

Newmarket Recreation Events



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!

SOURDOUGH WORKSHOP

February - Valentine's Day Theme

Join health and fitness coach Talia Walley for a beginner Sourdough Workshop that not only shows you how to make sourdough bread but also educates you on gut health, and how sourdough and fermented foods fit in. Through Talia you will gain education, support, access to tips, recipes and more!

- When: Monday, February 2nd
- Where: The Eco Center - 1 Terrace Drive, Newmarket NH 03857
- Time: 4:30-8:30 pm (approx. 2 hours)
- Cost: \$40
- What to bring: A LARGE mixing bowl, 4 1/2 cups of BREAD flour, a spatula and liquid measuring cup. The rest of the materials will be provided.

MEET THE INSTRUCTOR: TALIA WALLEY

Talia has been studying health & wellness for the past 20+ years & believes that a healthy lifestyle is comprised of several pillars, generally working in balance together. Her areas of expertise is nutrition and fitness. She is a graduate of the Dr. Sears Wellness Institute and is a Family Health and Nutrition Coach. (www.addicted2sugar.net) And her most recent addition is conducting basic sourdough workshops to help others learn the value of better sources of foods & how to create good gut health utilizing these to help transform one's health. Sourdough is not just bread!

603-659-8581
recreation@newmarketnh.gov
www.newmarketrec.org





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!



From "old school" to "new school" and everything in between, Ms. Erin's School of Hip Hop will be a whole lot of fun! Bring your funky self and a lot of energy to learn some cool moves, simple dance routines, and show us your own style with free expression time! Please wear comfortable clothes (no shoes necessary) and bring a full water bottle to class.

WINTER/SPRING SESSION 2026

Mondays
JAN 26 - MAY 18
No class 2/9, 2/23, 4/27
4:15-5:15pm
For Kids ages 8-11
\$116

Registration is OPEN NOW!

603-659-8581 www.newmarketrec.org




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.