spots that have opened up and they will go fast!!



Upcoming Summer Community Trips Summer

- **Crazy for You at the Ogunquit Playhouse - July 12th**
- **Bedrock Gardens in Lee, NH - August 12th**
- **Foster's Clambake in York, ME - August 23rd**
- **New England Botanic Garden at Tower Hill - September 13th**
- **Castle in the Clouds in Moultonborough, NH - September 24th**



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