

Holderness Recreation
PO Box 203
Holderness, NH 03245



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Holderness Recreation Department Winter 2020 Programs

A registration form is required for most programs
See our website for more programs and details at www.holderness-nh.gov.



Registration Information

Holderness Recreation Programs are open to Holderness residents on a first come basis. The program fee and registration must be submitted prior to the sign-up deadline. If the 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. You may also register online. 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. Office hours are held at the Town Hall on a varying schedule.

Holderness Free Library

Take time to visit the charming and so inviting library. Sit is the children's room or out on the deck with the beautiful pergola when it is warm enough. There are new faces at the library, so stop in and say hello!

Ongoing Activities:

- * Tuesday's @ 1pm Stitch and Chat
- * Tuesday's & Wednesday's @ 10am Story Time
- * Wednesday's @ 1pm Casual Bridge Group



For more information visit holdernessfreelibrary.org
or call 968-7066.

Community Walking 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. Please wear only clean, indoor running / walking shoes to preserve the track surface. Bring plastic containers for water; showers and changing rooms are available. Parking is available in the garage for \$.50 per hour.

Monday – Friday
6:00 AM – 8:00 AM
11:30 AM – 1:00 PM



This program is sponsored by the **Center for Healthy Communities** and **ALLWell North**.
You do not need to pre-register for this. **535-3480**

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.

Felting & Friends

with Diane Johnson, owner of Soft Touch Farm in Center Sandwich

These are adorable! Grab a friend and make some memories and really cute Snow Baby or Winter Fairy.



This class is suitable for adults and youth ages 10+. It is also suitable for beginner or experienced crafters, boys, girls, men and women. It is simple to learn and all the materials are included.

You will take home a completed soft and fun craft project as well as a basic felting kit.

When: Feb. 29th 9:30am–12pm or March 6th 4pm–6:30pm

Cost: \$35 includes all materials

Location: Holderness Town Hall

Please register by Feb. 24th and March 2nd.

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. You may also donate online.

We greatly appreciate and accept donations of any size.

Thank you for your support!

Holderness Recreation Department Winter 2020 Program Guide



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?
- * Are you an aspiring photographer that would like to show off your work?



This year, we are holding a photo contest where the winning picture will grace the cover of the 2019 Town Report.

All you have to do is send your photo electronically in pdf format to Linda at landuse@holderness-nh.gov. Please include your contact information. Submission are due by January 15, 2020.



Adult Yoga—Hatha all levels

Lori Card has a wonderful personality and truly enjoys sharing yoga with us. Hatha is a more relaxed, moderate-paced practice that includes breathing and meditation exercises that emphasize breathing, strength and flexibility. We would love to have you join our class!

Classes are held on Tuesday's & Thursday's from 9–10:15am.
A punch card for 6 classes is \$60 or \$12 drop in.

Extra mats and blocks are available. You are welcome to join at any time.

"In the practice of Yoga one can emphasize the body, the mind or the self and hence the effort can never be fruitless"



Edible Landscaping With



Liz Barbour's
Creative Feast
Bringing the Culinary Arts to You

Thursday, March 12th
3–5pm
Holderness Town Hall
\$15 per person

Please register by March 5th

Edible landscaping is the newest gardening trend that answers the old question of how to utilize your limited garden space so it can be productive and beautiful at the same time.

Chef, author and gardener Liz Barbour has been including edible plants throughout her small cottage garden from the very beginning of its design. Join her for a slideshow tour through her edible gardens and learn how she has introduced vegetables, herbs, fruit trees, edible shrubs, and herbs to blend beautifully and deliciously throughout. Enjoy a cooking demonstration of 2 seasonal recipes with samples for everyone.

Liz Barbour has been cooking professionally in the Boston area since 1992 and started The Creative Feast in 2004. Liz's cooking demonstrations and recipes have been featured on New Hampshire Chronicle, Channel 9's "Cooks Corner" and in various publications including New Hampshire Magazine. In 2017 Liz published her first cookbook "*Beautifully Delicious: Cooking with Herbs & Edible Flowers*".



Online Registration is now available!

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.

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



Holderness Recreation Board

Members:

Tom Stepp, Chairperson
George 'Biff' Sutcliffe, Secretary
Jenny Evans
Janis Messier
Amanda Bussolari
Nate Fuller
Adar Fejes



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

Adult Programs at Holderness

Central School—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 to help preserve the flooring.



Adult Drop in Basketball

Monday nights from 7:30—9:20pm running through the school year. The cost is \$5 for the season. Bring a light and dark colored shirt. You will need to sign in on the waiver sheet before participating. This is a recreational program offering friendly competition. Ages 18+



Adult Volleyball:

Tuesday & Wednesday nights from 7:30—9:20pm. Join our drop in group for a night of great athletic fun. The cost is only \$5 for the whole season and you can't beat that! We welcome players ages 18+. No pre-registration is necessary, just show up ready to play. You will need to sign in on the waiver sheet before participating.



Early Bird Exercise:

What else is going on at 5:30am? Come on out and join us for a great eye opener at a great price with great people. Our workout will incorporate hi/lo impact exercises, step aerobics, free weights and stability balls. Winter class schedule will be Mon., Wed., & Fri. from 5:30—6:30am. We are currently in session, so come on down and try it!



Cost: \$50 (12-week session)

Instructor: Anne Packard

Adult Pickleball:

Friday nights 7:30-9:20pm
\$5 for the season, Ages 18+

If you haven't tried it before, now is a great time. Join us for an evening of friendly, low key recreational play with friends at the Holderness Central School. The cost is only \$5 for the season, Ages 18+.



All levels are welcome.

Adult Badminton

Not just at the backyard barbeque anymore!



When: Thursday nights from 7:30—9:20pm

Where: Holderness Central School Gym

Who: ages 18+

Cost: \$5 for the season

Please park in the lot on the right side of the school as you drive in and walk to the entrance across from the playground. All levels are welcome. Players under 18 need a parent signature. You can register on site, at Town Hall or online.



Gift Certificates

Now you can purchase a gift certificate online! Visit www.holderness-nh.gov and go to the recreation page. From there click on the online registration link, create your account and make someone's day!

Traditional Basket Making with renowned Basket Maker Ray Lagasse



Saturday January 11th,
February 22nd, March 14th or
April 11th, 8:30—4:30
Holderness Town Hall

Make a basket using traditional methods.

Choose from 10 styles including; Double-Pie, Pack, Woolgathering, Laundry, Market, Wine and more.

There are many more to see at www.holderness-nh.gov.

Cost: \$125 pp

You may also make a Lidded basket. Lidded baskets are \$155 & \$165 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 fast, so register today

Guided Meditation

Dates: Jan. 19th, Feb. 16th, Mar. 22nd, Apr. 19th, May 17th
Please register by the Wednesday before the class.



Where: Holderness Town Hall

Cost: \$10per visit per person.

Ages: Adult and 13+

Time: 8am

Meditation has been proven to be an important practice for settling the busy mind. We all handle jobs, families, and extremely busy schedules, taking little time to slow down and clear the mind. Guided meditation helps you come into focus and be in the present moment, without distractions of the outside world. By allowing a trained instructor to guide you, it is easier for you to allow the mind to clear of all distractions and external thought. Just bring yourself and anything that feels comforting, blankets, bolsters, eye pillows etc. If not all of this will be provided.

Instructor Bio: Shannon VanSickle has been practicing and studying the effect of the Energy that surrounds us and its profound effect on Healing and opening the "Inner Self." Beginning with the study of yoga in 2013, learning the importance of being present and mindful in our daily lives. Shannon traveled to the jungle of Peru to live and study with the Shamans in 2016, and also a 9 month study of West African Divinations in 2017, which uses the elements of Earth in ritual and for healing.

Abstract Animal Painting

With Fawn Ouellette

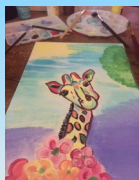
When: Jan. 25th or Mar. 28th

Time: 10am-12pm

Cost: \$25/person. Bring a friend for \$20.
Students/\$15 (bring student ID)

Who: ages 6 and up—Adult

Where: Holderness Town Hall



We will choose an animal and bring it to life on our canvas using an array of color. All levels... Fun, color and creativity for all! No experience needed.

Paint and canvas included.

About Fawn—As a young girl Fawn took after her father and his artistic talents. She enjoyed all media, especially sketching and painting. In college she took a great liking to character drawings and shading so much that the Art Chair encouraged her to change her major and become a full time Art Student. She stuck to her current course work however continued taking art courses any chance she could even lending her art work in several shows. Today as an adult, she likes to share her love and knowledge with others.

Ballroom Dancing

with Juli Pruden



Ballroom, Latin, and Swing Dance Returns to Holderness in January with ISTD trained instructor, Juli Pruden. Couples and singles are welcome, although finding a partner, any partner, is helpful. Classes are one hour each week and will give you not just the steps and patterns, but also the technique and partnership skills to make them look and feel comfortable and smooth.

Cost: \$120/couple, \$65/single

Winter Session I: Jan. 9th—Feb. 13th with pre-registrations due by Jan. 2nd.

Winter Session II: Tentatively Feb.20th—March 26th with pre-registrations due by Feb. 13th(session II dates may be adjusted due to weather cancellations in the winter session)

6:PM--7:PM BEGINNER BALLROOM--Learn to overcome your shyness about getting out on a dance floor with the basics in Foxtrot, Waltz, and East Coast Swing as well as the partnership skills to make them look and feel good. Join in the fun!

7:PM--8:PM BEGINNER RUMBA AND CHA-CHA--Rumba is a slow, romantic dance, while Cha-Cha is a fun, upbeat dance with a syncopated rhythm that can be adapted to suit multiple music genres. This class will teach you the basics, along with some different types of breaks and turns. Students will gain a blend of new patterns and technique and the opportunity to refine prior knowledge (if any.) Clear partner communication and connection will also be a focus.

8:PM--9:PM BEGINNER WEST COAST SWING--West Coast Swing is beloved for its versatility, smooth sexy moves, and spirit of playfulness. It spans the range of music from traditional blues to modern pop, R&B, and hip hop. Instead of the traditional bounce of East Coast Swing, West Coast has an effortless look and is a slot dance. A perfect blend for all generations of dancers and very useful for much of the live music and smaller dance floors in our area.

The Beginner West Coast Swing class will teach you basic patterns that are primarily 8 count. You will also learn the proper lead and follow skills with a good connection. We will work on timing and the distinct roles of each partner that make this such a unique dance.

Please Register and pay by January 2nd.



Don't Forget!
Nothing stops a recreation program faster than late registrations.
Don't Delay, Join Today!

Tai Chi

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. Current research has shown that Tai Chi **reduces the risks of falling** and relieves symptoms of arthritis, Parkinson's disease, peripheral neuropathy and back pain. The practice of Tai Chi movements improves circulation and respiration. Tai Chi originated in China and is practiced worldwide to enhance overall health and wellbeing.

When:

Wed.'s 5—6pm—Regular Tai Chi class

Wed.'s 6—7pm—Beginner Tai Chi class

Dates:

Winter—Jan. 8th to Apr. 1st(1 snow date included) 12 week class

Spring—April 8th to June 24th 12 week class

Where: Holderness Town Hall

Cost: \$120 (12 week series)

Instructor: Dana Buck—Dana has been practicing Tai Chi for over 25 years. Her instruction emphasizes proper body alignment, relaxation and mindfulness.

We ask that students register for the entire series because of the nature of the practice and that the tai chi form is taught as a sequence that is built upon each week. If you are unable to make the full payment, we will entertain a drop in style. Please talk to Wendy for details.

Please register and pay by January 2nd

Safe Sitter® (1-day) Training for ages 11-15 years old.

Monday, February 24th
9—3pm

at Holderness Town Hall
\$70 per person Min. of 6 students.

This informative, all day class will prepare both boys & girls to safely stay at home: alone or while watching younger children. You will learn about stranger danger, basic first aid, and choking rescue for infants & children. You will learn behavior management techniques, how to diaper an infant, and how to communicate with the parents you baby sit for!

Your instructors are certified by:

Must register by February 14th!



Holderness Song Circle

All are welcome!

Dates: December 28th,
January 25th,
February 22nd, March 28th,
April 25th



What is it? Remember those nights at camp when you were a kid? *Song Circles* are kind of like gathering around the campfire and sharing music, but without the fire. When your turn around the circle comes, you may present a song, lead a song, request someone else do a song or pass.

How to participate. Come prepared to sing, play, or listen. Bring your voice, acoustic guitar, mandolin, fiddle, banjo, harmonica and rhythm instruments. Songs with choruses are encouraged for sing-alongs and instrumental breaks. Acapella songs work well too. All levels of proficiency are welcome. Feel free to bring a music stand, tuner and multiple copies of song sheets to add to the *Song Circle* binders.

When & Where: We meet upstairs at the Holderness Town Hall from 6:30 to 8:00pm, sometimes going a little later.

Who and how much: The *Song Circle* is suitable for ages 12 or older. Minors must be accompanied by a parent or guardian. \$2 per person per visit \$4 max per family. No pre-registration necessary, but you must sign the waiver sheet when you arrive.

For more information email

Sandra Jones:

sandra@plymouthenergy.org or
recreation@holderness-nh.gov

BEGINNER/FAMILY & Adult Archery

Learn to improve your shooting abilities in a fun and safe environment. Develop the mental aspects of shooting, as well as, the excitement of learning the art of an age old skill. We will shoot at different things such as a rope, huge playing cards and other cool things as well as the multi colored target faces and balloons. Proper shooting form, mental concentration and proper use of equipment are emphasized. Equipment is provided.

No experience required.

When: Wed's March 4th, 11th, 18th & 25th

Time: Youth / family beginner ages 7+ 4:15-5:15pm
Adult 5:30-6:30pm

Cost: \$65 first person / \$60 family members.

Where: Pemigewasset Fish and Game Club located on Beede Rd. in Holderness. The class is run by New England School of Archery & Supplies.

Please register by February 26th.