

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). We're always adding new programs—be sure to check our website regularly and follow us on Facebook and Instagram to stay up to date!

## **Forever Fit with Mary**

**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. Participants should wear comfortable clothing, supportive shoes, and bring a smile! 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**

**We offer 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 terrific 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 or \$10 drop-in rate.

## **Plaistow Walking Club – Starting May 1st!**

**Thursdays at 10 am**

Lace up your sneakers and enjoy the fresh spring air! The Plaistow Recreation Department is excited to announce a brand-new Spring Walking Group, beginning Thursday, May 1st at 10:00 AM, meeting weekly at the Norman L. Major Building, located at 14 Elm Street. This free, informal walking club is open to all, regardless of pace or experience. Whether you're looking to improve your fitness, enjoy the outdoors, or meet new people, the Spring Walking Group is a great way to explore the Plaistow Village District—a charming area rich in history and small-town New England character. No registration is required—just show up ready to walk! Maps will be provided, and participants can choose their own walking path through the heart of Plaistow. For more information, contact the Recreation Department at [Recreation@plaistow.com](mailto:Recreation@plaistow.com) or visit [www.plaistow.com/recreation](http://www.plaistow.com/recreation).

### **Plaistow Mom's Village!**

**Thursdays at 11 am**

This exciting new program will take place on Thursdays at 11am and will be held at the Norman L. Major Building, 14 Elm Street. Classes will run from May 8<sup>st</sup> through June 12<sup>th</sup> (6 weeks) The cost is pay-what-you-can, with a suggested fee of \$10. Pre-registration is preferred, but you can also join whenever works best for you. For more information, contact Jen at [jenkppdoula@gmail.com](mailto:jenkppdoula@gmail.com). Join Plaistow Mom's Village and become part of a supportive community that's here to help you every step of the way! Lead by Jen Keohane, a certified lactation consultant and postpartum doula. This group is designed to offer a supportive community where new moms can share experiences, gain advice, and build lasting friendships. Whether you're navigating the early days of motherhood or expecting your first, this group creates a judgment-free space to connect with other moms who understand the journey. You'll receive practical guidance on feeding, baby care, self-care, and more, while also finding emotional reassurance from others who can relate to your experiences. The group is open to all moms with newborns or infants, no matter if its baby 1,2, or 3 and expectant moms preparing for their new arrival. Everyone agrees that it takes a village. Come meet yours!

### **Strength in Motion with Mary – Starting May 1st!**

**Thursdays from 5:30-6:30 pm**

Join us at the Recreation Office for a brand-new Cardio and Strength class starting Thursday, May 1st, from 5:30 to 6:30 PM. This energizing class combines strength training, heart-boosting cardio, and yoga exercises, all while fostering a fun and social atmosphere. This class is designed to support adults of all ages and abilities in enhancing their well-being through movement and mindfulness. Participants should wear comfortable clothing, supportive shoes, and bring a smile! The class meets weekly at the Recreation Office in the Norman L. Major Building at 14 Elm Street. Space is limited and registration is required. The cost is just \$5.00 per class.

### **Weekend Warrior: Teen Yoga (Ages 13-18)**

**Sundays 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.

### **Middle School Game Night**

**Friday, May 9<sup>th</sup>, 5:30-8:30 pm**

Middle School Game Night is happening on Friday, May 9<sup>th</sup>, 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.

### **Annual Spring Town-Wide Yard Sale**

**Saturday, May 10<sup>th</sup>, 8-2 pm     Rain or Shine**

Get ready to treasure hunt across town! Plaistow Recreation is excited to host the Annual Town-Wide Spring Yard Sale on Saturday, May 10, 2025, from 8:00 AM to 2:00 PM, rain or shine. Residents participating in the event will be featured on a printable yard sale map, making it easy for shoppers to plan their route. Maps will be available for pickup at the Plaistow Library beginning May 8, 2025, and can also be found online at [plaistow.com/recreation](http://plaistow.com/recreation) and across Plaistow Recreation's social media channels. Don't miss this fun, town-wide event—whether you're shopping or selling, there's something for everyone!

**Blaze the Nature Trail at PARC****Saturday, May 10<sup>th</sup> at 9am**

The Plaistow Recreation Commission is pleased to invite the community to the official reopening of the Nature Trail at PARC on Saturday, May 10, 2025, at 9:00 AM, located at 51 Old County Road, Plaistow, NH.

The Nature Trail at PARC, first introduced to the public in the fall of 2024, is a unique space developed by the community, for the community. Thanks to the hard work and dedication of volunteers, this peaceful trail continues to provide a welcoming environment for walking, hiking, and connecting with nature. Residents of all ages are encouraged to attend. Whether you're a regular trail-goer or visiting for the first time, it's a perfect opportunity to explore this local gem and kick off the 2025 season together.

**Floral Arranging Class with Jan Guy****Thursday, May 15<sup>th</sup> at 1pm**

Join local Plaistow resident Jan Guy on May 15th at 1 PM for a hands-on floral arranging class, where you will 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, May 14<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 fun time! Registration Required

**Candy Bar Bingo****Wednesday May 14<sup>th</sup> 2:00**

Plaistow and Sandown Recreation are teaming up to host Candy Bar Bingo on the next school half-day! Join us at PARC, located at 51 Old County Road in Plaistow, for an afternoon of fun on the field. Bingo begins at 2:00 PM, and admission is one large *nut-free* candy bar per participant. This sweet and simple event is open to all ages—parents are welcome to join in the fun too! Be sure to bring your blanket or lawn chair and get ready for a chance to win some candy prizes. No registration required.

**Ladies Craft Night****Wednesday, May 21<sup>st</sup>, 6-8 pm**

We are hosting a fun and relaxing Paint Night on Tuesday, May 21st from 6:00 PM to 8:00 PM at the Plaistow Recreation Office, located at 14 Elm Street (Norman L. Major Building). No painting experience is necessary—just bring your creativity! The cost is \$40 per person and includes all materials and step-by-step instruction. This session's featured painting is a dreamy night scene with pink tulips reaching toward a starry sky, complete with a glowing moon and soft, pastel-colored clouds. Space is limited, so be sure to register early. Space is limited – Registration Required- \$40.00 per class fee.

**Senior Craft Workshop****Wednesday, May 28<sup>th</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 wonderful 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