

Holderness Recreation
PO Box 203
Holderness, NH 03245

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**Mad Science Throwback
February 2016**

Registration Information

Holderness Recreation Programs are open to residents and non-residents on a first come basis. The program fee and registration form must be submitted prior to the sign-up deadline. If class minimum is not met, class may be cancelled. Registration forms are available at the Holderness Town Hall and on the web at www.holderness-nh.gov. Please make checks payable to: Holderness Recreation and mail to PO Box 203, Holderness, NH 03245. For further information contact Wendy Werner, Recreation Director at 968-3700, recreation@holderness-nh.com. You may also register on line through the recreation web page.

**Traditional Basket Making
with Ray Lagasse**

Saturday March 23rd, April 6th,
May 11th, June 8th, 8:30 - 4:30
Holderness Town Hall

Make a basket using traditional methods. Choose from over 20 styles: Tote, Double Pie, Pack, Herb, Laundry, Woolgathering and many more.

You can see a complete list of baskets at www.holderness-nh.gov, on the recreation page.
Cost: \$145 pp (most baskets)

You may also make a Lidded basket. Lidded baskets are \$170 & \$180 and take two classes to finish.

Materials and use of tools are included in the workshop fee.

Please bring your lunch and drinks.
Min. of 4 and max. of 8 students.

Classes fill quickly so register today.
You can also join the waitlist.



You may now register online for most of our classes and programs. Simply visit www.holderness-nh.gov and then go to the recreation page. Here you will find the link to the online system.

You will need to create an account, register for a program and then you have the option to pay online or mail in a check or pay in person at Town Hall.

If you have any questions, please contact the office at 603-968-3700 or recreation@holderness-nh.gov.

Financial Assistance: If you or someone you know is having second thoughts about participating in one of our programs, call us and let's talk. We have scholarship funds available for residents, but may also have resources outside of our community for non-resident participants.

**Please donate to the Recreation
Scholarship Fund.**

This fund is used to offset program fees for families / participants that may not be able to afford a program on their own.

You may send checks made out to Holderness Recreation, with a note that it is for the Scholarship Account.

This fund helped many families this summer and it needs replenishing. We greatly appreciate and accept donations of any size.




Instructors Wanted

Do you have a skill or interest that you would like to share with others in the community? Do you teach Yoga? We are always looking for new program and class ideas. Reach out to Wendy in the office and let's put something together.



Holderness Recreation Department Winter 2024 Program Guide

 **American Red Cross** Adult & Pediatric CPR/AED
American Red Cross
Blended format class

American Red Cross certification for Adult, Child and Infant CPR. Participants will be trained how to recognize emergencies, contact EMS, demonstrate how to check a responsive or unresponsive person, how to care for an adult or child with a breathing/choking emergency and care for them if in cardiac arrest. This class is taught using a blended learning format. Two hours of e-learning on your own time prior to an hour and a half skill time in person.

Certification is good for two years.
Who: Adults and students ages 13yrs+
When: March 9th 9—10:30am in person skills test
Cost: \$75
Where: Holderness Town hall



Instructor: Anna Swanson—Anna works at Pemi Baker Community Health and has been an American Red Cross Instructor for over 25years. She is passionate about bringing safety awareness and skills to our communities.
Please register and pay by February 26th so you can get the link for the online learning portion.

 **February Vacation Week**
Fire & Ice Science 
Spectacular show
with Mad Science
Wednesday, Feb. 28th

This spectacular show thrills audiences with impressive science experiments. The event includes foggy dry ice storms and safe and fun fire demonstrations. Kids and parents alike are amazed by sizzling science, combustion and bubbly showers!

Who: Families and kids of all ages
When: Wednesday, February 28th
Time: 1-2pm
Cost: \$5 per person requested
Where: Holderness Town Hall




Space is limited to 60. Register Today!

Thank you Ellen

Thank You for over 30 years of service with the Town of Holderness. You are a wonderful positive person and always make others around you smile. You will be missed by all.

Congratulations on your Retirement!!

We look forward to seeing you around town!!





Holderness Recreation Board Members:

Tom Stepp, Chairperson
George 'Biff' Sutcliffe, Secretary
Jenny Evans, Nate Fuller
Adar Fejes, Maryanna Swanson and Heidi Emmons

The Board meets once per month at Town Hall to provide input on the recreation and beach budgets, policy and procedure, and review programs.

If you would like to take an active role in your recreation department, call the office today.

Early Bird Exercise



Classes are held at the Holderness Town Hall upstairs. Pre-registration is preferred.

What else is going on at 6:00 am. Our workout will incorporate hi/lo impact workouts, step aerobics, free weights, stability balls. And more. Fall class schedule will be Mon. Wed., & Fri. from 6:00—7:00am so come on down and give it a try!

Cost: \$50 (12-week session)

Instructor: Anne Packard

Zentangle Art Classes With Michelle Bui, CZT

Participants can plan to embark on a creative path that combines relaxation, focus, and artistic expression. Zentangle is an art form that combines intricate patterns, organic shapes, and deliberate strokes to create mesmerizing images. Rooted in mindfulness and meditation, Zentangle provides a therapeutic escape from everyday stress and allows participants to delve into a state of calm awareness.

Zentangle Sample class

Who: Adults 18+
When: Thurs., Jan. 25th 6-8pm
Cost: \$25 per person (includes pen and 2 tiles)

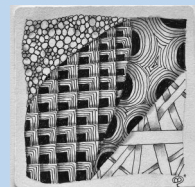
Zentangle 4-wk class

Who: Adults 18+
When: Feb. 1st to Feb. 22nd 6-8pm
Cost: \$50 per person (Includes a material pouch with tiles and 3 pens)

Classes are held at Holderness Town Hall.

All Levels welcome!

Please register by January 22nd and January 29th.



Strength & Balance In the New Year

This class is taught by license clinicians through Lakes Region Visiting Nursing Association.



Classes are for active adults who would like to maintain and improved their health. And adults who would like to begin focusing on improving their health. Classes will focus on increasing strength, balance and stamina. Consisting of resistive training with hand weights and body weight resistance, focused balance training to reduce fall risk as we age, cardio training, flexibility, proper breathing techniques promoting general wellbeing. Class emphasis on self-pacing for max benefit and increasing strength gradually. Participants are encouraged to work at their own pace and take breaks as needed to safely progress fitness level.

No class if School is cancelled due to weather.

Who: Active Adults

When: Wed. & Fri. 10:15-11am

Dates: January 24th—March 15th 8 wks

Where: Holderness Town Hall, upstairs

Cost: \$50 per person

Register by January 19th



Instructor: Roberta (Bobbie) O'Neill Lic PTA and Cert Ashtanga Yoga Instructor She has been a Physical Therapist Assistant since 1997, graduating from Newbury College Brookline MA. Certified Yoga Instructor since 2000.

Providing physical therapy services to all ages of individuals for over 20 years, working in nursing facilities, hospitals, outpatient clinics and providing home therapy services.

She owned Half Moon Yoga Studio in Topeka Ks for 11 years before moving back to NH to enjoy her grandchildren.

Blood Pressure Clinic With Lakes Region Visiting Nurses Association.

February 14th 11am

at Holderness Town Hall It's Valentines Day! Let's take care of our Hearts. Please call 603-968-3700 to let us know you are coming



Tai Chi with Darcy Cushing



Tai Chi is a martial art designed to improve health and reduce tension. The slow, graceful movements promote balance and overall vitality. Tai Chi builds strength, endurance, coordination, memory and confidence.

Tai Chi originated in China and is practiced worldwide to enhance overall health and wellbeing.

When: Wednesday's 5:30—6:30 pm

Dates: January 31st to March 20th

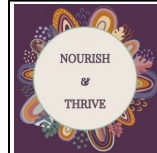
New sessions usually begin right after the current one.

Where: Holderness Town Hall

Cost: \$80 (8 week series)

Instructor: Darcy Cushing Darcy has been practicing Tai Chi Chuan for 28 years and in 1994 began studying directly with Grandmaster Tung Kai-ying, a third generation Tai Chi Master whose lineage can be traced back to the origins of Tai Chi Chuan. Darcy has taught classes in Plymouth, Ashland, Campton and Lincoln for more than 20 years, which includes 14 years of teaching at PSU.

Plant Based Cooking



Date: January 27, 2024

Cost: \$45 pp

Time: 9-11am

Where: Holderness Town Hall

In this engaging and informative class, we invite you to embark on a culinary journey that focuses on promoting health, vitality, and well-being through a plant-based, fiber-forward approach. Wendy Hills, Owner of Roots & Roses, a whole food plant based business is the instructor for this workshop

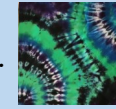
Class Overview:

- Introduction to Plant-Based Nutrition Basics - Gain insights into the benefits of adopting a plant-based lifestyle, exploring how it contributes to overall health and longevity
- The Power of Fiber - Delve into the importance of fiber in promoting digestive health, managing weight, and supporting a balanced, sustainable diet.
- Cooking Essentials - Learn basic essential cooking techniques tailored to plant-based ingredients, ensuring your meals are not only nutritious but bursting with flavor.

Please register by January 24th

Family Tie Dye with Joyce Warburton

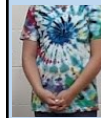
Learn the basics of tie dyeing using professional quality dyes.



Bring your own **prewashed cotton** items to dye. Besides T-shirts, consider tote bags, bandanas, pillow cases, aprons, etc.

Today you will learn about Tie Dye and make your creation. You will not take it home today as it needs time to react.

Joyce will take your piece home to wash, rinse and dry. You will be able to pick up your project Monday, March 4th.



(Please note that the fabric must be made of plant fiber, such as cotton, rayon, linen or modal. Polyester will not retain this dye.)

When: Saturday, March 2nd

Time: 10-11 am

Who: Adults and children of all ages

Cost: \$15/person

Please register by Feb. 27th. Space is limited to 10.

Family Paint Nights

With **Jadi Mercer**

Let's make memories to last a lifetime.

Join Jadi as she guides you step-by-step to create your painting. Using a fall and winter palette of paints and canvas, Jadi will teach painting basics in this start to finish workshop. All supplies included.

*note: you do NOT need a partner for this class. Singles welcome!



February 9th 6—7:30pm

Heart Warming



April 13th 6—7:30pm
April Flowers Collage

Who: Adults & children all ages

Where: Holderness Town Hall

Cost: \$30 first person, \$25 each addtl. family member

Please register and pay by **February 6th & April 10th**.

Evening Programs at the Holderness Central School

You must pre register for each of these programs through the recreation office or online portal.

Adult Basketball



Ongoing during school year.

Monday nights from 7:30—9pm until school basketball ends then the time is 7:00-9:00pm.

Ages 18+. Recreational play. \$5 per session.

Session II January 23rd to June 12th
(no play 1/15, 2/26, 4/22 or 5/27)

Adult Volleyball



Ongoing during school year.

Tuesday nights from 7:30—9pm until school basketball ends then the time is 7:00-9:00pm.

Ages 18+. Recreational play all levels welcome. \$5 for the season.

(no play on 12/26, 2/27 or 4/23)

Play Now!



New Hampshire's First Day Hikes 2024

These hikes give individuals, families and friends an opportunity to begin the New Year rejuvenating and connecting with the outdoors by taking a Free family friendly hike on New Years Day!

Visitors to First Day Hikes can explore historic sites, state parks and even enjoy pet friendly hikes with their four footed friends.

2024 Hikes include:

Wentworth-Coolidge Mansion
Weeks State Park
White Lake State Park
Monadnock State Park
Northwood Meadows State Park—NEW
Rhododendron State Park—NEW
Bear Brook State Park

**Registration is required, there will be no same day registration allowed.

To register please visit <https://www.nhstateparks.org/first-day-hikes-2024>

Adult Pickleball Starting February 14th



Wednesday's 7:30-9 until school bball ends then 6:00-9:00pm.

Friday Nights from 6:00-9:00pm. Ages 18+. Recreational play for fun. \$10 per session.

Session II—February 14th to June 7th
(No play on 2/28, 3/1, 3/13, 3/15, 4/24 and 4/26)

Online registration for Indoor Session II opens on January 25th at 9am.

Not ready to register online? Contact Wendy at 603-968-3700 for information on registering in person

Adult Badminton



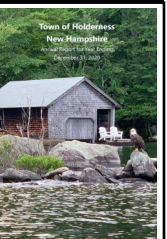
Thursday nights, from 7:30-9pm until school basketball ends then the time is 6:30-9:00pm.

Ages 18+. Recreational play, all levels welcome. \$5 for the season.

(no play on 2/29 or 4/25)

No play when the school is closed due to inclement weather, holidays, vacation weeks or school events.

Town Report Photo Contest



- * Do you have an interesting picture of Holderness?
- * Do you have a particular photo that depicts how we work or play in our town?
- * Do you have a picture that is unique to Holderness?

This year, we are holding a photo contest where the winning picture will grace the cover of the 2023 Town Report.

Please send your photo in pdf format to recreation@holderness-nh.gov
Please include your contact information. Submission are due by January 16, 2024.

Walk or Run at the ALLWell North Center at PSU

An opportunity for **everyone** to enjoy walking or running on a 200 meter indoor state-of-the-art track.

Mon - Fri 6am-8am or 11am - 1pm. If PSU is Closed due to weather, walking is also cancelled.

