

July 2022

Stratham Senior Events/Program

Mon	Tue	Wed	Thu	Fri
4 CLOSED Independence Day	5 10am Sequence	6 10AM Rummikub	7 Pickleball 11am Ukulele 1pm Cribbage	8 10am Bone Builders
11 Pickleball 10am Bone Builders 1pm Pinochle	12 10am Sequence	13 10AM Rummikub 2pm Drop-in Tech Help	14 Pickleball 11am Ukulele 1pm Cribbage	15 10am Bone Builders
18 Pickleball 10am Bone Builders 1pm Pinochle	19 10am Sequence	20 10AM Rummikub	21 Pickleball 11am Ukulele 1pm Cribbage	22 10am Bone Builders 11am Drop-in Tech Help
25 Pickleball 10am Bone Builders 1pm Pinochle	26 10am Sequence	27 10AM Rummikub	28 Pickleball 11am Ukulele 1pm Cribbage	29 10am Bone Builders
				

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

Bone Builders – 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. **Pre-registration Required** Waitlist offered

Coffee Social - We look forward to enjoying a hot cup of joe with you. Sponsored by our locally owned **DUNKIN'**

Hiking - 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. **Pre-registration Required**

Painting Class - 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. **Pre-registration Required**

Pickleball - 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, & **Saturday's** from 7:30am-12:00pm from April through October. No pre-registration required. For more information please contact our Pickleball Ambassador, Joanie Gough at jlgt teach@gmail.com

Pinochle & Cribbage – Who doesn't love card games? Join us in the Senior Gathering Room for pickup card games. Review monthly calendar for details.

Special Events – 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.

Stratham 76ers – this senior group meets monthly on the 3rd 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 acjh@comcast.net

Tai Chi - 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. **Pre-registration Required**

Ukulele- lessons on how to play this four stringed instrument. Meet in the Senior Gather Space for this once a week group lesson. If we get good, we might even perform a concert! If you have your own ukulele, please bring it with you. We are working to get more of the donated.

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

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Stratham, NH 03885
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