

## **Alton Parks and Recreation Community Connection**

### **Full Moon Snowshoe Hike**

The Alton Parks and Recreation Department is sponsoring a Full Moon Snowshoe Hike on Tuesday, March 3 at 7:00p.m. at Morse Preserve/Pine Mountain, located on Avery Hill Road, off Alton Mountain Road. Moderate level, uphill and downhill hike, approximately 60-90 minutes- depending on trails chosen. The moon should be bright enough to light the way but an extra headlamp or flashlight is helpful for each person. Register by February 27. Off-road parking is available at the Mike Burke parking lot. Directions: take Route 11 into Alton Bay, turn on to Rand Hill Road. After .75 miles on Rand Hill Road, take a left onto Alton Mountain Road. After approximately 2 miles, take a left onto Avery Hill Road. The trail head is located about 500 feet on the left after passing the Mike Burk Trail System. For more information and/or to register contact [parksrec@alton.nh.gov](mailto:parksrec@alton.nh.gov) or 603-875-0109.

### **Lean Into Edible Gardening- Baby Steps to Growing Your Own Food**

Alton Parks and Recreation and Friends of the Gilman Library are sponsoring a Lean into Edible Gardening class on Wednesday, March 11 from 6:30p.m.-8:00p.m. at the Gilman Library, Agnes Thompson Meeting Room, \$20pp. Join Lisa Hynes, Gardenary Certified Consultant and Kitchen Garden Coach for an introduction to the different ways to incorporate vegetables, herbs, flowers and fruit into new and existing flower and vegetable gardens. Learn about companion planting, herb gardens, edible flowers, ornamental vegetables and receive recommendations for sourcing plants, containers, soil, seeds, etc. Register at the Parks and Recreation Department by March 5. For more information contact [parksrec-asst@alton.nh.gov](mailto:parksrec-asst@alton.nh.gov) or call 603-875-0109.

### **Guided Meditation**

The Alton Parks and Recreation Department and Friends of the Gilman Library are sponsoring Guided Meditation with Karen Kharitonov on Thursdays- March 5, and March 19 from 6:30p.m.-7:15p.m. at the Gilman Library, Agnes Thompson Meeting Room. Meditation is helpful for reducing stress and slowing our bodies down to breathe. The program is free, donations accepted to benefit the food pantry. For more information contact Alton Parks and Recreation at [parksrec@alton.nh.gov](mailto:parksrec@alton.nh.gov) or 603-875-0109.

### **Weight Training Classes- Mondays and Wednesdays**

The Alton Parks and Recreation Department is sponsoring Weight Training Classes on Mondays and Wednesdays, with AFAA Certified Instructor Kellie Troendle, from 1:30p.m.-2:30p.m. at the Gilman Library 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](mailto:parksrec@alton.nh.gov) or 603-875-0109. Try a class for free. \$20 per month/session or \$5 drop in.

### **Pilates Classes in Alton Bay- Tuesdays and Thursdays**

The Alton Parks and Recreation Department is sponsoring Pilates classes at the Alton Bay Community Center on Tuesdays and Thursdays, 9:30a.m.-10:30a.m. with certified instructor Donna Lee. All level adults are welcome for a full body, low impact class that will improve muscle tone, flexibility, balance and strength. Pre-registration is \$10 per class or \$15 drop in. Bring a mat and water. For more information/register contact Donna at [breathepilates1@yahoo.com](mailto:breathepilates1@yahoo.com) or [parksrec@alton.nh.gov](mailto:parksrec@alton.nh.gov).

### **Dungeons and Dragons**

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](mailto: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.

### **Travel Club- Trip to Scotland, Wales and England- October 2026**

Alton Parks and Recreation is sponsoring a trip with Collette Tours to Scotland, Wales and England October 25-November 3, 2026. There is also an option for a 3-night Paris post tour extension. The trip highlights include Edinburgh Castle; York Minster; Chester; Conwy Castle; Stratford-upon-Avon; Traditional Afternoon Tea; London and much more. Includes airfare, 12 meals, hotels and transportation to and from Alton. This is a great way to travel solo or with friends. A knowledgeable guide leads the entire trip. An information session will be held March 23, 2026 at 11:00a.m. at the Gilman Library. RSVP to attend the session at 603-875-0109 or [parksrec-asst@alton.nh.gov](mailto:parksrec-asst@alton.nh.gov).