

Atkinson Recreation September notice

Noriko Yoshida-Travers

Programs at the Atkinson Community Center (4 Main Street Atkinson NH):

New Session

- **Tai Chi Fall Beginner programs 6-week session** will be offered for mature adults. The classes will be held on Tuesdays at 11:30 am ~ 12:30 pm starting on Tuesday, September 9th and ending on October 14th.
Register online also make payment at <https://atkinson.recdesk.com/Community/Program> , choose 2025 Fall Tai Chi Beginner program or contact Noriko at Atkinson Recreation office at [603 362-1098](tel:6033621098) / commrec@atkinson-nh.gov .
Atkinson Residents: \$ 50 for full session / Non-Residents: \$ 60 for full session
Full payments are due upon registration.
The instructors are Sensei Michael Keyes and his wife, Hannah Toabe-Keyes.
- Jackie's Fitness Class with Arline - Fall session starts September 8th.
Evening classes -Mondays and Wednesdays 6 pm ~ 7 pm
New!! Afternoon classes – Tuesdays and Thursdays 3 pm ~ 4 pm
Contact Arline Descheneau for fees and questions.
(603)401-1514 / Arline.Descheneau@comcast.net

Ongoing classes and programs

- Temple Exercise (Tai chi form)
Mondays 9am ~ 9:30 am starting September 8th. \$1 donation
- Bingo
September 15th (3rd Monday of the month) 9:45 am ~11:45 am: small fee
- Line Dancing with Jason (Intermediate class) \$4 per class.
Mondays 9:45 am- 11:15 am
- Whist Party (card game): small fee
Mondays 1 pm – 4 pm.
- Gentle Chair Yoga with Mary: \$10/class
Tuesdays (NO 1st Tuesday of the month) 9:30 am ~ 11 am
Thursday, 10:30 am ~ 12 pm
Mary Krikorian 978 837-1738
- Fitness Fusion with Vanessa: \$8 per class
Tuesdays and Thursdays 8:30am - 9:15 am
Vanessa Underwood 382-7460 / fitnessa@aol.com

Senior Fall Luncheon – Friday, **October 3rd 12 pm ~ 2pm- Offered** for only Atkinson Seniors over 65 years old and FREE of charge however you must register to attend. This luncheon is co-sponsored by Atkinson Lions Club, Women's Civic Club, and Garden Club, lunch, dessert, coffee, and tea will be served. Bring canned goods / nonperishable food items for local food pantries. To register, contact Noriko at Atkinson Recreation office at [603 362-1098](tel:6033621098) / commrec@atkinson-nh.gov .

Save the date! Foll Foliage Trip – Wednesday, October 15th. More information to come. Please contact Atkinson Recreation office for more information.