

If you would like more information regarding our events, visit [PlaistowNH.Myrec.com](http://PlaistowNH.Myrec.com) or call 603-382-5200 ext. 204 or email [Recreation@plaistow.com](mailto:Recreation@plaistow.com).

## **Forever Fit with Mary Corsetto**

**Mondays from 10 – 11 AM**

Forever Fit is a fun and energizing fitness program for adults 55+, designed to improve strength, cardio health, and balance in a supportive environment. Classes focus on strength training, heart-boosting cardio, and stability-enhancing balance exercises, while fostering a social atmosphere. Sessions take place each Mondays in April at 10 AM. Participants should wear comfortable clothing, supportive shoes, and bring a smile! Mary T. Corsetto, RYT 200, is a passionate yoga and fitness instructor with over 25 years of experience, dedicated to helping adults of all ages and abilities enhance their well-being through movement and mindfulness. Mary creates a supportive and joyful environment that encourages physical and mental vitality. As a CPR, First Aid, and AED Certified instructor, a Reiki II Practitioner, and an ACE Group Exercise Certified Instructor, she brings expertise, enthusiasm, and compassion to every class, inspiring others to move, breathe, and thrive. Space is limited – Registration Required- \$5.00 per class fee.

## **Homeschool Explorers Club!**

**Tuesdays from 10-12 PM**

Plaistow Recreation is excited to introduce the Homeschool Explorers Club, a weekly adventure for homeschoolers ages 5-10! Held every Tuesday from 10 AM to 12 PM at the Norman L. Major Building, 14 Elm Street, this engaging program offers hands-on activities designed to inspire creativity, discovery, and fun. Led by our Recreation Director, Miss Jenn, children will explore STEM experiments, creative arts, movement games, and brain-boosting puzzles, all while making new friends and trying new things. Free for residents of Plaistow

## **Kickboxing ,Youth and Adult classes are available.**

**Tuesdays from 4:45-7pm**

**This 6-week program starts April 1<sup>st</sup> and offers two class options—one for kids and one for adults and teens.** The class blends Western boxing, Muay Thai, and martial arts, providing a full-body workout that enhances cardiovascular health, strength, balance, muscle tone, and confidence. Whether you're a beginner or experienced, this class is designed for all skill levels. Kickboxing is a great way to cross-train for other sports or simply stay active while learning new techniques in a fun and structured setting. Visit [PlaistowNH.Myrec.com](http://PlaistowNH.Myrec.com) for more information. Space is limited – Registration Required. \$55.00 6-wk Session Fee

**Weekend Warrior: Teen Yoga (Ages 13-18)****Sundays in April from 11-12 PM**

This weekend class focuses on mindfulness, flexibility, and strength—perfect for all experience levels. Led by Liz Hosman, RYT200, an experienced instructor who teaches yoga for adults and children at The Iron Cactus in Kingston, NH. This summer, she will also lead a workshop at the Berkshire Yoga Festival. Registration is required. Visit [PlaistowNH.Myrec.com](http://PlaistowNH.Myrec.com) for more information. Space is limited – Registration Required- \$10.00 per class fee.

**Made in NH Expo Tickets****April 4-6, 2025**

Plaistow Recreation is giving away 25 free tickets to the Made in NH Expo in exchange for a non-perishable food donation. The event takes place from April 4-6, 2025, at the DoubleTree by Hilton Manchester Downtown, located at 700 Elm Street in Manchester, NH. This is a drive-on-your-own event, and no transportation will be provided. Anyone interested in a free ticket can bring a non-perishable food item to the Recreation Office at 14 Elm Street to receive one ticket while supplies last. All donated food items will be given to the food pantry at St. Luke's to support the local community. For more information, contact [Recreation@plaistow.com](mailto:Recreation@plaistow.com) or call (603) 382-5200 ext. 204. Only 25 tickets are available on a first-come, first-served basis.

**Floral Arranging Class with Jan Guy****Tuesday, April 8<sup>th</sup> at 1pm**

Join local Plaistow resident Jan Guy on April 8<sup>th</sup> at 1 PM for a hands-on floral arranging class, where you'll create beautiful arrangements using high-quality artificial flowers in charming 4-inch pots—no experience needed! With over 30 years of floral design experience, Jan has shared her passion through crafting gifts, leading sessions at Nevins Nursing Home, and now bringing her creativity to the community. Don't miss this relaxing and inspiring afternoon of floral design! Space is limited – Registration Required- \$15.00 per class fee.

**Monthly Bingo game****Wednesday, April 9<sup>th</sup>, 10 am**

Join us on the 2<sup>nd</sup> Wednesday of each month at 10:00 AM for a morning full of fun, laughter, and excitement! Enjoy delicious bagels while you play Bingo for fantastic prizes. It's the perfect way to connect with friends, test your luck, and add some joy to your day. Don't miss out on the fun—mark your calendar and join us for a great time! Registration Required

**Middle School Game Night****Friday April 11<sup>th</sup> 5:30-8:30 pm**

Middle School Game Night is happening on Friday, April 11, 2025, from 5:30 PM to 8:30 PM at the Plaistow Recreation Office inside the Norman L. Major Building, 14 Elm Street. Open to students ages 11-14, this event features video games like Just Dance and Mario Kart on the Nintendo Switch, along with board games and card games. Participants can bring their own Nintendo Switch consoles, but all games must be rated E, E10, or T. Pizza, water, and cookies will be provided. For questions, contact the Recreation Department.

**Ladies Craft Night****Wednesday, April 16<sup>th</sup>, 6-8 pm**

Join us for a hands-on workshop where you will create your own aromatic linen spray and learn practical strategies for better sleep. The Sleep Essentials Class will take place on Tuesday, April 16, 2025, from 6:00 PM to 8:00 PM at the Norman Major Building, 14 Elm Street, Plaistow. During this interactive session, we will cover the fundamentals of sleep hygiene and healthy sleep habits to help you wake up feeling refreshed. Participants will also have the opportunity to craft a custom "Sleepy Spray," choosing from a variety of relaxing recipes designed to promote restful sleep. Space is limited, so reserve your spot today. \$25.00 per class fee.

**Plaistow Recreation Easter Egg Hunt****Saturday, April 19, 2025, at 9:30 AM**

Plaistow Recreation invites residents to join us for a fun-filled Easter Egg Hunt on Saturday, April 19, 2025, at 9:30 AM at Plaistow Town Hall. Mr. Bunny will make his way from Pollard School to the Gazebo, where the egg hunt will begin. Children should bring a basket or pail to collect eggs. After the hunt, families can take photos with Mr. Bunny, so don't forget to bring a camera. This event is open to Plaistow residents, and no registration is required.

**Monthly Craft Workshop****Wednesday, April 23<sup>rd</sup> at 9:30 AM**

Join us for a fun and creative craft workshop on the 4<sup>th</sup> Wednesday of each month! Whether you're an experienced crafter or just starting out, this is a great opportunity to create a beautiful keepsake. All supplies are provided at no cost—just bring your enthusiasm! Relax, get creative, and connect with fellow craft lovers. Registration Required

**Earth Day Celebration, Town-wide Clean-Up Day****April 26, 2025**

Each year, the town comes together to celebrate Earth Day by cleaning up our community. Join us for Plaistow's annual Earth Day Celebration with a Town-Wide Clean-Up Day on Saturday, April 26<sup>th</sup>! Participants can pick up specially marked trash bags at the Recreation Department inside the Norman L. Major Building, 14 Elm Street, between April 21<sup>st</sup> and 24<sup>th</sup> during office hours 8-4 pm. Filled bags can be left curbside, and the Highway Department will collect them by the end of the weekend. Many hands make light work, together, we can keep Plaistow beautiful!

**Launch- School Vacation Event****Tuesday, April 29<sup>th</sup> from 11:00 AM to 1:00 PM**

Join Plaistow Recreation for an exciting day of jumping, bouncing, and nonstop fun at Launch Methuen! On Tuesday, April 29, 2025, from 11:00 AM to 1:00 PM, participants of all ages can enjoy an action-packed experience at Launch Trampoline Park in Methuen, MA. The cost is \$25 for residents and \$29 for non-residents, and registration is required to secure your spot. Don't miss out on this thrilling opportunity—sign up online at [Plaistow.com/Recreation](https://Plaistow.com/Recreation). For more information, contact us at [recreation@plaistow.com](mailto:recreation@plaistow.com).

**Chunky' s Cinema- School Vacation Event****Thursday, May 1<sup>st</sup> . Doors open at 10:45 AM**

Plaistow and Sandown Recreation are partnering to host a special lunchtime movie at Chunky's on Thursday, May 1, 2025. Doors open at 10:45 AM, with the movie beginning at 11:45 AM. Attendees will enjoy a private screening of *The Garfield Movie*. As a reminder, outside food and drinks are not permitted. Spots are limited, so be sure to register early to secure your seat. The deadline to register is April 24, 2025. For more information, visit the Plaistow Recreation website or contact [Recreation@plaistow.com](mailto:Recreation@plaistow.com), or visit the Sandown Recreation website or contact [Recreation@sandown.us](mailto:Recreation@sandown.us).

# April 2025

# Plaistow Recreation

Plaistow Recreation Department, Located inside the Norman L. Major Building, 14 Elm Street, Plaistow NH  
 Contact us: Email- Recreation@plaistow.com, Phone-603-382-5200\*204, Website Plaistow.com/Recreation

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30 	31 10a - 11a Forever Fit Class	1 10a - 12p Homeschool Explorers Club 4:45p - 5:45p YOUTH Kickboxing (6wk-session) 6p - 7p ADULT/TEEN Kickboxing (6wk session)	2	3	4 1p - 6p Made in NH Expo Tickets (drive on your own trip)	5
6 11a - 12p Weekend Warriors Teen Yoga	7 10a Forever Fit Class	8 10a - 12p Homeschool Explorers Club 1p - 2p Floral Arranging with Jan Guy 4:45p - 5:45p YOUTH Kickboxing (6wk-session) 6p - 7p ADULT/TEEN Kickboxing (6wk session)	9 10a - 12p Bingo and Bagels	10 *Rec Office Closed due to staff training	11 5:30p - 8:30p Middle School Game Night	12
13 11a - 12p Weekend Warriors Teen Yoga	14 10a - 11a Forever Fit Class	15 10a - 12p Homeschool Explorers Club 4:45p - 5:45p YOUTH Kickboxing (6wk-session) 6p - 7p ADULT/TEEN Kickboxing (6wk session)	16 6p - 8p Ladies Night Out - Make and Take Workshop	17	18	19 9:30a Easter Egg Hunt on Town Green
20 11a - 12p Weekend Warriors Teen Yoga	21 10a - 11a Forever Fit Class	22 10a - 12p Homeschool Explorers Club 4:45p - 5:45p YOUTH Kickboxing (6wk-session) 6p - 7p ADULT/TEEN Kickboxing (6wk session)	23 9:30a - 11:30a Senior Craft Class	24	25	26 Town Wide Clean-up day
27 11a - 12p Weekend Warriors Teen Yoga	28 Rec Office Closed Jenn's on Vacation	29 11a-1p Launch Trampoline Park 4:45p - 5:45p YOUTH Kickboxing (6wk-session) 6p - 7p ADULT/TEEN Kickboxing (6wk session)	30	1 11:45a-1:30p Chunky's Cinema	2	3 