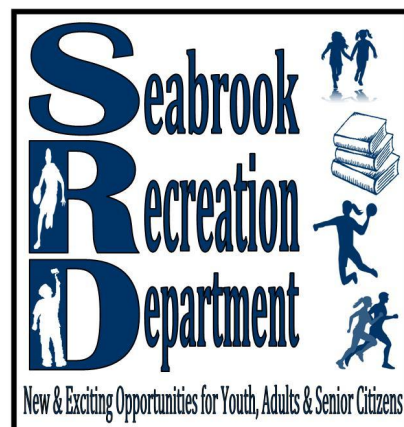


SEABROOK RECREATION DEPARTMENT



2023 WINTER SESSION GUIDE: Jan. 3rd - Mar. 24th Youth, Adult & Senior



Seabrook Community Center

311 Lafayette Rd., Seabrook NH
(603) 474-5746

Building Hours

Mon.-Thurs. 9am-9pm (Starting Dec. 5th)

Fri. 9am-9pm (When there is no special event)

Fri. Closed from 5:15pm-6:15pm (Special event)

Sat. 8am - 8pm (Starting Dec. 3rd)

Sun. 1pm-8pm (Starting Dec. 4th)

Winter Session Registration Begins
December 19th, 2022



GENERAL INFORMATION

Our Mission

The Seabrook Recreation Department is committed to providing leisure services for Seabrook residents of all ages and interests by promoting programs which encourage the development of healthy bodies, minds and attitudes. - *Seabrook Rec. Commission & Staff*

Registration Information

You may register and pay online at seabrookrec.com or visit us at 311 Lafayette Rd. Seabrook, NH for assistance.

How to Register Online

1. Visit seabrookrec.com
2. Create a new account or log in to your existing account. (Note: Creating a new account is a one-time event that allows you to utilize our system. It is not a registration by itself)
3. Enter your primary billing contact first (must be an adult)
4. Add other members of your household
5. After all members are added, you may browse programs and add programs and/or other items to your cart.
6. Checkout and pay

Policies & Procedures

• **Attire**—Non-marking sneakers are required by any participant in gym activities. Shirts must be worn in all areas. Undergarment must be covered up.

• **Cancellations**- Classes may be cancelled due to the lack of enrollment. All those registered for such a class, may receive credit toward another program or receive a refund. In the event of inclement weather, some programs may be cancelled.

• School Aged Youth Using Facility-

School age youth are not allowed to use the building during school hours. Regular youth hours start at 2:45pm. Children 10 years and under must leave the Rec. at 6pm, and children 11 & 12 years must leave the gym at 6pm and go to the game room or sit in the lobby until 7pm, unless they are with a parent or adult who is directly supervising the or engaging in the same activity. Children less than the **third grade** may not be dropped off to use the building, unless they are attending a structured class or team practice. Youth age 10 & under need adult supervision outdoors. A permission slip may be completed by a parent or guardian to allow 8-10 year olds outside without supervision.

• **Eligibility Requirements** - Most of our programs are offered at three different rates, which includes 2 rates for members and 1 rate for non-members. A few programs & facilities are limited to members only, for example the exercise room is limited to members. We also have some programs that are limited to resident members first, such as summer camp.

• **Individuals without a SRD ID**— Any person who does not have a current SRD ID Card must stop at main office to sign in and pay the appropriate drop-in fee. Anyone age 15 years old & older, must show other ID such as a driver's license or school ID.

Prices:

Resident - \$2

Non-Residents (17 & Under & 55+) - \$3

Non Resident (18-54) - \$5

SRD MEMBERSHIPS AND FEES

To use the facilities, you must obtain a SRD membership or pay a guest fee.
Please call the office for details on memberships and guest fees.



Recreation Department Staff

Cassandra Carter
Director of Recreation
Ccarter@seabrooknh.org

Patrick Collins
Assistant Director
pcollins@seabrooknh.org
(Coordinates and facilitates athletic programs, leagues and specials)

Brittney Gentile
Program Director
Bgentile@seabrooknh.org
(Coordinates and facilitates various Recreational Youth, Adult & Senior Programs & Community Events)

Jo-Anne Page
Office Supervisor
jpage@seabrooknh.org

GENERAL INFORMATION CONTINUED...

Policies & Procedures

- **Refund policy** – Some programs have a minimum and maximum number of participants set, in order to begin operating classes. Refunds are allowed one week prior to the class starting. Credit may be given in some situations.
- **Handicapped Access** – The community center is handicapped accessible. Shower facilities, sinks, playground, etc. meet ADA standards.
- **Checks with Insufficient Funds** – Any person using a check to pay for services & items, must understand that they are responsible for any bank charges and the amount of the check. These fees must be taken care of before they can sign up for any additional programs.
- **Dogs on the Property**- Dogs are not allowed in the community center and/ or on the property. This does not apply to medical assisting dogs.
- **Lost & Found** – We try very hard to give people an opportunity to reclaim their lost item. Check at the main office and lost & found cage. The Rec. Center is not responsible for lost, stolen or damaged property.
- **Skateboards, bicycles, roller blades, heelys & scooters**– Are not allowed outside in the main driveway area, in the front walkway/entrance or in use anywhere inside the building. Only Seabrook Recreation Department equipment allowed.

CONTACT US!

Phone: (603) 474-5746 or (603) 474-8008

Website: www.seabrookrec.com

Facebook: Seabrook Recreation Department & Community Center

Instagram: Seabrook_Community_Center



Recreation Department Staff Continued

Stephanie McDonald
Office Clerk
smcdonald@seabrooknh.org

Office Receptionists
Connie Rath
Leah Callahan
Chantel Donahue
Corina Donahue
Rec_reception@seabrooknh.org

Area Supervisors
Lita Brown
Christina Moura
Tasia Valcarcel
Hannah Allen
Sage Marquis
Tammy Gardener

Night-time Custodian
Fuller Albright
DPW

Community Center Facilities

Exercise Room

Open only to SRD membership holders age 13 and above. Each participant under 13 must complete the 30 minute clearance class, call for availability. Parent or guardian must sign a waiver. Over 18 must sign a waiver and/or take the clearance class. (An appointment must be made to attend this class..)

Equipment includes: 6 pieces of Cybex equipment, healthrider, fitness flyer, treadmill, bench press, squat rack, rowing machine, bikes, calf machine, curl machine, Ab machines, Total Gym 1000, free weights, elliptical machine, and more.

	Adults/Teens (16 yrs. +)	13-16 yrs.
M-Th.	9 AM – 9 PM	2:45 PM – 6 PM
Fri.	9 AM – 9 PM	2:45 PM – 6 PM
Sat.	8 AM - 8 PM	N/A
Sun.	1 PM - 8 PM	N/A



Outdoor Areas

All outdoor facilities are open from Mid-April until the beginning of winter (weather permitting). Outdoor areas include the playground, walking trail, gaga pit and tennis/pickleball courts.

****Outdoor Areas are currently CLOSED.***

Open Gym

Days & Times

Mon.-Thur. 9am-9pm (at least 1/2 gym)
Call ahead for availability.

Friday: 9am-5pm

Sat: 8am-8pm (beginning Dec. 5th)

Sun: 1pm-8pm

Open times are subject to change!

Game Room

Pool Table, Air Hockey, Gaming Systems, Four Desktop Computers and so much more!

Supervised most weekdays from 3pm-8pm

Mon-Thurs: 9am-9pm (starting Dec. 5th)

Fri: 9am-5pm

Sat: 8 AM - 8 PM *Beginning 12/3

Sun: 1 PM - 8 PM *Beginning 12/4

Note: Youth ages 12 & under must leave the building at 6pm.



PRESCHOOL PROGRAMS



Snowy Snacks & Stories

Pricing:

\$29 (10 weeks) w/SRD ID

\$58 (10 weeks) w/o SRD ID

Dates: Tuesdays

Time: 10am – 12pm

Location: Gym 2

Instructor: Sage M.



In this preschool program we will be creating winter themed snacks and enjoying a story! Story time will be followed with a fun craft!

Must be Potty Trained

Pee Wee Playtime

Pricing:

FREE w/SRD ID

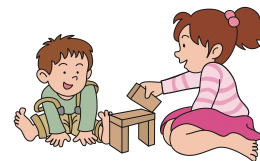
\$5 w/o SRD ID

Dates: Tuesdays

Time: 12pm – 1pm

Location: Gym 1

Instructor: Parent Supervised



Bring your little one to be active and engage with others!

This will give parents, grandparents and other guardians a fun filled meet up spot to let their children burn some energy!

This is not a structured program and requires supervision by a parent or guardian.

Parents are required to sign in on our provided Sign-In Sheet and Liability Release Form

Register [Click to visit Seabrookrec.com](http://Seabrookrec.com)

Coloring Outside the Lines

Pricing:

\$32 (11 weeks) w/SRD ID

\$64 (11 weeks) w/o SRD ID

Dates: Thursdays

Time: 10am – 12pm

Location: Gym 2

Instructor: Leah C.



In this preschool program we'll be exploring the world of messy art! Finger Painting, Doodle Monsters, volcanos and MORE!

Must be Potty Trained



Register [Click to visit Seabrookrec.com](http://Seabrookrec.com)

The morning will begin with open invitation activities such as: play-dough, blocks, kitchen play and many more. Then we will participate in fun Crafts & Games.

There will also be a designated snack time during class & some playground time weather permitting.

Welcome to our K-2nd Grade After-school Winter Session Program!

Click the link below to
Register
Seabrookrec.com

January 3rd - March 24th
Monday - Friday

\$192 for the entire Winter Session OR Pay per specific program
(Residents Only)



Schedule

Homework, Recess &
Snack

2:45pm-4pm

Program Time

4pm-5:15pm

Parent Pick-up

5:15pm

Meet our Staff

Program Leads

Brittney Gentile
Patrick Collins
Sage Marquis
Leah Callahan
Hannah Allen
Maddie Hiltz

Program Assistants

Sam Merrill
Reilly Johonnett
Lilly Azamor

IMPORTANT DATES TO REMEMBER!

There will be NO PROGRAM

1/2 - No School

1/16 Martin Luther King Day

2/1 - Early Release Day

2/20 - President's Day

3/13-3/14 - NO PROGRAM

2/27 - 3/3 Vacation Camp

REMINDER:

**February Vacation
Camp 2/27 - 3/3**

There will be NO Afterschool
Programs.

Winter Olympics - Mondays

Pricing: \$32 w/ SRD ID (7 weeks)

Instructors: Brittney Gentile & Sam Merrill



Team up with your friends and compete in a variety of team based challenges to win the GOLD!



Fairytale Food Favorites - Tuesdays

Pricing: \$44 w/ SRD ID (10 weeks)

Instructor: Hannah Allen & Sam Merrill

Dive into a colorful world of cooking!
Rainbow toast, fizzing sherbet, ice cream in a bag & more

Building Bonanza - Wednesdays

Pricing: \$42 w/ SRD ID (10 weeks)

Instructor: Brittney Gentile & Sage Marquis



If you love to build then this is the program for you!
Legos, spaghetti structures, tin foil creations, egg drop challenge and more!



Messy Artists - Thursdays

Pricing: \$44 w/ SRD ID (11 weeks)

Instructor: Leah Callahan & Lilly Azamor

Grab your apron and get ready for an artistic explosion!
Squirt gun paintings, drippy monsters, oobleck and more!

Kids Choice - Fridays

Pricing: \$40 w/ SRD ID (11 weeks)

Instructor: Maddie Hiltz & Sam Merrill



Games, Crafts, Sports.... the sky's the limit! Each Friday participants will get to choose what they would like to do!

Welcome to our 3rd-5th Grade After-school Winter Session Program!

Click the link below to
Register
Seabrookrec.com

January 3rd - March 24th
Monday - Friday

\$182 for the entire Winter Session OR Pay per specific program
(Residents Only)



Schedule

Homework, Recess &
Snack

2:45pm-4pm

Program Time

4pm-5:15pm

Parent Pick-up

5:15pm

Meet our Staff

Program Leads

Brittney Gentile
Patrick Collins
Sage Marquis
Leah Callahan
Hannah Allen
Maddie Hiltz

Program Assistants

Sam Merrill
Reilly Johonnett
Lilly Azamor

IMPORTANT DATES TO REMEMBER!

There will be NO PROGRAM

1/2 - No School

1/16 Martin Luther King Day

2/1 - Early Release Day

2/20 - President's Day

3/13-3/14 - NO PROGRAM

2/27 - 3/3 Vacation Camp

REMINDER:

**February Vacation
Camp**

2/27-3/3

There will be NO Afterschool
Programs.

Fear Factor - Mondays

Pricing: \$36 w/ SRD ID (7 weeks)

Instructor: Hannah Allen & Lilly Azamor



Challenge yourself with various Fear Factor themed activities!
Beanboozled challenge, blindfold taste test,
lazer maze, obstacle courses and MORE!



Game On - Tuesdays

Pricing: \$38 w/ SRD ID (10 weeks)

Instructor: Brittney Gentile & Sage Marquis

Are you feeling competitive?
In this fun filled program we'll be diving into some board games,
card games and video games as well as
exploring video game themed crafts and activities!

Basketball Skills and Drills - Wednesdays

Pricing: \$38 w/ SRD ID (10 weeks)

Instructor: Patrick Collins & Sam Merrill



Looking to improve your basketball skills! This program will work on
ball handling, shooting, rebounding, and dribbling.



DodgeBall League- Thursdays

Pricing: \$40 w/ SRD ID (11 weeks)

Instructor: Patrick Collins & Sam Merrill

We will be exploring a wide variety of different types of variations of the
game of dodgeball. From team and individual types of variations we
will keep standings and offer prizes on the final week.

Kids Choice - Fridays

Pricing: \$40 w/ SRD ID (11 weeks)

Instructors: Sage Marquis & Lilly Azamor



Games, crafts, sports.... the sky's the limit! Each Friday
participants will get to choose what they would like to do!



Seabrook Recreation Department After-school Important Information!

Pick Up Policy

Pick-up time is no later than 5:15pm. For each additional minute over 5:15pm the parent/guardian will be charged \$.50 per minute late. These charges will automatically be charged to your account. If your child has permission to go to "Open Areas" after program the late charge fee will begin at 6pm.

If you have given your child (who is in 3rd grade or above) permission to go to open areas in the Rec. Center, please be aware that in such open areas as the gym or game room there is supervision but out of those areas your child is not supervised and the Recreation Department staff are not responsible for youth out of those areas.

Youth under 11 yrs. old are not allowed outside, without direct adult supervision. Youth over 11 yrs. old are allowed to go outside but are not supervised by a Recreation Department Staff member.

A permission slip may be completed by a parent or guardian to allow 8-10 year olds outside without supervision.

Other Good to Know Policies

- Please call in advance if your child will be absent from program
 - Masks are recommended but not required
 - Child must be signed out to be picked up
- No parents drop offs. Students attending the after-school program at the Seabrook Rec. MUST take the bus from the school to the rec. to participate.
- Programs will be outdoors as often as possible depending on the weather. Please make sure your child dresses accordingly.
- Please make sure the Front Office has an updated Emergency Contact on file.
 - No parents are allowed in the After-school Program



YOUTH PROGRAMS & TRIPS

K-8th Grade

EARLY RELEASE PROGRAM



February 1st
12:00pm - 5:15pm
K-5th Grade *Min/8 Max/25*
\$10

Snack is Provided!



FEBRUARY VACATION CAMP



February 27th - March 3rd 8am-3pm

K-5th Grade *Min/8 Max/25*

\$50.00 *Must sign up for all 5 days* SPACE IS LIMITED!

PLEASE BRING A LUNCH! Snack is Provided!

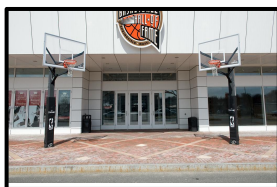


OPTIONAL: Vacation After Camp 3pm-5:15pm

K - 2nd Grade

\$25 *Must be signed up for Vacation Camp*

Basketball Hall of Fame & Cold Stone Ice Cream 3rd - 8th Grade



Pricing: \$30 w/SRD ID \$60 w/o SRD ID

Date: Wednesday, March 1st

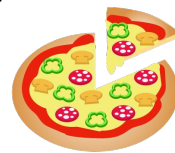
Time: 8:00am-6:00pm

Location: Springfield, MA



Take a trip to the Basketball Hall of Fame
followed by ice cream at
Cold Stone Creamery!

Chuck 'E' Cheese K - 2nd Grade



CHUCK 'E' CHEESE'S

Pricing: \$20 w/SRD ID \$40 w/o SRD ID

Date: Thursday, March 2nd

Time: 11:30am-3pm

Location: Methuen, MA

Trip includes: 2 slices of a one-topping pizza,
Free refills for soft drinks, a Goody bag with
prizes 2 hours of reserved table space &
E-tickets to be used on a future visit!

Upcoming Programs & Trips

Beginner Weight Lifting Class

Instructor: Don Schrempf (The Gunny)

13 - 15 Year Olds

Monday & Wednesday

3pm - 4pm

In this class we will be covering Arms & Chest Workouts including Biceps & Triceps. You will also be trained on how to use the equipment!

This class is held twice a week, for 4 weeks.

(Dates to be announced)

FREE TO JOIN!

Sign ups are LIMITED, Register today!



Weight Room Equipment Course

Required for ages 13-17 before using weight room

Tuesdays & Fridays

3pm-4pm Ages: 13+

Ongoing Program

Instructor: Patrick Collins

Sign up today! FREE!



If you are interested in working out and spending sometime in our Exercise Room you will need to make sure you have taken the Exercise class.

(Age 18+ may sign waiver in lieu of weight room equipment course)

Sign up today!

(Availability Varies. Please Schedule your class in advance.)

Rage Cage NH

Glow Paint Splatter Party

Pricing: \$30 w/SRD ID \$60 w/o SRD ID

Date: Friday, March 3rd 2023

Time: 3:30pm-7:30pm

Location: Nashua, NH



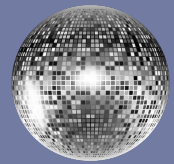
Get your glow on in your own Blacklight Paint Party!

Canvases, throwable paintballs and of course... safety goggles!

Register [Click to visit Seabrookrec.com](https://seabrookrec.com)



Upcoming Winter Friday Night Specials



Roller-skating, Dance Contests, Games & More!

2nd Grade & Under

Pricing:

\$4 (each event) w/SRD ID
\$6 (each event) w/o SRD ID



Dates:

-Friday 1/6/2023 - Back to the 70's
(Wear tie dye and receive \$1 off admission)

-Friday 2/3/2023 - Valentines Mixer
(Wear red or pink and receive \$1 off admission)

Time: 6:30pm-8:30pm

Location: Seabrook Recreation Department

Join us in a fun filled night of Roller-skating,
Games and Dancing!

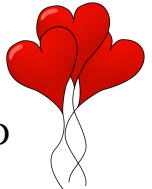
Please make sure to wear socks to the event. No
outside skates allowed.

Parent or guardian supervision is required.

3rd & 4th Grades

Pricing:

\$4 (each event) w/SRD ID
\$6 (each event) w/o SRD ID



Dates:

-Friday 1/13/2023 - Back to the 70's
(Wear tie dye and receive \$1 off admission)

-Friday 2/10/2023- Valentines Mixer
(Wear red or pink and receive \$1 off admission)

Time: 6:30pm-8:30pm

Location: Seabrook Recreation Department

Join us in a fun filled night of Roller-skating,
Games and Dancing!

Please make sure to wear socks to the event. No
outside skates allowed.

Parent or guardian supervision is NOT required.

5th & 6th Grades

Pricing:

\$4 (each event) w/SRD ID
\$6 (each event) w/o SRD ID



Dates:

-Friday 1/20/2023 - Back to the 70's
(Wear tie dye and receive \$1 off admission)

-Friday 3/10/2023 - St. Patrick's Day
(Wear Green or a Celtics Jersey and receive \$1 off
admission)



Time: 6:30pm-8:30pm

Location: Seabrook Recreation Department

Join us in a fun filled night of Roller-skating,
Games and Dancing!

Please make sure to wear socks to the event. No
outside skates allowed.

Parent or guardian supervision is NOT required.

7th & 8th Grades

Pricing:

\$4 (each event) w/SRD ID
\$6 (each event) w/o SRD ID



Dates:

-Friday 1/27/2023 - Back to the 70's
(Wear tie dye and receive \$1 off admission)

Time: 6:30pm-8:30pm

Location: Seabrook Recreation Department

Join us in a fun filled night of Roller-skating,
Games and Dancing!

Please make sure to wear socks to the event. No
outside skates allowed.

Parent or guardian supervision is NOT required.

Sports Programs/Leagues

**Be on the Look Out for our Upcoming
Basketball Tournament Schedules!**

Spring Sign-Ups

Travel Softball

8U, 10U, 12U, 14U

We will be taking registrations for the Spring Softball Program.

\$35 residents \$70 Non Residents

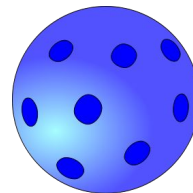
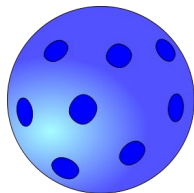
Registration Dates: 1/2/2023-2/26/2023

Sign up when registrations are available to secure your spot!



Adult Pick-up Basketball Coming Soon!

Night-time Pickleball Coming Soon!



**“Don’t be afraid of failure.
This is the way to succeed.”
-LeBron James**



Volunteer Opportunities

Hello Seabrook Community members and Friends! The Seabrook Recreation Department hosts many events throughout the year, youth after-school programs, adult & senior programs as well as working with our youth in what we call "Open Areas".

Volunteering is a great way to give back to your community, improve quality of life, build relationships, challenge yourself, earn volunteer hours, and so much more.

We have many volunteer opportunities, so please do not hesitate to reach out to see if there is something you are interested in helping out with. If you have any special skills please reach out as we're always looking for new and creative ways to improve our special events and programs. This is also a great way for high school students to receive credit for community service hours.

Thank you to all of our volunteers for your time, effort, and dedication. We rely on volunteers to help run all of our events and programs and truly appreciate your support.

Call the Seabrook Recreation Department at (603) 474-5746 to see how you can get involved!

Youth Sports Programs: All of our youth sports programs are coached by volunteers. Contact the Rec Office for more information if interested in coaching.

Special Events: We offer several special events throughout the year that could use the help facilitating. Please contact the Rec. Office if you can help us out with our special events. 603-474-5746

Volunteer opportunities typically include: event set-up & clean-up, decorating, assisting with door admission/refreshment tables, raffle tables, line attendants, and more.

School Vacation Weeks

Easter Egg Hunt - April

Earth Day - April

Senior Day- May

Summer Camp - June, July, August

Halloween Events- October

Holiday Events- December

Weekly Concession Stand



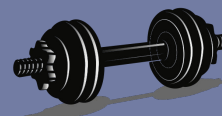
Click on the links below to complete the **REQUIRED** volunteer forms. Return them to the SRD!



[Volunteer Application](#)

[State of New Hampshire Criminal Records Unit \(nh.gov\)](#)

ADULT FITNESS PROGRAMS



Dance/Movement/Toning

Age: 18+ (16+ welcomed)

Pricing:

\$20 (10 weeks) w/SRD ID

\$40 (10 weeks) w/o SRD ID

Dates: Mondays

Time: 5:30pm-6:30pm

Location: Multi 2 & 3

Instructor: Tina Harley



Register [Click to visit Seabrookrec.com](https://seabrookrec.com)

Strength Circuit

Age: 18+ (16+ welcomed)

Pricing:

\$22 (11 weeks) w/SRD ID

\$44 (11 weeks) w/o SRD ID

Dates: Tuesdays

Time: 5:30pm-6:30pm

Location: Multi 2 & 3

Instructor: Tina Harley



Register [Click to visit Seabrookrec.com](https://seabrookrec.com)

Latin Cardio Dance

Age: 18+ (16+ welcomed)

Pricing:

\$24 (12 weeks) w/SRD ID

\$48 (12 weeks) w/o SRD ID

Dates: Wednesdays

Time: 5:30pm-6:30pm

Location: Multi 2 & 3

Instructor: Tina Harley



Register [Click to visit Seabrookrec.com](https://seabrookrec.com)

**You're only one
workout away from
a good mood.**

UNKNOWN



MISC. ADULT PROGRAMS



Yoga for Diverse Abilities

Age: 18+ (16+ welcomed)

Pricing: FREE

Ongoing program

Dates: Mondays

Time: 11:30am - 12:30pm

Location: Gym 2

Instructor: Marie Zappla-Stewart



Yoga for Diverse Abilities classes are designed for people with disabilities including traumatic brain injury, developmental, intellectual and/or physical challenges. The supportive and accessible environment encourages people to breathe, move and stretch at a level that feels right for them.

OTHER IDEAS?

If you have any suggestions for fun programs or events that you'd like to



see next session....



send them to

bgentile@seabrooknh.org

SEABROOK RECREATION DEPARTMENT INDOOR PICKLEBALL HOURS

DROP INS

(CALL FOR AVAILABILITY)

TUESDAYS 12PM-2PM

WEDNESDAYS 9AM-12PM

FRIDAYS 9AM-12PM

SENIOR PROGRAMS



Walking Club

This is open to both residents and non-residents who would like to keep track of their distance of walking. A ticket will be placed in a container for every 50 miles walkers have completed since last year after the drawing, winner will be drawn @ Senior Day May 17th, 2023.

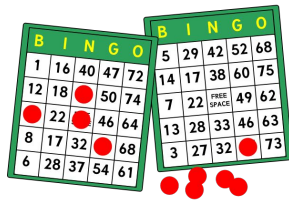
1 mile = 16 laps around the outer edge of the total gymnasium or 10 laps around parking lot edges.

Fee: Free w/SRD ID Others \$2 daily

Drop in Bingo

Pricing:
FREE w/SRD ID
\$2 w/o SRD ID

Dates: Thursdays
Time: 12:30pm-2:30pm
Location: Multi Rooms
Instructor: Betty Ash



Bingo is played for small amounts of money and cash prizes are awarded to winners!



SR. Wii Bowling League

Pricing:

\$5 w/SRD ID

\$10 w/o SRD ID

Dates: Wednesdays

Time: 12:15pm-2:30pm

Location: Multi 2 & 3

Instructor: Sandy Beaudoin

Assisted by: Nancy Lewis



Teams of four bowlers will be formed and everyone will play each week for 10 weeks. Prizes for the most turkeys, best string, best totals, etc. This activity can be played while standing or sitting.



Chair Yoga

Pricing:

\$24 (12 weeks) w/SRD ID

\$48 (12 weeks) w/o SRD ID

Dates: Wednesdays

Time: 9:10am-10:10am

Location: Gym 2 or Multi Rooms

Instructor: Kathie Bowen

Gentle beginner yoga on chair or mat, focus on movement and stretching. Please bring your own mat if you have one.

Register [Click to visit Seabrookrec.com](http://Seabrookrec.com)

SENIOR PROGRAMS



Taxi Assistance Program

Reduced rate transportation program for senior (55+) and disabled residents of Seabrook. Applications available at the Seabrook Recreation Department. Taxi cabs from Cars & Port Taxi Company. Program travels to Newburyport, Amesbury, Salisbury (for medical reasons only) and Seabrook.



Happy Seniors Club Meetings

Pricing:

\$15 Annual Dues

Dates: 1st Wednesday of each month

Time: 12pm-3pm

Location: Seabrook Library

President: Dot Chase

Occasional entertainment, refreshments and discussion of upcoming trips.

For questions please feel free to contact Dot Chase at: (603) 474-8803



Rockingham Nutrition Program:

Meals on Wheels

Pricing:

\$2 Donation

Dates: Monday-Friday

Time: 11:30am on-site

Location: Kitchen

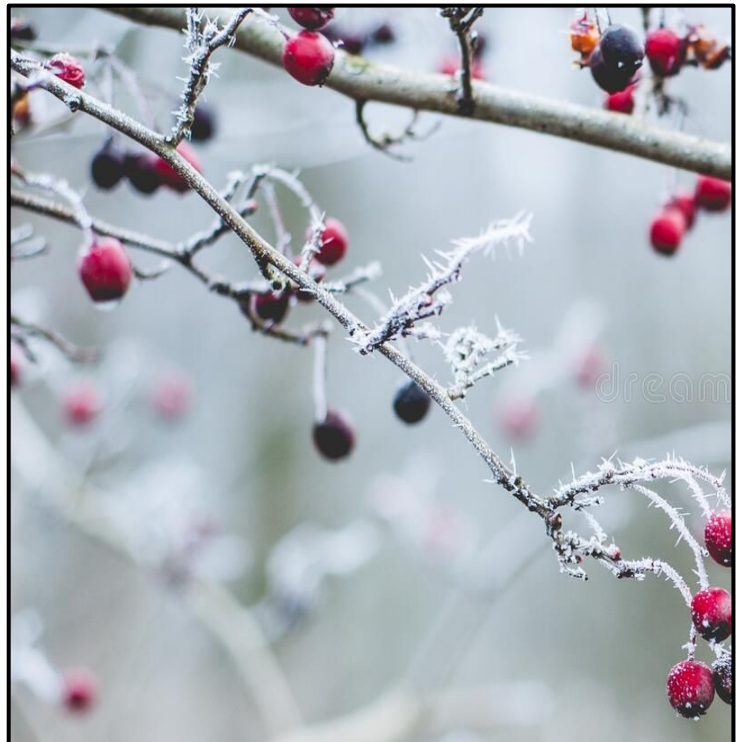
Site Director: Mike Ebner



A daily nutritional meal is available to senior citizens (60+ years old). Meals are served on-site too! Come early and play cards or a game.

Must call for a reservation: (603) 474-2139

ROCKINGHAM
NUTRITION & MEALS
ON WHEELS



IMPORTANT DATES TO REMEMBER!

Mark your calendar for some exciting upcoming events!
More details about these events will be announced soon, keep an eye on our website and email blasts.

Seabrook Recreation Department



Basketball Championships



Friday February 17th 2023

Seabrook Recreation Department



In House Basketball Banquet



Saturday February 18th 2023

FEBRUARY VACATION CAMP

February 27th - March 3rd 8am-3pm



K-5th Grade *Min/8 Max/25*

\$50.00 *Must sign up for all 5 days* SPACE IS LIMITED!

PLEASE BRING A LUNCH! Snack is Provided!



OPTIONAL: Vacation After Camp 3pm-5:15pm

K - 2nd Grade

\$25 *Must be signed up for Vacation Camp*

Fun Facts **About Winter!**

-Snowflakes are translucent, They do not change colors unless it's a case of Watermelon Snow, which is caused by Green Algae.

-The history of the snowman dates back to the 1400's when local artist, including Michael Angelo, considered snow to be free art supplies.

-The first Winter Olympics occurred in 1924 in the French Alps.

-During the winter season, the North Pole has an average temperature of minus 40 degrees Fahrenheit.

-Deciduous trees lose their leaves during the winter, while most evergreen trees do not drop their needles – even in the extreme cold.

-In Hokkaido, Japan, 2,036 snowmen were constructed by hand in only one hour. A total of 1,406 people took part in building the snowmen, showing the never-ending efficiency of team work.

January-March **Holidays & Celebrations**

JAN 3 -National Spaghetti Day

JAN 5 - Chocolate Fondue Day

JAN 7 - Old Rock Day

JAN 9 - Clean Your Desk Day

JAN 12 - National Hot Tea Day

JAN 21 - Granola Bar Day

JAN 30 - Bubble Wrap Appreciation Day

FEB 4 - Eat Ice Cream for Breakfast Day

FEB 10 - Cream Cheese Brownie Day

FEB 17 - Random Act of Kindness Day

FEB 23 - Banana Bread Day

FEB 28 - National Science Day

MAR 6 - Dentist Day

MAR 15 - Oranges and Lemons Day

MAR 18 - Global Recycling Day

If you have any suggestions for fun programs or events that you'd like to see next session....
send them to **bgentile@seabrooknh.org**