

Sandown Happenings

January 2024

Chair Yoga: Embark on a journey of wellness and tranquility with our Chair Yoga Series starting on Tuesday, January 9th, 2024, from 10:30 AM to 11:15 AM. Designed for individuals of all ages and fitness levels, this seven-week series offers a unique approach to yoga, allowing you to experience the benefits of yoga while comfortably seated. The cost is \$64 per person for 7 weeks.

Adult Yoga: Join us for a rejuvenating Adult Yoga Class series every Monday, starting from January 8 through February 19, 2024. Take a mindful journey towards wellness as you immerse yourself in the transformative practice of yoga, cultivating strength, flexibility, and inner peace. Cost is \$100 for residents and \$110 for non-residents.

Family Game Night – Pokémon themed: Join us for a Pokémon-themed Game Night on January 19th from 5pm-7pm. This event is entirely free, and we've got pizza covered for everyone attending. Whether you're a seasoned Pokémon Master or a beginner, this night is designed for all levels of trainers. As a bonus, we have a Pokémon expert on-site. They'll be ready to guide you through the Pokémon Trading Card Game. Learn strategies, master deck building, and elevate your Pokémon skills.

Ballroom Dancing – Beginner two: Take the next step in your dance adventure with our exciting Beginner Two-Ballroom Dancing Class with Bill and Maria Vanderhoof, starting Sunday, January 7, 2024! This engaging series runs every Sunday until February 25, helping you master new moves and refine your ballroom dancing skills. Series Duration: January 7 - February 25, 2024 Time: Every Sunday Class Time: 5:30 PM - 6:15 PM Location: At the Ed Garvey Recreation Center Prerequisite: Completion of Beginner One Class

Ballroom Dancing – Intermediate: Dive into the captivating world of ballroom dancing with our Intermediate Class, commencing on Sunday, January 7, 2024! This exhilarating series unfolds every Sunday until February 25, from 6:30 PM to 7:15 PM, at the Ed Garvey Recreation Center. Perfectly tailored for those who have completed the Beginner Two Ballroom Dancing Class, this series promises to elevate your dance proficiency to new heights. Series Duration: January 7 - February 25, 2024 Time: Every Sunday Class Time: 6:30 PM - 7:15 PM Location: Ed Garvey Recreation Center Prerequisite: Completion of Beginner Two Class

Encore Casino Trip: On 2/21/2024 enjoy A day at [Encore Boston Harbor](#) promises a blend of entertainment, luxury, and indulgence. Whether you're testing your luck on the casino floor, savoring exquisite meals, enjoying spa treatments, or perusing upscale boutiques, the resort offers a grand-scale experience for those seeking glamour and excitement on the Mystic Riverfront. Tickets are \$27.00 per person. Tickets include transportation on a motor. Gratuity for the driver is separate and will be collected as we make our way back to town. Cancellations must be made before 2/14/2024 for a full refund.

Senior Coffee: Join us for a complimentary senior coffee and pastry event at the [Your Town] Community Center. Seniors are invited to enjoy free coffee and pastries on the following dates: January 15, January 29, February 12, February 26, March 11, and March 25. Time: 10:00 AM - 12:00 PM Location Ed Garvey Recreation Center

Sandown Yarn Works: Join us for a creative and cozy morning at Yarn Work, a crafting group dedicated to all things yarn-related! Whether you're a seasoned enthusiast or a curious beginner, come and join us on Thursday, January 25, from 10:00 AM to 12:00 PM at the Ed Garvey Recreation Center. This inclusive gathering offers a welcoming space for individuals to engage in yarn crafts. Feel free to bring your ongoing projects from home or come with an eagerness to learn something new. The event is not only an opportunity to hone your crafting skills but also to connect with fellow enthusiasts. To add to the enjoyment, complimentary snacks will be provided for all participants. This event is open to the public, and there is no cost to attend. For those interested in joining, simply call the Recreation Office at 603-887-1872 to secure your spot.