

WE'RE EXCITED TO LAUNCH OUR **NEW WINTER PROGRAM GUIDE!**  
MANY GREAT PEOPLE & PROGRAMS, SO GO ON AND ...

# FIND YOUR FUN!

## THE ART OF JUGGLING

With Mark Donohoe

What do the following objects have in common?

A tennis ball, frisbee, bowling pin, cigar box and hacky sack.

*All of these objects can be juggled.*

Juggling is one of several circus arts which is as much fun to do as it is to watch. Compared with unicycling, tightrope walking and trapeze, it's also the simplest to learn.

- If you want to learn to juggle, come join us.
- If you can almost juggle, but the web video you learned from can't tell you what you're doing wrong, come join us.
- If you know how to juggle, but want to improve your skills, come join us.

Mark, your instructor, has taught hundreds of people to juggle. Almost everyone can juggle something, at some level, so come on out and try it. We'll supply the equipment.

**Who:** Kids ages 9+ and Adults

**When:** Saturday's April 5, 12 & 19 from 10-11am

**Where:** Holderness Town Hall **Please register by Apr 2, 9 & 16**

**Cost:** \$7 per person class / \$15 for all three



## 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. 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, cardio training, flexibility, and 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. 9:30 - 10:15am, from Jan. 8 to Feb. 28

**Where:** Holderness Town Hall

**Cost:** \$50 per person

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

**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 some programs.**

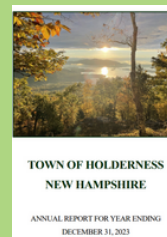
## NEED MORE INFORMATION?

Registration and general information can be found at [www.holderness-nh.gov](http://www.holderness-nh.gov) on the Recreation Department page.

Please call 603-968-3700 or email [recreation@holderness-nh.gov](mailto:recreation@holderness-nh.gov) if you have questions. You may also register online for most programs. The recreation office is located in Holderness Town Hall, 1089 US Rt 3, PO Box 203, Holderness, NH 03245

## 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 to grace the cover of the 2024 Town Report.

Please send your photo in pdf format to [recreation@holderness-nh.gov](mailto:recreation@holderness-nh.gov) and include your contact information by January 14, 2025

## 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:** Wed. 5:30-6:30 pm

**Dates:** January 29 to March 19

**Where:** Holderness Town Hall

**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.



## 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!



# HOLDERNESS REC.

## FIND YOUR FUN!

## Winter 2025 PROGRAM GUIDE

## FAMILY & FRIENDS 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!

**Paint Your Date Like Picasso**

You and your special someone will each paint a portrait of each other using the cubist style of Pablo Picasso. It's so fun!



**When:** February 15, 6 - 7:30pm, Reg. by Feb.12

**Cost:** \$60 PER COUPLE

**Majestic Snowy Owl**

With a proper winter sky for your artistic eye.

**Who:** Adults and children, all ages

**When:** March 29, 6-7:30pm, Reg. by Mar. 26

**Cost:** \$30 first person, \$25 each additional family member. All supplies included. Classes are held at Holderness Town Hall.



## FENCING FOR THE BEGINNER

**4-Week Fencing Class**

A 4-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. For future classes and more advanced practice, purchase of real foils and protective equipment will be necessary.

**Who:** Ages 8 +

**When:** Friday evenings January 24 to February 14, 6-7pm  
Intermediate Class March 7 to March 28

**Where:** Holderness Town Hall

**Cost:** \$60 includes use of foam foil for beginner class

**Please Register by January 20th**

## TRADITIONAL BASKET MAKING

With Ray Legasse

January 25th, February 8th, March 1st & 29th, April 26th. 8:30—4:30. Over 21 designs to choose from! Most baskets are \$145.00 per person. A single 6/8-hour day from start to finished basket (please pack a lunch)

## AMERICAN RED CROSS BLENDED FORMAT

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. 2yr certification.

**Who:** Adults and students ages 13yrs+

**When:** January 11, 10—11:30am in person skills test

**Where:** Holderness Town Hall

**Cost:** \$80

**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 January 5 so you can get the link for the online learning portion.**



## Meet your instructor

Dr. Nick Geraci has been a competitive fencer since 1993. He began his education in the sport from the basement of a YMCA as a youth, in his hometown of Cincinnati. His team matured and became the Salle du Lion Fencing Center now under the instruction of master fencer, Lloyd Howell. Nick took the lessons he learned and applied them as he travelled the country with teams in Chicago, Illinois, and Kennewick, Washington, and Purdue University. During his time in graduate school, he even shadowed the University of Notre Dame varsity fencing team, which has, to date, produced the USA's only Olympic gold medal fencers. Now that he has settled into his life as a scientist, he hopes to share his love of the sport with his community. He is versed in two of the three weapons, foil and épée, and can instruct both youth and adults looking to try something new as a fun, energetic hobby, or even help to guide those who wish to travel and compete in regional tournaments. The philosophy he was taught and that which he practices to this day is "if you're not having fun, you're doing it wrong."

Materials and Use of Tools are included in Workshop fee, Optional: WOOD or LEATHER handles on Woolgathering or Laundry Basket.



Lidded baskets are \$170 & \$180 and take two classes to finish. Classes fill quickly, register today!





## ADULT SPORTS, FITNESS & ACTIVITIES

### 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 - 8:30pm

Fridays 6-8:30pm

**Session II** Feb. 7 - June 6

(No play on 12/25, 12/27, 1/31, 2/14, 2/28, 3/21, 4/23, 4/30 & 5/2)

Registration opens January 9

### BASKETBALL



Monday nights from 7—9pm

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

**Session II** Jan. 27 - June 2

(no play 12/23, 12/30, 1/20, 2/24, 4/28 or 5/24)

### BADMINTON



Thursday nights, from 6:30-9pm

Fun group of people playing a great game! Ages 18+. Recreational play, all levels welcome. \$5 for the season. (no play on 12/26, 2/27 or 5/1)

### DROP-IN BRIDGE ♠♥♣♦

**At the Holderness Free Library**

Looking to meet other bridge players? Join us on Wednesday afternoons 1-4 PM 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.

**Who:** Adults

**When:** Winter class schedule Mon.

Wed., & Fri. 6-7am so come on out and give it a try!

**Where:** Holderness Town Hall

**Cost:** \$55 (12-week session)

**Meet Anne** - When there were only two physical therapists in Plymouth (1980's) I was sent to them with 'the rest of your life' back problems. The PTs contacted a pair of RNs who were starting an exercise program and suggested I try it. That worked well. While in graduate school, I found an early exercise class and joined that until the 'motivator' graduated and the class was going to end. Knowing that I would not exercise alone, I asked what I needed to do to be the new 'motivator'. I was told 'just try out', so I did! I have been an 'early bird' ever since. I need the exercise for my back, and I love to have company!!

### VISION BOARD WORKSHOP

**With Emily Squibb of As Intended**

A vision board is a physical manifestation of your goals. Vision boarding involves collecting images or objects that speak to the future you want to create and arranging them on a board for a tangible and aesthetically pleasing reminder of what you want to call in and manifest as well as what you want to release. You can construct yours solo or with your partner.

**When:** January 18 from 12:30-3pm

**Who:** Individuals, couples, and families ages 10+

**Cost:** \$35.00 per person, includes all materials—Board, Art Supplies, Paint / Brushes.

**Where:** Holderness Town Hall

Please register and pay by January 10

### CHAKRA DANCE



**With Iryna Novos**

Imagine if you had a map to your 'best' self, one that you could follow to help you find balance and happiness. This map hidden inside you is made up of your chakras. Chakras are a subtle energy system that you can't see or touch, but can feel and where energy flows.

Chakra Dance is a powerful healing guided dance practice for body, mind and soul, based on the 4000-year-old system of the chakras that form the backbone of eastern philosophies, including yoga and acupuncture. It is a way to destress and rebalance our inner energies

Explore the 7- main energy centers (chakras) of the body through dance, meditation, Mandala artwork & visualization based on the practice of healing through your chakras.

**Meet your Instructor**

Iryna has 30 yrs of experience in yoga, meditation and chakra systems. She is an accredited Chakra Dance facilitator from the International Institute for Complimentary Therapists.

Please join Iryna for an hour and a half introductory workshop beginning with an overview of the 7 chakras, meditation, guided dance and Mandala art to create an enjoyable, liberating and nourishing introduction to the practice of healing through your chakras.

**Introduction to Chakra Dance**

**When:** January 26 & February 23

**Time:** 10 – 11:30am

**Where:** Holderness Town Hall

**Cost:** \$25 / class per person

After these workshops, there will be a 9-wk series, including an opening session, one of the 7-chakra energy centers each week - base, sacral, solar plexus, heart, throat, 3rd eye and crown, closing with an integration session.

Pre-registration is appreciated, but drop-ins are welcome too. Please bring a water bottle and wear comfortable clothing and footwear that will allow you to move freely.

## THE WONDER OF JOURNALING

**with Judy Smith**

A monthly, hour-long guided journaling experience designed to inspire reflection, release and renewal. Each session introduces engaging prompts and diverse journaling techniques to spark creativity and insight. No experience needed. Supplies provided, including a personal journal to use throughout the series.

**Dates & Topics:**

**January 28: Reflect & Reimagine:** A guided journaling journey to reflect on the past year and envision the year ahead with clarity and purpose. Reg. by Jan. 25

**February 25: Dumping the Clutter of Heart, Mind & Soul:** A journaling experience to bring relief when you are overwhelmed, chaotic, busy, or stressed. Reg. by Feb. 22

**March 25: Tools for Taming Anxiety:** Discover quick, effective journaling techniques to cultivate calm and reduce anxiety. Reg. by Mar. 22

**April 22: Playful Perspectives:** Reconnect with a sense of play, creativity and leisure through journaling. Reg by Apr. 19

**Time:** 6:30 - 7:30pm

**Where:** Holderness Town Hall

**Cost:** Bundle of all 4: \$48, Two workshops: \$28  
Three workshops: \$43 Single Workshop: \$18

Minimum of 3 participants

**Meet your Facilitator**

Judy is a Therapeutic Recreation Specialist with over 25 yrs of experience helping people manage stress, find joy, and connect with the present moment through recreation, fitness, and leisure pursuits. Her passion for journaling began at age 11, inspired by The Diary of Anne Frank, and has since become a lifelong practice. During a challenging health journey, Judy discovered the healing power of combining therapeutic art with journaling, a practice that became integral to her complete healing and overall well-being.

In her workshops, Judy uses therapeutic art, journaling, creative movement, joy breaks, laughter, and other surprises to offer playful yet powerful tools for self-reflection, stress relief, and personal growth. As a certified coach in both therapeutic art and journaling, her approach blends creativity and wellness, inviting participants to nurture their mind, body and spirit in a fun and meaningful way.

Judy lives in the picturesque White Mountain Region of New Hampshire with her family and beloved dog. She owns a historic paper mill, which she transformed into The Wonder Studio—a creative haven for dance, art, fitness and community gatherings.



## COMBINING THE WONDER OF JOURNALING WITH THERAPEUTIC ART

**Discovering the Wonder of Combining Journaling with Therapeutic Art for Self-Exploration, Managing Emotions, and Finding Joy:**

Recharge your mind and spark your creativity in these Journaling & Therapeutic Art Workshop Monthly Series! Through reflective journaling, expressive art activities, and joy breaks, you'll gain tools to feel more present and connected. No experience needed, just bring your enthusiasm and curiosity! All journaling and art supplies provided.

**Dates and Series Topics:**

**January 9, 16, 23 Colorful Emotions:** This workshop invites you to use color, creativity and self-expression to process feelings, gain new insights and manage the colorful world of emotions. Reg. by Jan. 6, 13 & 20

**February 6, 13, 20 Discoveries of the Heart:** Dive into heartfelt self-reflection and creativity with this therapeutic art and journaling experience. Reg. by Feb. 3, 10 & 17

**March 13, 20, 27 Spring into Renewal:** Creative expression, playful activities and journaling for self-reflection to embrace the coming of the springtime. Reg. by Mar. 10, 17 & 24

**April 3, 10, 17 Cultivating a Life of Wonder, Joy and Thankfulness:** Through art, journaling, and a 21-day challenge, participants will learn how to be more present and find joy even in the midst of grief, illness, or other life hardships. Instructor has been recording daily joys for almost 5 years through many difficult life challenges and through this practice can assuredly say there is joy to be found. Every. Single. Day. Reg. by Apr. 1, 7 & 14

**Time:** 6:30-8:00

**Where:** Holderness Town Hall

**Cost:** Each 3-week Monthly Series: \$60

**Single Workshop: \$25**

(Please pick date upon registration)

Minimum of 4 participants



### HOLDERNESS 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.*