

Evening Sports at HCS

Please park in the lot on the right side of the school and enter across from the playground. Also, please bring clean non-marking sneakers. You must pre-register for each of these programs through the recreation office or online portal.

INDOOR PICKLEBALL

Casual fun with friends and neighbors. Recreational play, all levels welcome. Ages 18+. \$10 per session.

Wednesdays 6:30 - 8:30/9 p.m.

once school basketball is over.

Fridays 6-8:30/9pm

Session II Feb. 4 - June 5

(No play on 2/13, 2/25, 2/27, 3/11, 3/20, 4/22, 4/29, 5/1)

Registration opens January 12

BASKETBALL

Monday nights from 7:30-9 p.m.

Ages 18+. Recreational play.

\$10 for the season.

September 22 - June 8

(no play 12/29, 1/19, 2/23, 4/27 or 5/25)

BADMINTON

Thursday nights, from 7:30-9 p.m.

until school bball is over then 6:30-9 p.m.

Fun group of people playing a great game! Ages 18+. Recreational play, all levels welcome. \$5 for the season.

September 18 - June 4

(no play on 12/25, 1/1, 2/27 or 4/30)

DROP-IN BRIDGE ♠♥♣♦

At the Holderness Free Library

Wednesdays from 1-4 p.m.

Looking to meet other bridge players for a friendly game? Great warm inside activity for the winter. Drop ins welcome, no partner necessary - free fun! For more info call Ivan 603-677-2224 or Lynn 603-926-9700.

EARLY BIRD EXERCISE

With Anne Packard

Our workout includes hi/lo impact workouts, step aerobics, free weights, stability balls & more. You and the birds are up, so why not come join this lively group for a great start to your day.

Who: Adults

When: Mon. Wed., & Fri. 6-7 a.m.

Where: Holderness Town Hall

Cost: \$55 (12-week session)

STRENGTH & BALANCE

With Bobbie O'Neill

Class is led by a licensed clinician through Lakes Region Visiting Nursing Association. This class for active adults who would like to maintain and improved 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, cardio training, flexibility, and proper breathing techniques promoting general wellbeing. 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. Jan. 14 to March 6

Where: Holderness Town Hall

Time: 9 - 9:45 a.m

Cost: \$50 per person

Instructor: Roberta (Bobbie) O'Neill Lic. PTA and Cert Ashtanga Yoga Instructor.

TOWN REPORT PHOTO CONTEST

* 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?

We are looking for an eye-catching local photo for the cover of the 2025 Town Report.

Please send your photo in pdf format to recreation@holderness-nh.gov and include your contact information by January 16, 2026

2 - HOUR CHAKRA DANCE

With Iryna Novos

Chakras - energy centers in our subtle body that responsible for different areas of our life. CHAKRADANCE is a healing journey through free expressive movement, guided meditation, specially designed music to resonate with each chakra and Mandala based Art.

In 2 hours, we will gently and carefully open the energy of all 7 chakras, shake off stagnation, we will sense our energy centers and reconnect with their inner wisdom.

No dance experience is needed — we move freely, in the way your body feels, and meet you we you are.

When: January 11 from 11 a.m. - 1 p.m.

Where: Holderness Town Hall

Cost: \$25

2-DAY CHAKRA DANCE COURSE

A healing journey where we will devote two days to opening, experiencing, and activating each of the 7 chakras through free movement dance. We will gently travel from the root to the crown - clearing the body, releasing emotions, awakening energy, and returning to our true inner power.

Day 1 - Earth, Body, Sensuality, Life Energy

- Full exploration of Chakras 1–3

Day 2 - Heart, Creativity, Intuition, Spirituality

- Opening Chakras 4–7 through movement, vibration, and energy practices

Each day concludes with gentle relaxation, energy restoration, and integration.

No dance experience is required

When: January 17 & 18 (Sat. & Sun.)

Where: Holderness Town Hall

Time: 10 a.m. - 2 p.m.

Cost: \$155

RECREATION BOARD MEMBERS

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

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

COMPASS OF THE HEART: FROM INNER CONFLICT TO CLEAR DIRECTION

With Lena Moser

Do you feel the constant hum of "busy-ness" but wonder if you're actually on the right path? Join Certified Life Coach and Spiritual Wellness Program Coordinator, Lena Moser, for a soulful, restorative workshop designed for driven women who are ready to stop spinning in thoughts and start listening to their intuition.

In this interactive 2-hour session, we will:

- Learn to quiet the "battle" between your logical mind and your intuitive heart.
- Experience a grounding and restorative nature-based meditation with live drumming and Native American flute.
- Map out your "Inner Compass" to gain clarity on your next steps in life or career.

You will leave feeling calmer, clearer, and deeply connected to your own inner wisdom. No experience necessary; journals and materials provided. Minimum of 6 people needed

When: Sunday, January 25 (Snow Date Feb. 1)

Please register by January 21

Time: 9 - 11a.m.

Where: Holderness Town Hall

Cost: \$45

BROOM MAKING WORKSHOP

With Stephanie Gage

Stephanie is a lifelong artist, who discovered broom making about 10 years ago. She creates handcrafted brooms that blend beauty with everyday utility. She is excited to share the craft of traditional broom making and help others experience the joy of creating with their hands.

If you are looking to learn a new craft, this is a great opportunity with a great instructor. Please join Stephanie in the new year where you will learn to create four unique broom items for your home, kitchen or fireplace.

These items, shown from left to right, are:

- Cake Tester
- Veggie (root)/Pot Scrubber
- Round Hand Broom
- Turkey Wing Whisk Broom.

There will be 8 colors for you to choose from so you can find the one that is best suited for you. These are great around the home or to give as gifts.

Who: Adults and youth ages 13+

When: January 10, February 21 or March 14

Time: 8:30 a.m. - 4:30 p.m. (class may not take this long)

Cost: \$45.00 per person, includes all materials

Where: Holderness Town Hall

Please register and pay by Jan. 7, Feb. 18 & Mar. 11

FENG SHUI WORKSHOP

With Peg Donahue of Feng Shui Connections

Feng shui is the art and science of arranging your environment to enhance your life. Although the practice began in China thousands of years ago, it has evolved with the times. The concepts are very relevant today. They provide a wonderful means to bring peace and prosperity to spaces and life.

Peg Donahue, of Feng Shui Connections, will introduce you to the basic principles of feng shui and the feng shui bagua, a symbolic map of life issues.

Bring a floor plan of your home (or business). Place each floor on a sheet of 8 ½ x 11 paper and place in a plastic sheet protector. You'll draw the bagua on the sheet protector, saving your original plan. We will discuss how to correlate intentions with nine areas in your space. We'll also cover basic adjustments for common patterns. Whether you are new to feng shui or experienced with these topics, everyone will learn something.

When: Saturday, April 18, 2026

Time: 9:00 – 10:30 a.m.

Where: Holderness Town Hall

Cost: \$10

Meet your Presenter:

Peg Donahue is a highly skilled business and personal consultant, teacher, and coach specializing in feng shui, energy clearing, and refocusing people to live authentic, prosperous lives using easy and practical tools.

No stranger to personal transformation, Peg follows her passion and teaches others to do the same. After a database marketing career, Peg founded Feng Shui Connections in 2001. She regularly consults with people in homes and businesses. She trained feng shui practitioners for seven years, taught an online business class at SNHU for four years, and co-authored two books: Dorm Room Feng Shui in 2005 and Money Is an Energy Game in 2020.

Weaving the worlds of business and energy has driven Peg's success for well over forty years. She enjoys helping people and businesses master the art of thriving in any circumstance.

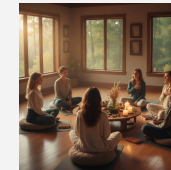
NEED MORE INFORMATION?

Registration and general information can be found at www.holderness-nh.gov on the Recreation Department page.

Please call 603-968-3700 or email

recreation@holderness-nh.gov if you have questions.

You may also register online for most programs.



FENCING FOR THE BEGINNER

With Nicholas Geraci

A 6-week introduction to the sport of Fencing where you will learn about equipment needed and cost, time commitment, basic skills, movements, terminology, footwork, body position, wrist work and more. For this class we will be using foam foils. After this class you will know if this is the sport for you.

Who: Ages 10 + (8/9 if you attended the previous class)

When: Friday, January 23 to March 6

Where: Holderness Town Hall

Time: 6-7pm

Cost: \$60



INTERMEDIATE FENCING

6-week class designed to allow novice, recreational, and developing fencers to continue improving their fencing techniques through structured drills in a group format. Those interested will acquire a better understanding of the rules of Right of Way, and be comfortable with advanced footwork, direct and indirect attacks, parrying, and ripostes. Equipment for this class at minimum include a: mask, jacket, glove, and complete practice foil contact the rec. office for a complete list

Who: Ages 10 + (8/9 if you attended the beginner class)

When: Friday, January 23 to March 6

Where: Holderness Town Hall

Time: 7-8pm

Cost: \$60



ACTIVITIES WITH SQUAM LAKES ASSOCIATION

Winterfest 2026

February 14, 2026 @ 12:00 pm–3:00 pm

Winterfest is free and open to the public, so join us for some winter fun!

Free Gear Rentals

The SLA provides free gear rentals to facilitate access to the outdoors and safe & sustainable outdoor recreation.

Winter gear

- Snowshoes
- Trekking poles
- Microspikes
- Backpacks

Visit www.swqaumlakes.org for more information.

ALLWELL NORTH STRIDERS - PSU

Walking Schedule: Monday – Friday
6 - 8 a.m. or 11 a.m. - 1 p.m.

Please wear only clean, indoor running/walking shoes to preserve the track surface. If PSU closes campus due to inclement weather walking is also canceled.

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 is practiced worldwide to enhance overall health and wellbeing.

When: Wednesday, January 14 to March 4

Where: Holderness Town Hall

Time: 5:30-6:30 p.m.

Cost: \$80 8-weeks, \$15 drop-in



Instructor: Darcy Cushing Darcy has been practicing Tai Chi Chuan for 28 yrs and has taught classes in Plymouth, Ashland, Campton and Lincoln for more than 20 yrs, including 14yrs at Plymouth State University.

MAKE A NATIVE POLLINATOR HOUSE

With Heidi Emmons

Unlike honeybees, which live in large social colonies, solitary bees live alone, with each female building her own individual nest often in hollow plant stems, stone walls or holes in dead wood. By building a bee house that mimics their natural nesting sites, you can provide a safe and reliable place for them to raise their young.

Come make and decorate a native pollinator house to help solitary bees. Everyone will go home with their very own native pollinator house and the knowledge of where to put it and how care for it, and its inhabitants for years to come

Who: All ages welcome, under 12 with an adult.

When: Saturday, March 21 from 9 - 10:30 a.m.

Where: Holderness Town Hall

Cost: \$10 per person

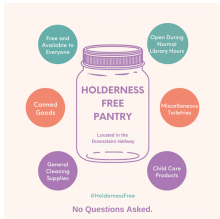


HOLDERNESS FREE LIBRARY FOOD PANTRY

The Holderness Free Pantry is well stocked and open to everyone whenever the building is open.

No Questions Asked

For more information, please visit www.holdernessfreelibrary.org



FIND YOUR FUN!
APPAREL FOR SALE

Gift Idea
Hoodies
Hats &
Shirts



HOLDERNESS REC.
FIND YOUR FUN!

Winter 2026 PROGRAM GUIDE

PAINT NIGHTS

With Jadi Mercer

Let's make memories to last a lifetime. Please join Jadi as she guides you step-by-step to create your painting. *Note: you do NOT need a partner for this class. Singles welcome!

LOVELY Mittens

Bring your playful creativity to make this adorable painting with someone you love in mind. It's so fun!

February 6 from 6 - 7:30 p.m.

Reg. by Feb.3



Surprising Spring Gnome

We all need more Gnomes in our life and now you can create your very own!

March 13 from 6-7:30 p.m.

Reg. by Mar. 10



Who: Adults and children, all ages

Where: Holderness Town Hall.

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

FIDDLE HEAD YOUTH ORCHESTRA

With Jessye Bartlett

A Community Performance with The Fiddle Head Field Youth Orchestra.



This program is an El Sistema-inspired afterschool music program for ages 4-17. They meet four days a week at the Dole Mill to learn instrumental performance skills as a tool in their toolkit to strengthen community, bring people together, and foster joy and beauty in the place where we live. They call this concept Citizen Artistry.

They also seek to promote the healthy growth and development of children through the study, practice, and performance of music.

All students receive a full scholarship to participate in the program. Students receive group instrumental instruction and ensemble rehearsals and learn to play violin, viola, cello and bass. We hope you can join us for a spring concert!

When: Thursday, April 16th

Time: 5 - 6 p.m.

Where: Holderness Town Hall

Cost: Free, donations to the Orchestra are welcome.

AMERICAN RED CROSS ADULT, CHILD & INFANT CPR/AED BLENDED FORMAT

With Anna Swanson

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. Participants will also learn how to use an Automated External Defibrillator (AED) machine, practicing on a trainer machine.

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. 2yr certification.

Who: Adults and students ages 13yrs+

When: March 7, 10—11:30 a.m. in person skills practice

Where: Holderness Town hall

Cost: \$80 -Scholarships are available for this class



Register by March 1 to complete the online learning portion of the class.

TRADITIONAL BASKET MAKING

With Ray Lagasse

Ray, of Lagasse Baskets in Lempster, N.H. has been handcrafting fine baskets for the last 25+years, Ray's baskets have been among the jury-selected wares at the League of New Hampshire Craftsmen's retail locations for many years.

Dates: Saturday's - February 14, March 28, April 4, May 9 & June 6

Time: 8:30 a.m.- 4:30 p.m. (please pack a lunch)

Most baskets are \$145.00 per person. Over 21 designs to choose from! Lidded baskets are \$170 & \$180 and

take two classes to finish.



Optional: WOOD or LEATHER handles on Woolgathering or Laundry Basket.



RECREATION SCHOLARSHIP FUND

Give the gift of recreation this season. 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 Fund. We greatly appreciate and accept donations of any size.



Thank you for your support!