

Alton Parks and Recreation Community Connection

Tinkergarten at B&M Park for ages 1-8 years

The Alton Parks and Recreation Department is sponsoring Tinkergarten with Miss Kim on Fridays at B&M Park from 10:00a.m.-11:00a.m. for children ages 1-8. Try a class for free on March 27. The 8 week session runs April 10-June 5, \$150, no meeting on 5/1. Tinkergarten is an outdoor play experience that is interactive, cooperative and creative- let's play outside and explore what nature has to offer. For more information and to register go to:

<https://sites.google.com/view/learn-and-grow-with-miss-kim/home>

Alton Egg Hunt

The Alton Parks and Recreation Department and the Gilman Library are sponsoring a community event for ages 0-10 years old on Saturday, April 4 at the Gilman Library. Join the fun as we hunt for colorful plastic eggs hidden throughout the Library, then make a ladybug or butterfly craft to take home. A special guest is also planning to be there for selfies, and family photos so plan to bring your camera. Bring a container to collect your eggs in and arrive at the following times: Ages infant to 4 years- 9:00a.m. start time for Egg Hunt- craft to follow; Ages 5-10- 10:00a.m.-start time for Egg Hunt- craft to follow. The event is free to Alton residents. Parking is on Main Street and B&M Park. Please use the rear entrance of the Library to enter for the event. For more information contact Alton Parks and Recreation at 603-875-0109, parksrec-asst@alton.nh.gov.

Hit the Trail!- Hiking Programs offered for all levels

Join hiker, Bonnie Dodge, for beginner focused hikes on Fridays starting April 3 or progressive hikes on Wednesdays starting April 15. Hikes start at 10:00a.m. at the trail head in Alton and surrounding Towns.

Beginner Friday hikes are a great opportunity for hesitant folks to discover the wonderful world of hiking and learn about the best trails in the area- the program is focused on hikes for beginners. Sign up at parksrec-asst@alton.nh.gov or 603-875-0109 the Wednesday before the hike day.

Progressive Wednesday hikes are for those that are looking for a hiking challenge. The hikes will gradually increase in difficulty each week- making this a great way to be outside and exercise. Sign up at parksrec-asst@alton.nh.gov or 603-875-0109 the Monday before the hike day.

Guided Meditation

The Alton Parks and Recreation Department and Friends of the Gilman Library are sponsoring Guided Meditation with Karen Kharitonov on Thursday 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 or 603-875-0109.

Indoor Growing with Microgreens- Nutritious Food in a Small Space

The Alton Parks and Recreation Department is sponsoring a gardening class with Lisa Hynes, Gardenary Certified Consultant and Kitchen Garden Coach on Saturday, March 21 from 1:00p.m.-2:30p.m. at the Alton Bay Community Center, \$35pp+ \$15 materials fee. Join us to discover how to cultivate nourishing food indoors, even during the winter months. Learn about various microgreens and how to grow them using trays, soil and seeds. Cultivate up to four types in a 10"x10" tray to take home with instructions. Register at the Parks and Recreation Department by March 16. For more information and to register contact parksrec-asst@alton.nh.gov or call 603-875-0109.

Alton Town Wide Yard Sale

The Alton Parks and Recreation Department is sponsoring its Annual Town Wide Yard Sale on Saturday, June 6, 2026, rain or shine from 8:00a.m.-2:00p.m. If you would like to participate by having a Yard Sale at your house contact the Parks and Recreation Department at 603-875-0109 or parksrec-asst@alton.nh.gov before May 18, 2026 with your Yard Sale address location. When signing up please include your name, phone number and complete physical address. Free Yard Sale maps will be available after May 27, 2026.

USTA Spring Tennis Lessons- Adults

The Alton Parks and Recreation Department is sponsoring Tennis in the Parks for adults on Wednesdays at the Liberty Tree Park Tennis Courts from May 6-June 10 from 6:00p.m.-7:30p.m. Registration is \$75, includes instruction with a USTA New England certified instructor. Basic tennis skills will be taught: forehand, backhand, serve, overhand and volley. Register by April 17, class size is limited to 7. Registration forms are available at www.alton.nh.gov or stop by the Parks and Recreation Kiosk at 328 Main Street to sign up. Contact parksrec@alton.nh.gov or 603-875-0109 for more information.

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.

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 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 or 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 or 603-875-0109 to secure your game slot. Join in the fun with friends or plan on meeting new people.