

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

### **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](mailto:parksrec-asst@alton.nh.gov).

### **Guided Meditation**

The Alton Parks and Recreation Department and Friends of the Gilman Library are sponsoring Guided Meditation with Karen Kharitonov on Thursdays April 2, 16, May 7 and May 21 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.

### **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](mailto: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](mailto:parksrec-asst@alton.nh.gov) or 603-875-0109 the Monday before the hike day.

## **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](mailto: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](http://www.alton.nh.gov) or stop by the Parks and Recreation Kiosk at 328 Main Street to sign up. Contact [parksrec@alton.nh.gov](mailto:parksrec@alton.nh.gov) or 603-875-0109 for more information.

## **Start Your Own Edible Garden Seedlings- Warm Season Seedlings**

The Alton Parks and Recreation Department is sponsoring a gardening class with Lisa Hynes, Gardenary Certified Consultant and Kitchen Garden Coach on Saturday, April 18 from 1:00p.m.-2:30p.m. at the Alton Bay Community Center, \$35pp+ \$20 materials fee. Lisa will give a lesson on Seed Starting 101, with instructions on setting up a seedling tray. Plant a 10"x20" tray of warm season seeds- tomatoes, basil, kale, Swiss Chard, calendula, etc. Receive instructions on how to get the baby seedlings off to a good start and growing well indoors for the next 4-6 weeks, as well as hardening the seedlings to plant outdoors at the right time. Register at the Parks and Recreation Department by April 13. For more information and to register contact [parksrec-asst@alton.nh.gov](mailto:parksrec-asst@alton.nh.gov) or call 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.

### **Alton Parks and Recreation Department Podcasts**

For people that want a quick summary of the programs, events and activities going on at the Parks and Recreation Department, check out the Alton Parks and Recreation Department “Community Connection” podcasts which are available on the Town of Alton website: [www.alton.nh.gov](http://www.alton.nh.gov) under Parks and Recreation.