Newmarket Recreation Events

BODYWISE
PHYSICAL THERAPY & WELLNESS

MUNCH N LEARN

BACK PAIN
INFO & STRATEGIES

WED, JANUARY 21, 10AM
AT THE SUNRISE CENTER
2 TERRACE DR, NEWMARKET
SUNRISE@NEWMARKETNH.GOV, 603-659-4469

FREE! ALL WELCOME TO ATTEND!

COME ENJOY COFFEE & TREATS WHILE LEARNING FROM BODYWISE PT!



Munch N Learn:
Advanced Care Directives
Wed, Jan 14, 10am
At the Sunrise Sunset Center
Free! Snacks & Coffee Provided

This educational program is presented by the REAP program which provides free community-based, short-term support for older adults who live in New Hampshire. (603) 957-5913

REAP: Referral, Education, Assistance, & Prevention

SEACOAST MENTAL HEALTH CENTER
Providing hope. Promoting recovery.

Ballet &Jazz with Miss Maddy

Ready to bring some "old school" flair and "new school" energy to your Monday afternoons? We are thrilled to announce the **Winter/Spring 2026 Session** of Ms. Erin's School of Hip Hop!



This high-energy class is designed for kids who love to move, groove, and express themselves. Students will learn cool choreography and simple dance routines, while also having dedicated "free expression" time to show off their own unique style.