

Friends Program



Free Strength Training and Balance Exercise Classes for Seniors 55+

- *Prevents Osteoporosis
- *Improves Muscle Strength
- *Increases Bone Density and Balance
- *Enhances Energy and Well-Being

MERRIMACK & BELKNAP COUNTIES

TOWN	DAY	TIME	LOCATION
Andover	Mon/Thurs	9:00 - 10:00 am	The Andover Community Hub, 157 Main Street
Boscawen	Mon/Fri	9:00 -10:00 am	Boscawen Library, 116 N. Main Street
Concord	Mon/Wed	10:00 - 11:00 am	Horseshoe Pond Place Community Room, 26 Commercial St.
Concord	Wed/Fri	9:00 - 10:00 am (W) 11:00 am - 12:00 pm (F)	Good Life Programs & Activities 254 N. State St. (In the Smokestack Center)
Epsom	Tues/Thurs	9:00 - 10:00 am	Epsom Public Library, 1606 Dover Road (Route 4)
Franklin	Wed/Fri	9:00 - 10:00 am	Hope Community Church, 108 Hill Road, Franklin
Henniker	Tues/Fri	9:30 - 10:30 am	White Birch Community Center, 51 Hall Ave.
Henniker	Mon/Thurs	10:00 - 11:00 am	White Birch Community Center, 51 Hall Ave.
Newbury	Tues/Fri	10:00 - 11:00 am	Newbury Heights Community Room, 52 Newbury Heights Rd
Suncook	Mon/Wed	8:45 - 9:45 am	Suncook Senior Center, 8 Whitten St, Allentown
Tilton	Tue/Thurs	9:30 - 10:30 am	Tilton Senior Center, 11 Grange Road



AmeriCorps
Seniors



The Bagan Foundation

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ROCKINGHAM COUNTY

TOWN	DAY	TIME	LOCATION
Atkinson	Tues/Thurs	10:15 -11:15 am	Kimball Public Library, 5 Academy Ave.
Derry	Tues/Thurs	9:30 -10:30 am	Veterans Hall, 31 West Broadway
Hampton	Tues/Fri	10:00 - 11:00 am	St. James Lodge, 77 Tide Mill Road
Kingston	Tues/Thurs	10:00 - 11:00 am	Kingston Community Library, 2 Library Lane
Londonderry	Mon/Fri	11:00 - 12:00 pm	Londonderry Senior Center, 535 Mammoth Rd.
Newmarket	Tues/Thurs	9:00 -10:00 am	Sunrise/Sunset Center, 2 Terrace Dr.
Plaistow	Tues/Fri	9:00 - 10:00 am	Vic Geary Senior Center, 18 Greenough Rd.
Portsmouth	Tues/Thurs	9:00 - 10:00 am	Portsmouth Senior Activity Center, 125 Cottage St.
Portsmouth	Mon/Wed	10:00 - 11:00 am	Portsmouth Senior Activity Center, 125 Cottage St.
Salem	Tues/Thurs	11:00 - 12:00 pm	Salem Senior Svcs, Ingram Senior Ctr., 1 Sally Sweet Way
Salem	Tues/Thurs	10:00 - 11:00 am	Kelley Library, 234 Main St, Salem
Seabrook	Mon/Thurs	10:00 - 11:00 am	Seabrook Public Library, 25 Liberty Lane
Stratham	Mon/Fri	10:00 - 11:00 am	Stratham Parks and Recreation, 10 Bunker Hill Ave.
Stratham	Mon/Wed	M 9:00 - 10:00 am W 9:30 - 10:30 am	Stratham Parks and Recreation, 10 Bunker Hill Ave.



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