

Recreation Committee News

Hold the Date - Septemberfest is at the Old Town Hall site on September 12, rain date on the 13th. There will be live music by Bad Breath Microphone, a bouncy house, pony rides, a climbing wall and a bungee trampoline. Volunteers are needed for setup, cooking, and cleaning up. Any help is greatly appreciated. Residents are encouraged to bring their own dish to share with the community. REC will provide grilled hamburgers, hot dogs, chicken and a few other surprise food items. There are lots of talented cooks in Newington. Please share your favorite dish with your neighbors. This year we are going to ask for residents to RSVP to help us get a more accurate head count which helps us control food and drink expenses. Please RSVP to town hall or Sign-up Genius. **HELP!!: A large number of residents RSVP'd for the Senior Dinner this year and did not come resulting in too much food and a waste of recreation funds. REC likes to host many events at no cost to town residents. To ensure we can continue to do this, help us efficiently manage our REC budget and show up if you RSVP. If something comes up, call the Town Hall to cancel prior to the event. When invitations to Septemberfest go out, request everyone RSVP only if you plan to attend. Thank you.**



NEWINGTON RECREATION ACTIVITIES THIS MONTH

DANCE THE LINE. Line dancing continues every week on Wednesday, 6-9 pm. This fun activity is a great social event for all ages (children must be supervised). Individuals without prior experience in line dancing can begin at any stage; it is always possible to acquire this skill.



Here are a few reminders to prepare you for a line dance class:

Bring water

Wear comfortable clothes - dress in layers

Wear sneakers or boots that slide & turn easy

No street shoes - to protect the floor & safety for everyone

No sandals & no high heels

Bring a friend & be prepared to have fun!

Beginners 6-7:00 pm

Improver 7-7:30 pm

Intermediate 7:30-9:00 pm

Please bring a clean pair of shoes or boots to keep the floor clean and safe.

Everyone will sign in at the door. The classes are FREE for Newington residents with proof of residency. Non-residents will pay \$10 at the door.

BALLROOM DANCING. This monthly event is on the third Saturday of the month, 6:30-9:30 pm. Everyone will sign in at the door. This is another great social event that is FREE for Newington residents and \$15 at the door for non-residents. Bring appropriate shoes to change into. For more information visit the current website, https://www.foxrundance.com/events/#ballroom_events

FIT OVER 50 CLASS. This class has a large following and is at the Town Hall, every Thursday at 10 am. This class practices low impact, moderately paced cardio routines and light strength training combinations. This program is designed to increase metabolism, overall strength, and improve balance and coordination. No experience necessary. Do what you can and take breaks when you need them. The only expectation is the one you set for yourself. Please wear sneakers and breathable clothing. BYO water, hand towel and free weights (not required). Completed waivers required prior to participation. Coach Alexis makes the class fun. This class is FREE for Newington residents and \$10 at the door for non-residents. Visit [priorityone.website/fitover 50](https://priorityone.website/fitover50) for complete details. Required registration before class. You can pick up a copy at the town hall or download the application at [https//priorityone.website](https://priorityone.website)

INTRODUCTION TO PILATES CLASS. This weekly class is now on Tuesday morning at 9am at the Old Town Hall. This class focuses on slow, controlled movements designed to enhance overall functional fitness.

Focus Areas: Improving core strength, spinal articulation, balance, and joint mobility.

Benefits: Helps prevent injury, reduce back pain, and improve posture – essential skills for all ages and activity levels.

Format: Traditional Mat Pilates exercises adapted to be accessible and effective for all participants.

Coach Aimee is a certified Pilates Instructor and will cater to all ability levels. Residents will only pay \$10 per class at the door (bring exact amount); non-residents will pay \$25 per class. Bring your mat to the class (Aimee will have a few extras on hand).



Walking group is still going on, sign up at the town hall. Opened to other times and dates. Join the walking group at the Town Hall. Perfect time to start!

The Langdon Library staff entertains residents with board games every Monday at 2 pm. Bring your own and invite others to participate or use the library games that are available. There is no Book Group in July/August. It will start again in September.

Youth/Adult Tennis Clinic

The weekly summer tennis clinics started 23 June. The first clinic was fully booked. Coach Pavel will run the free clinics for Newington residents. Attendees must sign-up in advance to attend. Each class is limited to 8 people. Sign-up at Town Hall or Sign-up Genius NLT Tuesday 4pm each week.

FUTURE EVENTS:

18 October-Trolley Ride (Old Town Hall) Will have a two rides morning for children and families, and adults only. Both rides will be going into Portsmouth!

30 October - Trunk or Treat (Town Hall)

12 December - Holiday Light Party (Old Town Hall)