

The City of Concord  
Parks and Recreation Department's

# ADULT ENRICHMENT & FITNESS CLASSES

Winter 2022



**Concord's City Wide Community Center**


14 Canterbury Rd, Concord NH 03301

603-225-8690

[www.concordparksandrec.com](http://www.concordparksandrec.com)

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**GOT CLASSES?**

Is there a class you would like to see? Do you know an instructor? Concord Parks & Recreation is always looking to expand our program offerings. If you are an instructor or if there is a class you would like to see offered please contact us at [recreation@concordnh.gov](mailto:recreation@concordnh.gov)



### MISSION STATEMENT

Concord Parks and Recreation is committed to engaging our community with safe, fun, inclusive opportunities to enhance health and wellness by providing programming, parks and recreation facilities.

### VISION STATEMENT

Concord Parks and Recreation's vision is to: create cutting edge and sustainable recreational resources to connect our community through education, programs and innovative partnerships to ensure an active city to live, work and play.

### CORE VALUES

Engaged • Fun • Diverse

# Concord's City Wide Community Center

After more than a decade of planning and a year of construction, the City of Concord's community center opened on Monday, June 11, 2018. The facility is located at 14 Canterbury Road in Concord and is connected to Keach Park. The new center features the following amenities:

- \* Four Program Rooms, Two Exercise Rooms
- \* Senior Lounge
- \* Concord Public Library - Heights Branch
- \* The Harriet Dame Auditorium with small stage
- \* Teaching/Prep Kitchen
- \* Locker Rooms
- \* Multi-purpose High School Size Gym
- \* Two outside courtyards
- \* Offices for the Parks and Recreation Department



## City Wide Community Center Hours of Operation

**Beginning: December 1, 2021**

**Monday - Thursday:** 8:00 a.m. - 8:00 p.m.

**\*Friday:** 8:00 a.m. - 4:30 p.m.

**Saturdays:** 8 a.m. - 2 p.m.

**\*Sunday:** Closed

\*Hours may vary based on rentals/programs.

Please check our website and Facebook for holiday hours!

Many of the rooms at the community center are available for rent.

Please call our office at 603-225-8690 for details.

# CONCORD PUBLIC LIBRARY'S HEIGHTS BRANCH



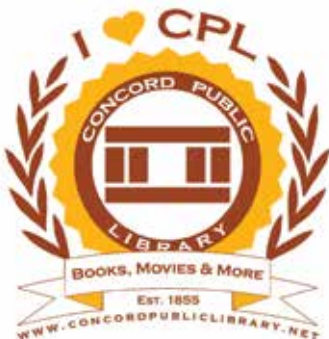
The Concord Public Library's Heights Branch is located in the City Wide Community Center at 14 Canterbury Road.

At the Heights Branch, library patrons will have access to a rotating collection of books, movies, music, Chrome books and other devices. Patrons will also discover a variety of programming ranging from family story-time to How-to Tech workshops.

For more information and to stay in the know, follow the Concord Public Library on Facebook (@ConcordPublicLibrary), Instagram (@concordnhlibrary), and Twitter (@ConcordNHLib).

## **Library Hours for the Heights Branch**

Wednesdays: 9 a.m. to 3 p.m.,  
Saturdays: 9 a.m. to 1p.m.



## HOW DO YOU REGISTER?

### **Resident/Non Resident**

To qualify for residency rates you must reside in Concord or Penacook (no PO boxes). If registering for the first time, you must show proof of residency (Photo ID, car registration, etc). There is an additional fee for non-residents participating in any of our programs.

### **Register via paper form**

Register directly by scheduling an appointment to stop by the Parks & Recreation Office located at 14 Canterbury Rd. You may also visit our website, [www.concordparksandrec.com](http://www.concordparksandrec.com) and download the registration form, fill it out and mail, fax, or bring it in with your check, cash or credit card.

### **Register online**

If you have taken part in one of our programs in the past you already have a user name and password. If you are new you can create a household to allow you to register online. Please take the time to fill out all information online: family members, date of birth, emergency contact information and email etc. Email us at [recreation@concordnh.gov](mailto:recreation@concordnh.gov) with any questions.

### **Please Note:**

- Please Register Early - all classes and programs have limited space. Registrations are taken on a first come, first served basis and may fill up before listed deadlines.
- Please complete the registration form in full. Be sure to include the program code number. Full payment is required at time of registration.

### **Photo Policy**

We may take photographs and/or video for department marketing purposes only. If you do not want to be photographed, please note this on your registration form.

### **Class Cancellations**

All classes have a minimum number of participants in order to run a class. Please be sure to register at least 10 days prior to the start of class otherwise the class may be cancelled due to low enrollment.

If a class is cancelled due to weather or instructor absence participants will be contacted via email. Please be sure you provide us with your best contact information. We will do our best to reschedule, but no refunds will be issued due to weather.

### **Refund Policy**

Refunds are issued when the participant enrolled in the program has a note from their physician's office stating they are not able to participate in a program because of a medical condition or the entire class session was canceled by the Parks and Recreation Department.

# DOG OBEDIENCE TRAINING



Maurice Regan runs Companion Dog Training. He has earned obedience titles on his last four dogs, with 3 winning a trial. In the past, he conducted dog obedience classes for Concord Community Education and Blue Seal Feeds. He has been a judge for 4H obedience trials. Maurice is a college professor who lives in Pembroke.

## Requirements:

- One dog over the age of 12 weeks.
- A large link chain or a rolled nylon slip collar 1.5 to 2 inches larger than your dog's neck. (The collars are mistakenly called "choke" collars. We do not choke dogs.)
- A six foot leash, leather or nylon, of suitable thickness for your dog's weight.
- A 15 foot long line, generally nylon (this is going to get dirty), of suitable thickness for your dog's weight.
- Optional, but strongly recommended, a variable stimulation, vibrating e-collar from either the [www.collarclinic.com](http://www.collarclinic.com) or [www.sportdog.com](http://www.sportdog.com)

## Basic Dog Obedience - Ages 16+ (with parent)

### Instructor: Maurice Regan

This eight week obedience course will teach your dog to heel on your left side on a loose leash, sit and down on a single command and hold that position when you walk away, and come when called when on a long line. Your dog will also learn to hold a stand when examined by others and to "out" or leave distractions when requested.

Additionally, you will learn techniques to stop your dog from jumping on humans and barking and lunging at other dogs.

You and your dog will learn all the exercises to qualify for the American Kennel Club's "Canine Good Citizen" certification.

**Dates:** Wednesdays, 1/12 - 3/2  
**When:** 5:00 - 6:00 p.m.  
**Location:** City Wide Community Center  
**Cost:** \$130 Resident, \$140 Non-Resident  
**Code:** 600903-3



# DOG OBEDIENCE TRAINING

## Advanced Dog Obedience - Ages 16+ (with parent)

Instructor: Maurice Regan

The advanced dog obedience class is intended for handlers and their dogs that have completed an introductory, basic obedience course and their dogs can heel with automatic sits, down on command, and recall to the handler, all with good leash control.

The advanced course will build on the skills taught in the basic course. Handlers and their dogs will further refine their skills in heeling and automatic sits, sit-stays and down-stays on command and at a distance, and holding the sit and down-stays for extended periods of time in more distracting environments. Dogs and their handlers will learn to work reliably in public areas. Additionally, handlers will learn the elements of conditioned reinforcement ("clicker" training) and scent work.

Graduates of this advanced course should be ready to test for the American Kennel Club's "Canine Good Citizen" or the United Kennel Club's "Specialized Pet Obedience Test."

**Dates:** Wednesdays, 1/12 - 3/2

**When:** 6:00 - 7:00 p.m.

**Location:** City Wide Community Center

**Cost:** \$130 Resident, \$140 Non-Resident

**Code:** 600913-3



## Detection Dog Training - Ages 16+ (with parent)

Instructor: Maurice Regan

This course is open to all dogs that are starting or are advanced in scent work. The class will be half obedience and half scent detection. Dogs and their handlers have the opportunity to detect both sport and working dog scents using a variety of training methods and devices. Though most of the searches will be indoors, there will be opportunities for outdoor searches as well. Handlers will also learn about competition for detection dogs.

**Dates:** Wednesdays, 1/12 - 3/2

**When:** 7:00 - 8:00 p.m.

**Location:** City Wide Community Center

**Cost:** \$130 Resident, \$140 Non-Resident

**Code:** 600916-3



# FITNESS



Peggy Petahtegoose has been teaching since 2011 and currently has over 1600 hours of teaching and training. Her specialty is Prenatal and Postpartum yoga. She is also a Divine Sleep Yoga Nidra teacher. Peggy derives her greatest joy by developing this unique community of women. The addition of yoga to her daily life transformed her and it might begin a new path of wellness and healing for you as well.

## Prenatal Yoga - Instructor: Peggy Petahtegoose - Ages 16+

Prenatal Yoga is one of the best health programs for you and your baby. This course helps you keep active, learn breathing methods, meditation practices, and what will happen to your body over the course of the next 10+ months. Everything changes within you physically, mentally, emotionally, and spiritually. We cover what you might expect during labor and delivery. This is your time to be fully engaged and most importantly INFORMED for your baby's birth date. Meet other Mom's, create your new friendships and find support in this community. Eat a light meal before, pack a light snack for after class. Bring water for during class.



**When:** Fridays, 5:30 - 6:30 p.m.

**Location:** City Wide Community Center

**Cost:** \$115 Resident, \$125 Non-Resident

**Date**

1/7 - 2/11

**Code**

600422-3



### GOT CLASSES?

Is there a class you would like to see? Do you know an instructor? Concord Parks & Recreation is always looking to expand our program offerings. If you are an instructor or if there is a class you would like to see offered please contact us at [recreation@concordnh.gov](mailto:recreation@concordnh.gov)



**To Avoid  
Class Cancellation  
Be An Early Bird!**

**Register at least 7 days  
prior to the start date to  
avoid class cancellation!**

**All classes have limited  
space.**



# FITNESS

Yoga means finding the True Self through practice with full awareness of your body, your breath and your mind. This ancient wisdom led me to become a yoga teacher to spread the positive effects that I've experienced. I completed the 200-hour teacher training program at Dragonfly Yoga Studios and have over 4 years of teaching experience. My overall intention is to guide others in finding internal and external balance through their practice, in line with the grace and strength that yoga can continuously provide on and off the mat.



## Gentle Yoga - Ages 16+

**Instructor:** Seonghee Harmon

It's a slow to moderate paced class incorporating breath work and alignment principles with movement. Yoga helps us to strengthen the mind-body connection and live our lives more fully. Other benefits include reduced stress, stronger muscles, increased joint mobility, deeper breathing, better focus, and greater sense of well-being. Every class will end with a relaxing and nurturing Savasana, allowing your body to assimilate all the movement, breath and love it received during practice. This class is great for beginners and open to all levels. Look forward to seeing you on the mat.



**When:** Fridays, 11:00 - 12:00 p.m.

**Location:** City Wide Community Center

**Cost:** \$80 Resident, \$90 Non-Resident

**Date**

1/7 - 2/11

3/4 - 4/8

**Code**

600405-3

600405-4



# FITNESS



Brigid has been practicing yoga for twenty years and has her EYT200 certification. She believes that yoga can benefit all people and help keep people healthy in body, mind and spirit. An active runner, cyclist and hiker Brigid can attest to the power of yoga as an essential component to any fitness plan.

## Vinyasa Flow Yoga - Ages 16+

**Instructor:** Brigid McNamee

This class offers a vinyasa flow from one posture to the next connecting the movement with the breath. Students will move through a variety of postures throughout the practice focusing on developing strength, flexibility and balance. The practice of controlled breath connected with movement is the foundation of a mind body connection which leads to stress reduction and improved movement.

**When:** Tuesdays, 6:00 - 7:00 p.m.

**Location:** City Wide Community Center

**Cost:** \$60 Resident, \$70 Non-Resident

**Date**

1/11 - 2/15

3/1 - 4/5

**Code**

600448-3

600448-4



Mitzi was born in Mexico City and started instructing aerobics 20 years ago. Kids and fitness are her biggest passions. She teaches Zumba fitness, Zumba Gold, Zumba toning, and Strong by Zumba. She is ready to show everyone that Zumba is a fabulously fun fitness program!

## Zumba Gold - Ages 50+

**Instructor:** Mitzi Caldron

Zumba Gold is the perfect class for older adults who may be Zumba beginners, fitness newbies, or in need of a modified fitness routine!

**When:** Wednesdays, 11:00 - 11:45 a.m.

**Location:** City Wide Community Center

**Cost:** \$25 Resident, \$35 Non-Resident

**Date**

1/12 - 2/16

3/9 - 4/13

**Code**

600421-3

600421-4

# FITNESS

Karen became certified to teach REFIT® in 2017 and enjoys teaching this format because it is designed for everyone. She wants to share with others what makes REFIT a great fitness experience! Karen can be contacted through her Facebook page at Facebook.com/Totally REFIT



## Refit Revolution - Ages 18+

**Instructor:** Karen Hammond

The REFIT® experience combines powerful movements and positive music for a cardio-based workout that is challenging, effective and fun for everyone. The 60-minute workout uses an interval system designed to provide a full-body workout.

**When:** Wednesdays, 5:00 - 6:00 p.m.

**Location:** City Wide Community Center

**Cost:** \$60 Resident, \$70 Non-Resident

**Dates**

1/12 - 2/16

3/9 - 4/13

**Code**

600425-3

600425-4



Katya Brennan is a licensed instructor in Buff Bones®, and a certified Pilates Mat and Apparatus instructor. Katya has been teaching in Concord for nearly 10 years. She trained and received her certification at Concord Pilates where Katya continues to teach Pilates apparatus classes.

## Buff Bones® - Ages 50+

**Instructor:** Katya Brennan

Buff Bones is a medically-endorsed, full body work out for bone strengthening and balance. It integrates Pilates, strength training, functional movement and rehabilitative exercise to improve the health and longevity of your bones and joints. Its adaptable to varying levels and is safe for those with osteoporosis. Class consists of standing and mat exercise. Please bring your own mat.

**When:** Tuesdays, 12:30 - 1:30 p.m.

**Location:** City Wide Community Center

**Cost:** \$50 Resident, \$60 Non-Resident

**Dates**

1/4 - 2/8

2/22 - 3/29

**Code**

600432-3

600432-4

# FITNESS

Cindy Gidley, a licensed Zumba instructor since 2014, teaches regular Zumba, Zumba Toning and Zumba Gold. She regularly attends instructor choreography sessions, in order to bring fresh new & exciting songs and routines to her classes. When you come to a class, wear comfortable sneakers (the less tread the better) and light, breathable clothing. Remember to bring some water and a towel. Cindy is available to answer questions by contacting her through her website at <http://cindygidley.zumba.com>.



## Zumba Toning & Zumba Combo - Ages 16+

**Instructor:** Cindy Gidley

A total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility and boosted energy. Class starts with adding resistance by using Zumba® Toning Sticks (or light weights) which helps you focus on specific muscle groups, so you and your muscles stay engaged! End class with an interval-style, calorie-burning dance fitness party.

**When:** Thursdays, 6:00 - 7:00 p.m.

**Location:** City Wide Community Center

### **SESSION 1**

**Dates:** 1/6 - 2/10

**Cost:** \$53 Resident, \$63 Non-Resident

**Code:** 600424-3

### **SESSION 2**

**Dates:** 3/3 - 4/7

**Cost:** \$53 Resident, \$63 Non-Resident

**Code:** 600424-4



# FITNESS



## Pound Rockout Workout - Ages 16+

Instructor: Cindy Gidley

Channel your inner rockstar with this full body cardio-jam session inspired by the infectious, energizing, and sweat-dripping fun of playing the drums. Designed for all fitness levels, POUND® provides the perfect atmosphere for letting loose, getting energized, toning up and rockin' out! The workout is easily modifiable; a POUND® class uses lightly weighted drumsticks engineered specifically for exercising, which transforms drumming into an incredibly effective way of working out.

**When:** Thursdays, 5:00 - 5:30 p.m.

**Location:** City Wide Community Center

### **SESSION 1**

**Dates:** 1/6 - 2/10

**Cost:** \$38 Resident, \$48 Non-Resident

**Code:** 600416-3

### **SESSION 2**

**Dates:** 3/3 - 4/7

**Cost:** \$38 Resident, \$48 Non-Resident

**Code:** 600416-4



# FITNESS



Nancy Kalinski - E-RYT 500 is a therapeutic yoga teacher with a medical focus. Her particular interest is in working with people who want to maintain and improve their bodies as they age even if they have limits and medical conditions. Nancy is an Emeritus board certified Physician Assistant who worked for 30 years in primary care, family medicine, occupational medicine and pediatrics.

## Yoga For MS - Ages 18+ Instructor: Nancy Kalinski

Yoga has proven to be beneficial to people with MS and to others with similar balance, strength and flexibility problems. This therapeutic yoga class is for you if you are dealing with any of these problems because of a diagnosed medical condition. If you are new to the class please contact the instructor first to make sure this class is appropriate for you. (Nancy Kalinski email: counterpointyoga@gmail.com). Some of our work is done in a chair but we also stand and get down on a yoga mat. (Please provide your own.)

### **YOGA FOR MS - COMMUNITY CENTER**

**When:** Saturdays, 10:30 - 11:30 a.m.

**Location:** City Wide Community Center

**Cost:** \$20 Resident, \$30 Non-Resident

**Dates**

**Code**

1/8 - 2/12

600446-3

2/26 - 4/2

600446-4

## **FREE WINTER OUTDOOR ACTIVITIES**

### GROOMED X-COUNTRY TRAILS

- \* Beaver Meadow Golf Course
- \* White Farm - Park at Memorial Field
- \* Memorial Field

Trails will usually open and be groomed once there is 8 inches of snow on the ground.

Rental equipment available at S&W Sports in Concord.

PLEASE READ AND OBEY ALL SIGNS  
STAY ON GROOMED TRAILS  
NO PETS ALLOWED ON TRAILS

## OUTDOOR ICE SKATING AREAS

- \* White Park
- \* Rollins Park
- \* Beaver Meadow Golf Course

The following skating areas are lit until 10 p.m.

Rollins and White Park Skating areas

**IF SNOW REMOVAL EQUIPMENT IS IN OPERATION, PLEASE STAY OFF THE ICE!**

# FITNESS

## Yoga For Backs - Ages 18+

Instructor: Nancy Kalinski

Do you have back problems? Have you tried yoga to help your back? Yoga For Backs is a medically based yoga class specifically designed to improve back pain and function, and prevent future back injuries. This class is for individuals currently experiencing mild to moderate back pain and other spine-related problems. It is also for anyone looking to continue the benefits of a previous back surgery or physical therapy program. These back and neck classes are for people with chronic back and/or neck injuries or for injuries past the immediate acute phase. They offer a comprehensive, progressive, safe and effective approach to back and neck healing.

**When:** Saturdays, 9 - 10 a.m.

**Location:** City Wide Community Center

**Cost:** \$69 Resident, \$79 Non-Resident

**Dates**

1/8 - 2/12

2/26 - 4/2

**Code**

600433-3

600433-4

## Yoga For Arthritis - Ages 18+

Instructor: Nancy Kalinski

Yoga for Arthritis is a medically based yoga class specifically designed to improve pain and mobility. This gentle class is for individuals currently experiencing mild to moderate joint pain. The benefits for people with arthritis range from increased strength, balance and flexibility to an improved sense of wellbeing. Yoga offers a comprehensive, progressive, safe and effective approach to healing. There are over 75 trials published on yoga in major medical journals.

**When:** Thursdays, 9 - 10 a.m.

**Location:** City Wide Community Center

**Cost:** \$69 Resident, \$79 Non-Resident

**Dates**

1/6 - 2/10

2/24 - 3/31

**Code**

600435-3

600435-4



# LANGUAGE

All Language students should purchase course materials prior to start of class from local or online sources.

Name: Lise M. Blais

Occupation: World Language Teacher, currently teaching French at Concord High School but, has also taught Spanish and Latin.

Certified in French and ELL, graduated from Notre Dame College and UNH Manchester

## Intermediate French - Ages 16+

Instructor: Lise Blais

Students will further develop their knowledge of basic, themed vocabulary and continue work on grammatical concepts needed to develop and understand the language. French will be used as much as possible during class. Two years of high school French instruction is recommended.

**When:** Wednesday, 5:30 - 7:00 p.m.

**Location:** City Wide Community Center

**Cost:** \$125 Residents, \$135 Non-Residents

**Dates**

1/5 - 2/9

3/9 - 4/13

**Code:**

600304-3

600304-4

**Materials:** C'est à toi 2, (2nd edition) ISBN: 978-0-82196-017-2

## Advanced French - Ages 16+

Instructor: Lise Blais

Students registering for this course will continue to develop their knowledge of reading, writing, listening and speaking in French. French will be the target language used during class. The prerequisite for this class is Intermediate French.

**When:** Mondays, 5:30 - 7:00 p.m.

**Location:** City Wide Community Center

**Cost:** \$125 Residents, \$135 Non-Residents

**Dates**

1/3 - 2/14 (no class 1/17/22)

3/7 - 4/11

**Code:**

600208-3

600208-4

**Materials:** C'est à toi 2, (2nd edition) ISBN: 978-0-82196-017-2







# Tai Chi

After a successful 30 year career in public safety, William Halacy retired from his position as Concord New Hampshire Police Chief and began a new career in Asian medicine. For over twenty-five years, Bill, with his wife, Margaret, have studied Yang style tai chi chuan in New Hampshire, Vermont, and Los Angeles under the tutelage of Masters Tung Kai Ying and Tung Chen Wei of Xingtai, China. He has been teaching tai chi for the past 18 years at Concord Hospital's Center for Health Promotion, Canterbury Shaker Village, Sage Wellness Center, NHTI and numerous businesses throughout the area.



## Beginners Introduction to Tai Chi Slow Set- Ages 16+

**Instructor: Bill Halacy**

Learn how to practice the traditional 108 movement Yang tai chi form that has been described as the equivalent of doing acupuncture on yourself. Beginners are invited to share in this centuries old art form as taught by Masters Tung Kai Ying and Tung Chen Wei. Reduce stress, strengthen legs, back and abs, improve balance, enhance immunity, prevent or relieve arthritis, and generally approach each day with an upbeat perspective and a lighter step.

**When:** Thursdays, 7:00 - 8:00 p.m.

**Location:** City Wide Community Center

**Cost:** \$70 Residents, \$80 Non-Residents

**Dates**

1/6 - 2/10

3/3 - 4/7

**Code:**

600439-3

600439-4



# Tai Chi

## Tai Chi Slow Set - Ages 16+

**Instructor:** Bill Halacy

Learn how to practice the traditional 108 movement Yang tai chi form that has been described as the equivalent of doing acupuncture on yourself. Beginners and returning students will be enthusiastically welcomed to share in this centuries old art form as taught by Masters Tung Kai Ying and Tung Chen Wei. Reduce stress, strengthen legs, back and abs, improve balance, enhance immunity, prevent or relieve arthritis, and generally approach each day with an upbeat perspective and a lighter step. Beginners Welcome!

**When:** Tuesdays 1:30 - 2:30 p.m.

**Location:** City Wide Community Center

**Cost:** \$70 Residents, \$80 Non-Residents

**Dates**

1/4 - 2/8

3/1 - 4/5

**Code**

600441-3

600441-4



## Tai Chi Slow Set Continuation - Ages 16+

**Instructor:** Bill Halacy

Those who have previously learned Tai Chi Gong and the first section of the 108 movement Yang tai chi form are invited to continue their studies to complete the Yang form as taught by the Tung family. As students continue to advance in their studies they will be afforded the opportunity to learn additional related forms, exercises and applications. Not a Beginner Class!

**When:** Tuesdays 7:00 - 8:00 p.m.

**Location:** City Wide Community Center

**Cost:** \$70 Residents, \$80 Non-Residents

**Dates**

1/4 - 2/8

3/1 - 4/5

**Code**

600440-3

600440-4

# TRAILS & ALES

## Trails & Ales - Ages 21+

Instructors: City of Concord Staff/Litherman's Brew Masters

Concord Parks & Recreation along with the City of Concord's Planning Division is excited to partner with Litherman's Limited Brewery to offer the Trails & Ales series. This collaboration will introduce participants to some of the amazing trails here in Concord as well as the amazing brews at Litherman's.

Each session will explore a new trail and a new brew. All walks are guided and each beer will be presented by a brew master at the brewery. Please join us for a fun and educational evening out and about in Concord. Participants can register for the entire series or individual sessions. Participants are responsible for their own transportation to the trails and the brewery.

Wednesday March 23rd – Marjory Swope Trails (One of the City's most popular trails. Has some hilly terrain, rewarded with beautiful views.)

Wednesday March 30th – Winant Park Trails (Another popular trail, there are some steep, rocky sections that take you up to some more beautiful views)

Wednesday, April 13th – Broken Ground Trails (This trail is easier, with relatively flat terrain that takes you along beaver ponds and wetlands)

Wednesday, April 20th – Oak Hills Trail (Yet another popular trail with steep and rocky terrain, but amazing views at the top)

**When:** Wednesdays, 5:00 - 8:00 p.m.

**Location:** Concord City Trails/Litherman's Brewery

Dates	Codes	Price
March 23	600919-1	\$35 Res., \$45 Non-Res.
March 30	600919-2	\$35 Res., \$45 Non-Res.
April 13	600919-3	\$35 Res., \$45 Non-Res.
April 20	600919-4	\$35 Res., \$45 Non-Res.
All Four Dates	600919-5	\$100 Res., \$140 Non-Res.



# VOICE OVER

## Voice Over Class - Ages 18+

Instructor: Hannah Trusty

In what could be the most enlightening 2 hours you've ever spent, this class will show you how you can actually begin using your speaking voice for commercials, films, videos, and more. Most people go about it the wrong way. In this introductory class, you will learn about a unique, outside the box way to break into this creative, fulfilling, and potentially lucrative industry. Voice-overs can be managed on your own terms, on your own turf, in your own time, and with minimal overhead! Whether you choose to pursue voice-overs part-time or full-time, this could be the game changer you've been looking for.

**When:** Tuesday, 6:30 - 8:30 p.m.

**Location:** City Wide Community Center

**Cost:** \$25 Resident, \$35 Non-Resident

**Date**

**Code**

March 22

600904-1



## ADULT GYM DROP-IN (18+)

\$3.00 Res. (w/ID), \$4.00 Non-Res.

December 2021 & January 2022



Please bring your own paddle or basketball to participate.

(603) 225-8690

[www.concordparksandrec.com](http://www.concordparksandrec.com)

DAY	GREEN ST. COMMUNITY CENTER 39 Green Street, Concord	CITY WIDE COMMUNITY CENTER 14 Canterbury Road, Concord
MONDAY	PICKLEBALL 9 A.M. - 12 P.M. 5 P.M. - 8 P.M.	
TUESDAY	OPEN GYM 11:30 A.M. - 1:30 P.M.	PICKLEBALL 11 A.M.-2P.M (DEC) 10 A.M-1P.M (JAN)
WEDNESDAY	PICKLEBALL 9 A.M. - 12 P.M.	
THURSDAY	OPEN GYM 11:30 A.M. - 1:30 P.M.	PICKLEBALL 11A.M.-2P.M.
FRIDAY	PICKLEBALL 9 A.M. - 12 P.M.	
	Cash only for Green Street	

No Drop-In Green Street and CWCC: 11/25, 11/26

No Drop-In Green Street: 12/24, 12/31, 1/17



# SENIORS

Concord Parks & Recreation looks forward to seeing you at one of our senior programs. Please come visit us at the City Wide Community Center to learn more about the Senior Passport and to get a look at the Senior Lounge pictured below.



## Senior Passport (60 yrs. and older)

All registered Senior Program participants will receive their “passport” and use it to check in when participating in senior programming. The Senior Passport is FREE for Concord residents and is available to non-residents for a \$50.00 yearly fee.

The Senior Passport will provide FREE access to the following programs as well as the Senior Lounge on Mon, Wed and Fri from 9:00 a.m.-1:00 p.m. Below is a sample of programs offered during the week.

Mondays	Wednesdays	Fridays
Walking Group 9 - 11	Walking Group 9 - 11	Walking Group 9 - 11 *Knitting 10 - 12 *Adult Coloring 10 - 12 *Scrabble 10 - 12 *Book Discussion 11-12:30 *Trivia 10 - 12
The walking group may use walking path at Keach Park when weather permits. When walking indoors the group will utilize the hallways.		
*Some Friday programs will alternate weekly. Please check the weekly calendar.		

To register for your Senior Passport simply stop by the City Wide Community Center.

## Want to know what's going on?

Every month we publish a Senior Program Calendar, which can be found at the City Wide Community Center or by visiting our website ([www.concordparksandrec.com](http://www.concordparksandrec.com)) and viewing the Senior page. The calendar will list all Senior Programs for the month. Please note some programs do require advance sign up and a minimal fee.

# SENIORS

## Meet our Senior Coordinator:

Becky Bukowski has been working at Concord Parks & Recreation Senior Coordinator since November 2014. Becky came to work for Parks & Recreation after she retired from the NH Department of Health and Humans Services after 29 years of service. Becky can be reached either by phone (603-230-4982) or email (rbukowski@concordnh.gov).



CONCORD REGIONAL  
VISITING NURSE  
ASSOCIATION

Concord Parks & Recreation Senior Program will also offer the following programs in partnership with Concord Regional VNA:

### Senior Health Clinics

The first Tuesday of every month 9:00-1:00 p.m.

Location: West St. Ward House, 41 West St. Concord, NH


### Senior Health Clinics


The third Friday of every month 9:00-1:00 p.m.

Location: West St. Ward House, 41 West St. Concord, NH

*Services offered include foot care, blood pressure screening, B-12 injections, medication education, and nutritional education. Senior Health Clinic services are provided for a suggested donation of \$10, however, services are provided regardless of a person's ability to pay. To schedule an appointment, please call (603) 224-4093, extension 5815.*

# RENTALS

<b>West Street Ward House</b>		<b>Green Street Community Center</b>
\$25/hour*		Gym - \$72/hour*
*Non-residents and non-resident groups are charged an additional \$15 per hour.		


<b>City Wide Community Center</b>		
Residential Rental Rates*		
Meeting Rooms	\$45 per hour	
Exercise Rooms	\$50 per hour	
Auditorium	\$100 per hour	
Gymnasium	\$90 per hour prime time \$60 per hour non-prime time	
Prime time for gym rentals is Monday - Friday after 5:00 p.m., weekends and holidays		
*Non-residents and non-resident groups are charged an additional \$15 per hour.		

**The Merrimack Lodge at White Park**

Resident Rental Rates:  
\$300 for the first 2 hours (minimum), \$100 per hour after the first 2 hours.

Non-Resident Rental Rates:  
\$330 for the first 2 hours (minimum), \$115 per hour after the first 2 hours. The rate includes the use of the patio and the indoor great room.

The Merrimack Lodge at White Park is available to rent. Please call 225-8690 for more information.





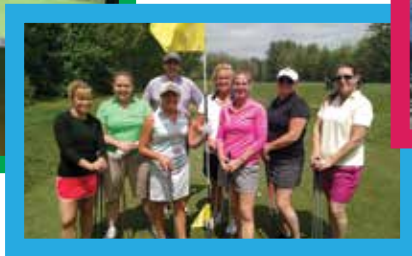
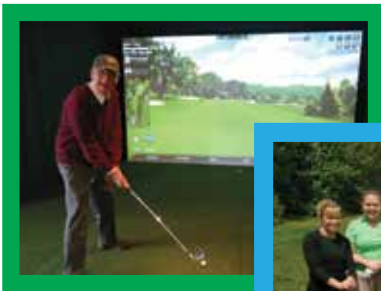
# BEAVER MEADOW GOLF COURSE

Established in 1896

[www.bmgc.golf](http://www.bmgc.golf) 603-228-8954

Beaver Meadow Golf Course is an 18 Hole public course situated on 120 acres in Concord NH. The course is open to the public and features a full swing driving range, restaurant, indoor golf simulators, full service Pro Shop with a year round PGA Class A Professional. The course offers year round teaching programs and leagues.

Please check the web site for fall greens fee pricing and information on becoming a member for the 2022 season.



## Indoor Golf Simulator Information

It takes approximately 1 hour per person to complete 18 holes, four people can play 9 holes in 2 hours. Playing time is also dependent upon the skill level of the players. Please try to arrive 15 minutes ahead of time to check in to allow time to change shoes and pay.

- Advanced reservations are always encouraged (minimum of one hour session).
- Walk-ins are welcome, pending simulator availability. It is always a good idea to call first to be sure we are open and have a simulator available for you. 603-228-8954.

**Indoor Adult Leagues forming!** The course runs a winter league that starts in January. You and your partner will play a different course each week. For more information and to register please call the Pro Shop.