

# RESOURCES

## COAST Bus Route 7 On Demand

603-834-6010

[triplink@communityrides.org](mailto:triplink@communityrides.org)

## Transportation Assistant for Seacoast Citizens - TASC

603-926-9026

[coordinator@tasc-rides.org](mailto:coordinator@tasc-rides.org)

## ServiceLink - Aging & Disability Resource Center

603-334-6594

## Rockingham Nutrition Meals on Wheels

603-778-8196

<https://rockinghammealsonwheels.org/>

## Exeter Human Services

603-773-6116

[pmcelroy@exeternh.gov](mailto:pmcelroy@exeternh.gov)

## St. Vincent De Paul

603-772-9922

Food pantry hours are Monday, Wednesday, Friday 10:00 am to 12:00 pm

Monday Nights from 7:00-8:00 pm.

## Exeter Hospital

603-778-7311

## Exeter Fire & Police Department

603-772-1212

## Alzheimer's, Dementia & Memory

Care Facilities in New Hampshire

888-595-9951

<https://www.alzheimersupport.com/memory-care/new-hampshire/>

## ALDA-Association of Late-Deafened Adults

[ALDAseacoastNH@gmail.com](mailto:ALDAseacoastNH@gmail.com)

# 2025 EXETER PARKS & RECREATION

## Adult Age-Friendly Programming Spring



## PROGRAMS, TRIPS AND MORE!

This brochure contains new and ongoing programs we currently offer. Please note that we add new trips and programs periodically, so keep an eye on our website ([www.exeternh.gov/recreation](http://www.exeternh.gov/recreation)), Facebook page and if you aren't signed up already for our emailing list, please send a request to [dtovey@exeternh.gov](mailto:dtovey@exeternh.gov).

We are open to any program that you think others would like to join! If there is something you do not see in this brochure, please let us know!



32 Court St.  
Exeter, NH 03833  
603-773-6151

[www.exeternh.gov/recreation](http://www.exeternh.gov/recreation)

# EXETER PARKS & RECREATION

"Where Fun Begins and Memories Last Forever!"

## Mission Statement

The Exeter Parks and Recreation Department is committed to providing affordable, inclusive, accessible opportunities to a diverse range of abilities and interests, across generations, to build confidence, quality of life, and pride in the community.

## Vision Statement

Exeter Parks and Recreation is building an Active, Healthy, and Engaged Community.

**Registration:** To register you can visit us in person, call the Recreation Office, mail in registration form with payment or go online to [www.exeternh.gov/recreation](http://www.exeternh.gov/recreation). 3% credit card transaction fee on all purchases.

**Payment:** By check payable to EPRD, cash, VISA, MASTERCARD, DISCOVER, APPLE OR GOOGLE PAY. Note: there will be a \$20 additional fee for checks returned by the bank.

**Course Cancellation:** Classes that do not meet the minimum requirement will be cancelled at least 48 hours prior to the scheduled start date. Full refunds will be issued. We reserve the right to reschedule or change classes. You will be called if your class is cancelled, otherwise plan on attending.

**Participant Photograph Policy:** Periodically, the Parks & Recreation Department photographs/videotapes program participants for promotional use. Unless the participant informs us of their desire not to be photographed, the Parks & Recreation Department will use photographs/videotapes for their promotional purposes.

**Inclement Weather:** We will notify participants if a program is cancelled due to inclement weather. Please make sure we have all your updated contact information.

**Unsatisfactory Service:** If you are unhappy with the quality of service after your first class, please contact us at 603-773-6151 or [recreation@exeternh.gov](mailto:recreation@exeternh.gov). Explain what went wrong, so we can make it right. In the event that we cannot make things right by the end of your second class, we will issue a full refund.

**Waitlist Policy:** When a program, activity or event becomes full, a waitlist will be started. Payment will not be taken when being added to the waitlist. Residents and non-residents can join the waitlist online, over the phone, or in person. If a spot becomes available, priority will be given to Exeter residents in the order they joined the waitlist followed by non-residents in the order they joined the waitlist. The Exeter Parks & Recreation Department will call those listed on the waitlist to notify if a space opens. Response and payment must be made within 24 hours of notification to secure your registration. Please note, each individual interested in joining the waitlist for the program, activity, or event must be listed on the waitlist in order to be eligible to register should space become available.

The Exeter Senior Resource Guide is a 40 page informational document containing helpful resources to adults and caretakers



## EXETER SENIOR RESOURCE GUIDE

Guide to Age-Friendly Living in Exeter, NH



### What's inside?

- Transportation
- Human Services
- Health & Wellness
- Food & Nutrition
- Housing
- Leisure & Education Activities
- Public Safety

Exeter's guide to Age-Friendly resources to help improve the quality of life for all.

Created by Exeter Parks and Recreation Department, an agency member of the Exeter Senior Council.

Revised: March 2025



Age-Friendly Communities  
Are Livable for  
People of All Ages  
[aarp.org/livable](http://aarp.org/livable)

**Visit our website, scan the QR code, or grab your copy at the town offices, library or Park & Rec!**



Exeter, NH

# A Guide to the Exeter Trails

This booklet serves as a guide for the walking trails throughout Exeter. Inside you will find information on each trail and their access point(s) along with approved usage.



Scan QR code for a digital view, print from EPRD website or visit our office for a hard copy!



### Contact Information

Office: 603-773-6151

Greg Bisson, Director  
gbisson@exeternh.gov

David Tovey, Asst. Director  
dtovey@exeternh.gov

Caroline Neel  
Rec. Coordinator  
cthuma@exeternh.gov

Nancy Bugbee, Office Manager  
nbugbee@exeternh.gov

### Office Hours

8:15am - 4:15pm

Monday - Friday

**Cancellation and Refund Request Information:** Program fees must be paid in full before the start of each program. Our instructors agree to teach based on enrollment, therefore no refunds will be given if you decide not to show up to any classes you are enrolled in. Generally, refunds will not be given after a class has started. Refunds will be given in the following circumstances:

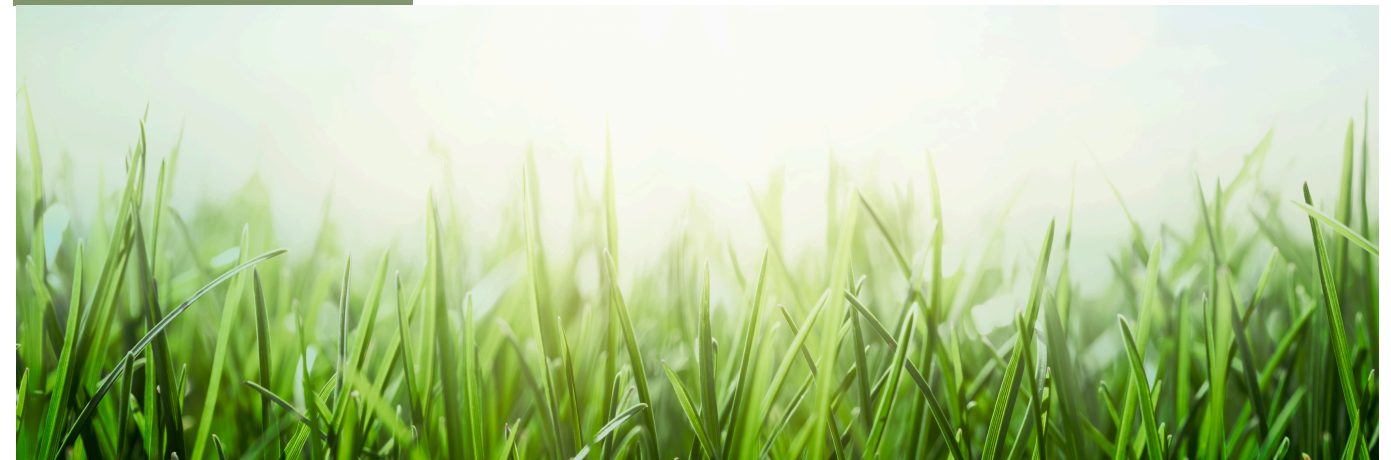
-Participant cancellations due to serious illness or injury: Prorated refunds for injury or serious illness are given if written medical verification from your physician is received prior to the end of the program. This refund will be prorated to the number of classes left in the program after our office receives the verification. No refund will be given if we receive the written medical verification after the end of the program.

-Participant cancellation requests for other reasons: All cancellations and refund requests must be in writing and are subject to the following cancellation fees: \$10 fee for each program that meets 1-2 times per week; \$25.00 fee for each program that meets 3 or more times per week.

-Trip Refund Policy: No refunds unless the trip/event is cancelled by the venue or we find a replacement for you.

Refund Grievance: A written letter can be sent to the Recreation Advisory Board to be discussed at their next meeting if you feel there is an issue with a refund. All letters should be sent Attn: Greg Bisson, Parks and Recreation Advisory Board 32 Court Street, Exeter NH 03833

-Accessibility Ratings: We rate our trips and programs using an accessibility icon (person walking) to help individuals determine the level of mobility required. Level 1 requires the least amount and level 3 requires the greatest amount and often requires uneven terrain and lots of stairs.





## HEALTH & WELLNESS

### Chair Yoga

*Instructor: Cheryl Rossman, ERYT-500*

32 Court St. (2nd floor)

\$10/resident (50+) or \$45/person

February 27, March 6, 13, 20 Apr 3

1:00-1:45PM

\*Pre-registration required

- Gain/maintain range of motion
- Move your body with ease
- Prevent falls
- Happy feet exercise to increase your sense of balance

Modifications are always available. This class is designed for anyone who would like a gentle, relaxing yoga class - come join us, it's a social event!

Bring a mat, strap, tennis ball and water.

### Indoor "Walk & Talk"

Tuesdays

PEA Field House

9:30-10:30AM

Registration is required

FREE

Weekly, indoor walks at Philip Exeter Academy's Field House. Visit our office or website for parking and entrance information.



**PLANET PLAYGROUND SEND OFF**

**APRIL 12TH  
11AM-12:30PM**

BLAST OFF FOR ONE FINAL ADVENTURE AT PLANET PLAYGROUND! BRING YOUR FAMILY AND FRIENDS TO TAKE ONE LAST ORBIT AROUND THE PLAYGROUND BEFORE IT EMBARKS ON ITS NEXT CHAPTER. ONE SMALL STEP FOR EXETER, ONE GIANT LEAP FOR FUTURE FUN!

**4 HAMPTON ROAD  
EXETER, NH**

EXETER BOWLING LANES & EXETER PARKS & RECREATION PRESENT



# LUNCH & GAMES

for Adults Ages 50+ 



  **EVERY  
WEDNESDAY**

**10AM - NOON**  
Exeter Bowling Lanes  
6 Columbus Ave. Exeter, NH

 **Enjoy conversation, bowling,  
card games, darts and lunch!** 

 **JANUARY 8 - APRIL 9, 2025**  
**\$15 FOR FULL SESSION OR \$5 PER DAY**  
**TRANSPORTATION AVAILABLE FROM SELECT SPOTS** 

MORE INFO [WWW.EXETERNH.GOV/RECREATION](http://WWW.EXETERNH.GOV/RECREATION)  
CALL 603-773-6151 TO REGISTER OR STOP BY THE  
PARKS & REC OFFICE

## *Art Relaxation for Adults*

No previous art experience necessary. Learn to make art that is meditative and frame worthy...anyone can do it!

Residents (50+): Free  
Non-residents: \$5

Date: April 24

Time: 1:00 - 3:00 PM

Location: 32 Court St. Exeter, NH

Registration Required

[www.exeternh.gov/recreation](http://www.exeternh.gov/recreation)

603-773-6151



**EXETER PARKS  
& RECREATION**

## ADULT TECH TIPS

# LEARN TO BETTER USE YOUR SMART DEVICES

Join our Tech Tips series to discover tips and tricks on using your iPhone, iPad or Android devices. This series starts with the basics and moves into more detail.



RESIDENTS (AGE 50+): \$5  
NON-RESIDENTS: \$10  
APRIL 16, 30, JUNE 20, JULY 16  
LOCATION: 32 COURT ST. EXETER, NH  
[WWW.EXETERNH.GOV/RECREATION](http://WWW.EXETERNH.GOV/RECREATION)  
603-773-6151



# WATER AEROBICS

Tuesdays & Thursdays

Session 1: 6/17-7/17

Session 2: 7/15-8/7

12:00 - 12:45PM



Looking for a fun and low-impact way to stay fit and healthy? Look no further than water aerobics!

1st Session Registration

Resident Registration Opens: **March 10**

Non-Resident Registration Opens: **March 17**

Fees:

- Resident: \$5/Session 1
- Non-resident: \$15/Session 1



[www.exeternh.gov/recreation](http://www.exeternh.gov/recreation)

603-773-6151

Langdon Place of Exeter and Exeter Parks & Recreation present

# INDOOR AQUA ZUMBA

Exeter residents (ages 50+) are invited to join Indoor Aqua Zumba! Enjoy all the benefits of this low-impact workout. See program information flyer online or at our office for more information.

**March 26 - April 30, 2025**

**Wednesdays**

**2:00-2:45pm**

**17 Hampton Road**

**(Langdon Place)**

**\$25/person**



**Genesis**



## SEED STARTING WORKSHOP

*Get a head start on your Spring Gardening with our Seed Starting Workshop!  
All materials and seeds provided by instructor. See our website for more information.*

**Residents (age 50+): Free**

**Non-residents (age 50+): \$5**

**Date: April 17**

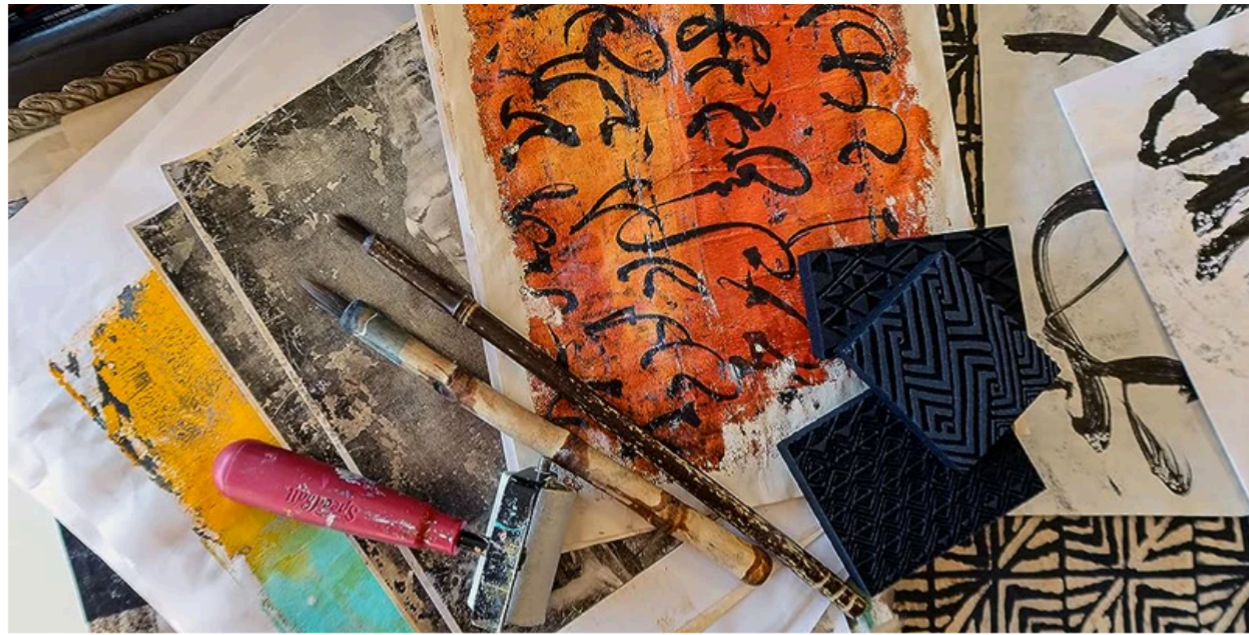
**Time: 1:00 - 2:00 PM**

**Location: 32 Court Street Exeter, NH**

**REGISTER NOW**

[www.exeternh.gov/recreation](http://www.exeternh.gov/recreation)





NEW

# INTRO TO GEL PRINTING

*4-week course*

*Learn the Art of Gel Printing*



April 15 - May 6  
Tuesdays  
1:00 - 3:00 PM



32 Court Street  
Exeter, NH 03833  
603-773-6151

Week 1: Introduction to Gel Printing

Week 2: Note Cards & Anagrams

Week 3: Journal Making

Week 4: Finish, framing & Art Show

Residents (age 50+): Free

Non-Residents (age 50+): \$10 per session (all 4 classes)

**Registration Required**

**[www.exeternh.gov/recreation](http://www.exeternh.gov/recreation)**

**603-773-6151**



**EXETER PARKS  
& RECREATION**

## DAY TRIPS

### **deCordova Sculpture Park - June 11**

🚶🚶🚶 Lots of walking  
potential for stairs and uneven ground

Lincoln, MA

\$44/resident or \$55/non-resident

### **Fleetwood Macked - June 18**

🚶 Minimal walking

Danvers, MA

\$75.20/resident or \$94/non-resident

### **Boston Red Sox vs. Toronto Blue Jays - June 27**

🚶🚶🚶 Lots of walking  
potential for stairs and uneven ground

Boston, MA

\$85/person

### **Portsmouth Shipyard Tour - July 9**

🚶🚶 Medium amount of walking  
potential for stairs and uneven ground

Portsmouth, NH

\$30/residents or \$45/non-resident

### **Boston Red Sox vs. Tampa Bay Rays - July 11**

🚶🚶🚶 Lots of walking  
potential for stairs and uneven ground

Boston, MA

\$85/person

### **Cabbage Island Clambake - August 6**

🚶🚶🚶 Lots of walking  
potential for stairs and uneven ground

Boothbay, ME

\$110/resident or \$135/non-resident

### **Grease @ North Shore Music Theatre - August 20**

🚶 Minimal walking

Beverly, MA

\$85/resident or \$105/resident

### **When Elvis Met the Beatles - September 10**

🚶 Minimal walking

Portsmouth, NH

\$110/resident or \$135/non-resident

### **Always Olivia - October 23**

🚶 Minimal walking

Danvers, MA

\$75.20/resident or \$94/non-resident

### **Absolute Queen - November 13**

🚶 Minimal walking

Danvers, MA

\$75.20/resident or \$94/non-resident



**Exeter Parks & Recreation offers a variety of day trips across New England. Most of our trips include lunch! Enjoy our spacious and comfortable 15 passenger van with friends on a trip throughout the year. If there is a trip you'd like us to offer, please let us know!**



Exeter Parks & Recreation presents...

## Discover Rome & the Amalfi Coast

with Optional 3-Night Florence Pre Tour Extension  
with Optional 2-Night Naples Post Tour Extension

**November 5 – 14, 2025**



Book Now  
& Save  
**\$250**  
Per Person

Upgrade to Elite Airfare! See inside for details.

### **SPECIAL TRAVEL PRESENTATION**

Date: Wednesday, September 18, 2024 Time: 1:30 PM  
at the Exeter Senior Citizens Center. RSVP: David Tovey - 603-773-8073

For more information contact  
David Tovey  
Exeter Parks & Recreation  
**603-773-8073**  
[dtovey@exeternh.gov](mailto:dtovey@exeternh.gov)

**collette**



# GETTING TO KNOW DEMENTIA

*A Four-Part Educational Series*

Classes held at Exeter Senior Center  
Residents (50+): Free Non-Residents (50+): \$5

### **Classes:**

- March 26 (1:30-2:30): Normal vs. Abnormal Cognitive Change
- April 23 (1:30-2:30): What is Dementia?
- May 21 (1:30-2:30): Now what?! Positive Approaches for Someone Living with Dementia
- June 25 (1:30-2:30): Care Giver vs Care Partner: Making Meaningful Change

With support from Exeter Hospital Community Grant Funding, Exeter Parks & Recreation presents:

# MONTHLY SENIOR LUNCHEONS

Join EPRD for a delightful catered lunch, musical entertainment and guest speakers!

Transportation available from select locations.

**FREE FOR  
RESIDENTS AND  
NON-RESIDENTS  
AGES 50+**

**SEPTEMBER 27,  
2024**

11:30-1:00pm  
Exeter Town Hall

**OCTOBER 25,  
2024**

11:30-1:00pm  
Exeter Town Hall

**NOVEMBER 22,  
2024**

11:30-1:00pm  
Exeter Town Hall

**DECEMBER 20,  
2024**

11:30-1:00pm  
Exeter Town Hall

**JANUARY 10,  
2025**

11:30-1:00pm  
Exeter Town Hall

**FEBRUARY 14,  
2025**

11:30-1:00pm  
Exeter Town Hall

**MARCH 14,  
2025**

11:30-1:00pm  
Exeter Town Hall

**APRIL 18,  
2025**

11:30-1:00pm  
Exeter Town Hall

**MAY 16,  
2025**

11:30-1:00pm  
Exeter Town Hall

**JUNE 27,  
2025**

11:30-1:00pm  
TBD

**JULY 18,  
2025**

11:30-1:00pm  
TBD

**AUGUST 22,  
2025**

11:30-1:00pm  
TBD

**SEPTEMBER 26,  
2025**

11:30-1:00pm  
Exeter Town Hall

**REGISTRATION REQUIRED  
REG. DEADLINE: 1 WEEK BEFORE EVENT  
REGISTER ONLINE, AT THE EPRD  
OFFICE OR BY CALLING 603-773-6151**

