



Alton Parks and Recreation

Community Connection

Upcoming Programs/ Events

Museum Open House - Free

January 29 | 1:00-3:00PM | Gilman Museum



We invite you to an Open House at the Gilman Museum! Enjoy a self-guided tour and explore antiques from the Gilman family, including furniture, toys, dinnerware, and more. For more information, contact parksrec-asst@alton.nh.gov or 603-875-0109.

Weight Training

Every Mon & Wed | 1:30-2:30PM | Gilman Library

No class January 14

Join us for Weight Training Classes on Mondays and Wednesdays, with AFAA Certified Instructor Kellie Troendle. For adults of all ages and abilities. This program is ongoing. Build strong muscles and bones, increase flexibility and develop better balance. Bring light hand weights, a mat and water. For more information, contact parksrec@alton.nh.gov or 603-875-0109. Try a class for free. \$20 per month/session or \$5 drop in.

Reiki Gathering - Free



January 31 | 10:00-11:30AM | Gilman Library

Heal. Balance. Transform.

If you have already completed Reiki Training 1 or 2, join us for a relaxed Reiki meet-up to refresh the basics, share experiences, ask questions, and reconnect with Reiki energy and community.

Pilates



Every Tue & Thur | 9:30-10:30AM | ABCC

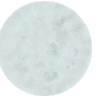
No class January 15

All level adults are welcome for this full body, low impact class that will improve muscle tone, flexibility, balance, and strength with Certified Instructor Donna Lee. Bring a mat and a bottle of water. Drop ins are welcome, preregistration is preferred. Cash or Venmo @breathepilates1. (\$10/class) For more information contact Donna Lee at breathepilates1@yahoo.com.

Snowshoe Hikes

Full Moon Hike - Free

February 1 | 7PM | Fort Point Woods/Trask Swamp



Located on Fort Point Road in Alton Bay. Beginner level hike, uphill and downhill, approximately 45-60 minutes. The moon should be bright enough to light the way but an extra headlamp or flashlight is helpful for each person. Register by January 28. Off road parking is available.



Dungeons & Dragons - Free

Every Wed | 6:00PM-8:00PM | ABCC



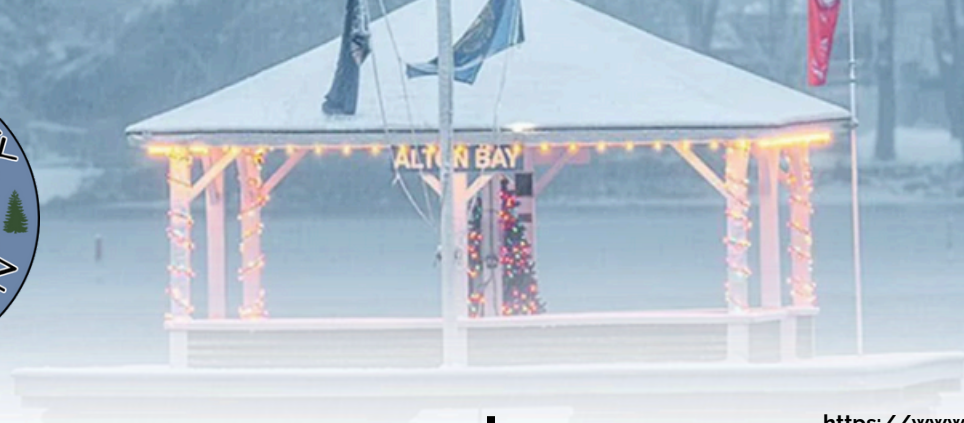
Alton Parks and Recreation is sponsoring a weekly Dungeons and Dragons adventure on Wednesdays at the Alton Bay Community Center from 6:00p.m.-8:00p.m. The program is free for ages 18+. Sign up at parksrec-asst@alton.nh.gov or 603-875-0109 to secure your game slot. Join in the fun with friends or plan on meeting new people.

Valentine's Day Pet Photo Collage - Free

Now-February 14 | Social Media

Share the cutest pictures of your pets and what they love most about Alton! Each picture will go into a collage for Valentine's Day that will be posted on our Social Media. To submit your picture, send them to us at parksrec-asst@alton.nh.gov.





Picture by Jeremy Noyes

<https://www.jeremynoyesphotography.com>

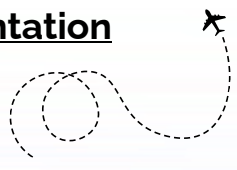
Save The Date



British Landscapes Trip Presentation

March 23 | 11:00AM | Gilman Library

Thinking about a trip abroad? Come learn about our upcoming British Landscapes adventure! Presentation on March 23 at 11:00am at the Gilman Library. RSVP by contacting us at parksrec-asst@alton.nh.gov or 603-875-0109



Other Announcements

Looking for New Volunteers/Instructors!

Do you have a special skill or hobby? We are looking for new programs to offer and will need instructors to run them! If you are interested, or have an idea for a new program, contact us at parksrec-asst@alton.nh.gov or (603) 875-0109.

Puzzle Pursuit

April 18 | 1:00-3:00PM | ABCC

Grab a team and join in. Teams of up to 4 people race to complete the same 500-piece puzzle. Fastest team wins a prize! Register at parksrec-asst@alton.nh.gov by April 9 to secure your team's spot.



Check out what's been going on around town recently!



"Creating Community Through People, Parks and Programs"

603-875-0109 ~ parksrec@alton.nh.gov