

Hunt Community

WARMTH. SECURITY. CONVENIENCE.

Calendar Of Events
SAMPLE



Off-site Events
SAMPLE



Friday, at 11:00am

Lunch Trip at the Lobster Tail Restaurant,
Windham NH



Saturday, at 1:30pm

Trip to see Herrmann's Royal Lipizzan Stallions
to Benefit Upreach Therapeutic Equestrian Center
(Tickets are \$20 P/P & May Be Purchased at the Door.



Friday, at 9:45am

Mt Washington Boat Cruise (Cost is \$30.00 P/P for a
90 Minute Cruise. Lunch may be purchased on the boat at
the Fan Tail Grille.– Weirs Beach, NH



Friday, at 9:45am

Day Trip to Rockport (Visit the Quaint Shops & Have
Lunch at the Restaurant of Your Choice. Rockport, MA



Friday, at 9:30am

**Guided Tour at the Massabesic Audubon
Center**

(Cost is \$5.00 P/P/ Lunch at MoJoe's Restaurant.




Friday, at 9:15am

Trip to the Castle In the Clouds (Admission is
\$14.00 P/P Lunch at the Carriage House Restaurant.




Onsite Events
SAMPLE



Tuesday, at 2:00pm

In the Munroe Auditorium


Old Fashion **Sing-A-Long with Kathi Hanson** –
Munroe Auditorium



Sunday, at 7:15pm

Munroe Auditorium


Musical Performance by Harpist DeLuna



Wednesday, at 1:30pm

in the Munroe Auditorium

***American Red Cross Blood Drive in Remembrance of
September 11th.



Thursday, at 2:00pm

in the Munroe Auditorium


Savvy Senior Travelers - Tips and suggestions on
how to travel better alone or with a group; and How to
travel with Multi-Generations of your family. Presented by
Silvana Frappier from N/S Destinations



Sunday, at 7:15pm

In the Munroe Auditorium


**Musical Performance by Singing Duo “The
Sands of Time”**



Thursday, at 2:00pm

in the Munroe Auditorium

Slide Show Presentation by Michael Perry “Mid
Coastal Maine”



Sunday, at 7:15pm


in the Munroe Auditorium

Musical Performance by Multi Instrumentalist
Dave Burns



Monday, at 7:15pm

Symphony NH at Hunt! (Symphony NH's New
Executive Director & Violinist Marc Thayer with Pianist
Joseph Olefirowicz, Music Director at the First Church will
perform light classics & favorites from the violin repertoire
including music by Fritz Kreisler, Elgar, Debussy, Handel,
Drdla, Rachmaninoff, and more.



Wednesday, at 1:30pm

HED Talks (Hunt Educational Discovery “Ancient
Civilizations - Greeks”)



Sunday, at 7:1pm

in the Munroe Auditorium

Musical Performance by Singer Marlena Phillips



Wednesday, at 1:30pm

in the Mary Parlor

HED Talks (Hunt Educational Discovery “Ancient Civilizations – Chinese”)



Wednesday, at 7:15pm

in the Mary Parlor

Musical Performance by the Nashua Granite Statesmen



Thursday, at 2:00pm

Old Fashion **Sing-A-Long with Kathi Hanson**

Sampling of Fitness Programs Offered at Our Communities

Aquatics: A great way to gain cardio, muscular endurance, and balance without the added stress on the joints, join us on Wednesdays for a game of volley ball.

Reach & Balance: Improve your stamina and balance with unique combination movements to maintain functional mobility and maintain activities of daily living.

Sit & fit: 30 min. of fitness sure to improve overall vitality, form breathing techniques to functional movements all while utilizing the chair.

Functional fitness: A complete head to toe workout designed to target overall health and stamina, moving fluidly through cardio endurance, muscle mechanics, body balance to flexibility, a non-stop, functional fitness program.

Fit & Feisty: be prepared to challenge your cardio endurance working with quick changing movements from grapevine to boxing, and just when you thought it was over let's add a little muscular endurance, "who said over fifty you couldn't be feisty".

Yoga: connecting the breath, the mind, and the soul through the flow of movement and then the strength of balance through the hold of the pose, let us never forget the moment when it becomes about us as we "just breathe".

Bone Builders: a 20-min. program aimed to maintain bone health with basic arm exercises and improve balance with gentle stand-up movements while utilizing the chair.

Mindful movements: Maintain mobility with gentle joint movements and stretching techniques by working from "toes to head" with this 20-min program focusing on range of motion.

Muscle-up in the morning: a 20-min strength training program designed to improve muscular endurance, balance, and agility through movements based on everyday activities.