

April 2022

# Stratham Senior Events/Program

Mon	Tue	Wed	Thu	Fri
<b>4</b>  Pickleball 10am Bone Builders 1pm Pinochle	<b>5</b>  9am Hiking 10am Painting	<b>6</b>  10am Walking 12pm Tai Chi 2pm Drop-in Tech Help	<b>7</b>  Pickleball 10am Painting 1pm Cribbage	<b>8</b>  9am Coffee Social 10am Bone Builders
<b>11</b>  9am Coffee with a Police Officer 10am Bone Builders 1pm Pinochle	<b>12</b>  9am Hiking 10am Painting	<b>13</b>  10am Walking 12pm Tai Chi	<b>14</b>  10am Painting 1pm Cribbage	<b>15</b>  9am Coffee Social 10am Bone Builders
<b>18</b>  10am Bone Builders 1pm Pinochle	<b>19</b>  9am Hiking 10am Painting 12:00pm 76ers Meeting	<b>20</b>  10am Walking 12pm Tai Chi	<b>21</b>  10am Painting 1pm Cribbage with TA (D. Moore)	<b>22</b>  9am Coffee Social 10am Bone Builders 2pm Drop-in Tech Help
<b>25</b>  10am Bone Builders 1pm Pinochle	<b>26</b>  9am Hiking 10am Painting	<b>27</b>  10am Walking 12pm Tai Chi	<b>28</b>  10am Painting 1pm Cribbage	<b>29</b>  9am Coffee Social 10am Bone Builders
<b>May 2</b>  10am Bone Builders 1pm Pinochle	<b>May 3</b>  9am Hiking 10am Painting			

## Notes:

Stratham Senior Gathering Room is open Monday – Friday 8:30am – 4:00pm

**Change in hours noted in red / Pre-registration Required**

Program Details on back of calendar

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<b>Bone Builders</b> – provides the opportunity for participants to increase muscle strength, bone density and balance to protect against fractures caused by osteoporosis. The classes are held twice weekly. No previous experience is necessary, and weights will be provided. <b>Pre-registration Required</b> Waitlist offered
<b>Coffee Social</b> - The Keurig will be on, and the free coffee will be hot! We look forward to welcoming you back into your space.
<b>Hiking</b> - Come explore all that the trails of Stratham Hill Park have to offer! Each week we will venture off to different areas of the Park and surrounding trail network as we navigate through this amazing community resource. Hiking skills are not required, but participants must be physically able to keep up with a moderate walking pace and navigate over rocks and roots. <b>Pre-registration Required</b>
<b>Painting Class</b> - Learn to paint with a variety of mediums. Students will meet for a six-week session and work on painting projects while in class. Beginners to advanced students welcome. All necessary materials are provided. <b>Pre-registration Required</b>
<b>Pickleball</b> - We have courts at Steven's Park (located off of Bunker Hill Road near Frying Pan Lane) ready for you to play pickleball. The courts are reserved for pickleball on Monday, Thursdays, & <b>Saturday's</b> from 7:30am-12:00pm from April through October. No pre-registration required. For more information please contact our Pickleball Ambassador, Joanie Gough at <a href="mailto:jlgteach@gmail.com">jlgteach@gmail.com</a>
<b>Pinochle &amp; Cribbage</b> – Who doesn't love card games? Join us in the Senior Gathering Room for pickup card games. Review monthly calendar for details.
<b>Special Events</b> – each month we will plan special events for our senior residents to include Tech Help, Coffee with a Police Officer and community trips. Reach out with any idea or suggestions.
<b>Stratham 76ers</b> – this senior group meets monthly on the 3 <sup>rd</sup> Tuesday for a luncheon/ guest speaker. Meetings take place at the Stratham Fire House in the Morgera Room. For questions please contact Cheryl Halepis at <a href="mailto:acjh@comcast.net">acjh@comcast.net</a>
<b>Tai Chi</b> - is a series of gentle physical exercises and stretches. Each posture flows into the next without pause, ensuring that your body is in constant motion. Beginner tai chi classes are offered in the fall and winter. <b>Pre-registration Required</b>
<b>Walking Group</b> This is a drop in program that runs from April through the fall. We will meet weekly by the playground at the Municipal Center on Wednesday's at 10am to walk the gravel path round the athletic fields. This program is weather permitting.

For further information on any of these items please visit <http://www.strathamnh.gov/recreation>

Parks & Recreation  
10 Bunker Hill Avenue  
Stratham, NH 03885  
603-772-4741 Ext. 250