

Brentwood Parks & Recreation

NO. 1

SENIOR EVENTS & PROGRAMS

JUNE - AUGUST

Season Goals

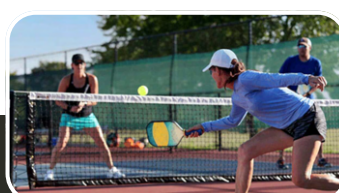
Our goal for the summer season is to offer fun, welcoming programs that help seniors stay active, connected, and comfortable during the warmer months. From June through August, we aim to provide a variety of engaging activities that encourage social interaction, learning, and movement, while also offering plenty of opportunities to escape the heat in cool, indoor spaces. We welcome feedback to make sure our offerings reflect what our senior community enjoys most.

About Brentwood Parks & Recreation

Brentwood Parks and Recreation is committed to enhancing the quality of life for residents of all ages by providing inclusive, affordable programs, events, and facilities that bring the community together. Through recreational opportunities, wellness activities, and special events, the department creates welcoming spaces where people can stay active, connect with others, and enjoy meaningful experiences that reflect the interests and needs of the Brentwood community.



EVENTS & SPECIALS



PROGRAMS & ACTIVITIES



EDUCATIONAL PROGRAMS

**What's
Coming
Up?**



BRENTWOOD PARKS & RECREATION TEAM



Nick Lawrence
Parks & Recreation Director
Recreation@brentwoodnh.gov
603-642-6400 ext. 120



Jason Gagnon
Program Coordinator
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603-642-6400 ext. 121

Parks & Recreation Commission

Julie Velevis - Chair
Jim McIntyre - Vice Chair
Paul Kleinman - Selectboard Representative
Ryan Trout - Member
Joseph Tammik - Member
Laura Hajjar - Member
Jody Phillips - Alternate
Kendall Brouillette - Alternate

Get Involved!

If you are interested in joining one of our teams, contact
Nick Lawrence to learn more!



SENIOR ADVISORY GROUP

HISTORY:

In August 2025, the Brentwood Parks & Recreation Department formed the Senior Advisory Group that meets every 3 months to discuss seasonal activities that will be outlined in this newsletter.

PURPOSE:

We value the feedback and ideas of our community members and want to know what interests you have! Join us each season to share your passions and interests with your neighbors and help us plan activities that support you!

NEXT MEETING: 1 PM, JULY 2ND
CROSS ROOM, BRENTWOOD TOWN
OFFICES
1 DALTON RD, BRENTWOOD, NH 03833



PROGRAMS, ACTIVITIES & EVENTS

Be sure to visit our website to see what activities and programs are coming up! Each season brings along something new and we don't want you to miss out on all the fun!

Have an idea? Contact the Brentwood Parks & Recreation Office today to let us know about your ideas!

REGISTRATION PAGE



Events & Specials

JUNE 17TH, 2026



Young at Heart Luncheon

Join us for our June Luncheon on June 17th from 11:00 am – 1:00 pm at the Brentwood Historical Society. Enjoy delicious soups and sandwiches along with an educational opportunity to learn about historical Brentwood! Residents and non-residents are all welcome to attend!

Price: Free!

4th of July Parade

Join us on Saturday, July 4th, for the Brentwood 4th of July Family Parade, starting at 10:00 AM at the Brentwood Highway Shed and winding its way to Swasey Elementary. Watch colorful floats, festive walkers, bikers, decorated vehicles, and even some furry friends in the parade. Join the party at Swasey after the parade with games, activities and food!

Price: Free Attendance!

JULY 4TH, 2026



JULY 14TH, 2026



Bingo

Join us for a fun-filled afternoon of bingo, prizes, and great company! Doors open at 12:30 pm, so come early to grab your seat and get settled in. Play for prizes that are up for grabs including gift cards to local establishments and themed gift baskets. Bring a new friend and you'll both receive an extra sheet of games!

Price: \$6/Person

National Night Out

Join us for a night of fun, safety, and community at Brentwood's National Night Out on Monday, August 4th at the Brentwood Community Center! Meet your local police officers, enjoy games, and family-friendly entertainment, and connect with neighbors. Don't miss this chance to have fun and make Brentwood an even stronger, safer place to live!

Price: Free!

AUGUST 4TH, 2026



Events & Specials

Movie Night

Grab your blankets, lawn chairs, and favorite snacks for a relaxing night under the stars! Join us for a fun-filled Outdoor Movie Night with family, friends, and neighbors. Enjoy the fresh air, a great film, and the perfect summer evening! Movie TBD.

Price: \$5/Person

AUGUST 14TH, 2026



Young at Heart Luncheon

Join us for our August Luncheon on August 26th from 11:00 am – 1:00 pm at the Brentwood Community Center. Enjoy a delicious barbecue with hotdogs and burgers and feel free to bring a side or desert to share! Residents and non-residents are all welcome to attend!

Price: Free!

AUGUST 26TH, 2026



AUGUST 27TH, 2026



Outdoor Sunset Yoga

Unwind and recharge as the sun sets with a peaceful evening of outdoor yoga. Breathe in the fresh air, move through a gentle flow, and soak in the calming atmosphere as day turns to night. Whether you're a beginner or experienced, this is the perfect way to relax, reset, and enjoy a beautiful summer evening.

Price: \$5/Person

Sponsor A Senior Event or Activity

CONTACT THE PARKS AND RECREATION OFFICE

Support our senior programs and events through sponsorship! Your partnership helps us continue offering meaningful luncheons, trips, classes, and special events that keep our senior community active and connected.

603-642-6400 ext. 120 | recreation@brentwoodnh.gov

The Brain Break

Word Search

R	C	R	R	A	T	E	M	R	M	L	P	N	B
I	N	O	H	K	A	Y	A	K	I	N	G	A	R
E	O	L	L	R	E	F	P	O	R	R	Y	T	E
F	E	E	T	N	F	A	K	N	T	G	A	U	C
I	R	S	C	R	L	U	I	A	R	K	D	R	R
T	I	N	I	T	S	B	T	P	O	N	L	E	E
N	F	U	P	I	C	N	I	C	U	B	L	N	A
E	P	O	I	E	C	A	O	O	T	Y	A	N	T
S	M	C	O	I	S	T	R	I	Y	R	B	H	I
S	A	O	S	H	L	G	A	P	O	E	T	O	O
C	C	U	E	I	Y	I	R	S	G	H	F	C	N
E	I	T	A	A	A	C	L	I	A	C	O	I	R
E	L	R	L	O	N	T	A	U	O	R	S	S	A
Y	T	P	I	L	I	P	K	N	R	A	R	C	O

Words to Find!

Campfire
Softball
Playground
Nature
Archery
Yoga
Counselor
Picnic
Kayaking
Recreation
Fitness
Trail

Fun Fact!

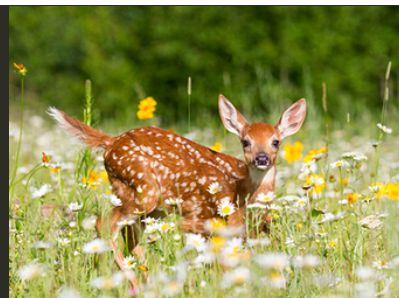
Did you know that Brentwood was officially incorporated in 1742, making it older than the United States itself?

Trivia Question

What is the state mammal of New Hampshire?

- A) Moose
- B) Bobcat
- C) White-tailed Deer

Visit Page 9 To Find the Answer!



Programs & Activities



CHAIR YOGA

Start your Tuesday mornings with us at the Brentwood Community Center for this FREE class! This gentle, chair-based movement program is designed to improve flexibility, balance, and range of motion while helping ease everyday aches and pains. No experience is needed, just come as you are. Socialize and connect with others in a relaxed, supportive setting.

Program Info:

Tuesdays, 10:00 AM - 10:45 AM

June 2nd - August 18th (12 Weeks)

Location: Brentwood Recreation Center

Resident Price: \$25

Non-Resident Rate: \$50



PICKLEBALL

Get ready to serve, rally, and score in our upcoming Summer Pickleball Session! Whether you're a seasoned player or just getting started, this is a fun and friendly way to stay active and enjoy the fall. Join us twice a week for reserved play and a great opportunity to improve your skills and connect with others in the community.

Program Info:

Mondays & Wednesdays, 5:30 - 7:30

June 22nd - August 26th (10 Weeks)

Location: Brentwood Recreation Courts

Resident Price: \$30

Non-Resident Rate: \$40

TESTIMONIALS

Jody Phillips



"The first Rec-sponsored activity I enjoyed after we moved to Brentwood in July 2023 was the Annual Brentwood Fall Paddle on the Exeter River that September. I was surprised to learn that you did not have to be an expert paddler to participate.

You start out in a group but soon spread out. Some prefer a more leisurely pace than others. The creek is shallow with lots of twists and turns. As you approach the dam and the end of your journey, you begin to smell hamburgers grilling..."

Read More on
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Programs & Activities



Ceramics Painting Workshop

6-WEEK SESSION

Unleash your creativity in our weekly Ceramics Painting Workshop, a relaxed and welcoming program perfect for all skill levels! Whether you're a beginner or an experienced artist, this hands-on workshop gives you the opportunity to design and paint your own ceramic pieces in a fun, social environment.

All sessions take place in the Brentwood Community Center Basement. Come unwind, get creative, and leave with a one-of-a-kind piece you'll be proud of!

Program Info:

Tuesdays, 11:00 am - 1:00 pm
Wednesdays, 6:00 pm - 8:00 pm
Location: Brentwood Community Center Basement
Resident Price: \$20
Non-Resident Price: \$25



Yoga for YOU!

6-WEEK SESSION

Celebrate yourself and join our welcoming Yoga for YOU community class at the Brentwood Recreation Center. This multilevel class is designed to allow each participant to move at a pace that feels right for their body and experience level.

Whether you are new to yoga or continuing your practice, this session focuses on mindful breathing, gentle stretching, balance work, and poses that strengthen the core and support a healthy spine.

Early Summer Session

June 1st - July 6th

Late Summer Session

July 20th - August 24th

Program Info:

Mondays, 6:00 pm - 7:15 pm
Location: Brentwood Community Center
Resident Price: \$60
Non-Resident Price: \$70

Day Trips



Prescott Park Theater - Cinderella

Step into a world of magic and music with a day trip to Prescott Park Theater to see their enchanting performance of Cinderella! Enjoy a memorable outing with friends and family as you watch this timeless tale come to life on stage, surrounded by the beautiful Prescott Park scenery.

More details for this event will be available in May. Stay tuned!

Program Info:

Date: TBD

Location: Prescott Park

Resident Price: TBD



Whale Watching Tour

Set sail for an unforgettable ocean experience! Join us on August 13 for a whale watching trip with Al Gauron Deep Sea Fishing & Whale Watching, a trusted, family-owned company with decades of experience. This approximately 4-hour cruise travels 25–30 miles off the New Hampshire coast in search of humpback, finback, and minke whales, with knowledgeable crew sharing insights along the way.

Enjoy fresh sea air, scenic views, and onboard amenities including a snack galley and full bar. Be sure to dress in layers and bring a camera to capture the experience. Trips are weather dependent.

Transportation will be available for the first 14 registrations.

Program Info:

August 13th, 11:15 am - 5:30 pm

Starting Location: Brentwood Recreation Center

Event Location: Al Gauron, Hampton, NH

Resident Price: \$40

Non-Resident Price: \$45



Participant Testimonials

Jody Phillips

The first Rec-sponsored activity I enjoyed after we moved to Brentwood in July 2023 was the Annual Brentwood Fall Paddle on the Exeter River that September. I was surprised to learn that you did not have to be an expert paddler to participate.

You start out in a group but soon spread out. Some prefer a more leisurely pace than others. The creek is shallow with lots of twists and turns. As you approach the dam and the end of your journey, you begin to smell hamburgers grilling.

Lunch is cooking at the Pickpocket Dam. Again, you are assisted as you disembark your craft and climb the bank to the park area. Don't worry about your boat. Unless you are very energetic and want to paddle back upstream, it will be loaded onto a trailer for an overland trip back to the boat launch. After everyone has finished lunch and posed for the obligatory group photo, you will be offered a ride back to the launch site on the town bus.

Fall River Paddle Attendee



We Want to Hear From You!

We value your input! Your feedback helps us continue to improve and grow our senior programs, events, and offerings. If you have suggestions for new activities, ideas for trips, or thoughts on how we can make your experience even better, we would love to hear from you! Please reach out or share your ideas with us at any time.



Educational Programs

GARDEN DESIGN CLASS

In Collaboration with Wellington Gardens, a Local Brentwood Business.

Transform your outdoor space with a beautiful, thriving garden in this interactive Garden Design Class! Whether you're starting from scratch or looking to improve an existing garden, you'll learn the key differences between annuals and perennials and how to combine them for vibrant color all season long. The program will cover how to design a perennial garden that blooms throughout the summer, how to use annuals to enhance and fill gaps, and how to match plants to the right sun conditions so they truly thrive.

Program Info:

July 9th, 6-7:30 pm

Location: Brentwood Community Center

Price: FREE!



INTRO TO LINE DANCING

This beginner-friendly class is perfect for anyone looking to learn the basics in a relaxed and welcoming environment with no partner required. Participants will be guided through simple steps and easy-to-follow routines set to a variety of music, from country classics to modern hits. Comfortable shoes and a water bottle are recommended!

Program Info:

July 23rd, 6-7:30 pm

Location: Brentwood Community Center

Price: Tip the Instructor!

EDUCATIONAL PROGRAMS

Want to learn a new skill or help teach your neighbors a new skill? Contact the Brentwood Parks & Recreation Office of your ideas! We love to work hand-in-hand with our residents and neighbors and want to know about your interests and expertises.

Resources

NH 2-1-1

2-1-1 NH is the connection for New Hampshire residents to the most up to date resources they need from specially trained Information and Referral Specialists.

211 NH is available 24 hours, 365 days a year

Website: 211nh.org

Phone: [211](tel:211)

RESOURCES FOR SENIORS

New Hampshire Department of Health and Human Services

Website: dhhs.nh.gov/programs-services/adult-aging-care

Phone: [\(603\) 271-9203](tel:(603)271-9203)

Aging and Disability Resource Centers

Website: dhhs.nh.gov/programs-services/adult-aging-care/aging-and-disability-resource-centers

Phone: [1-866-634-9412](tel:1-866-634-9412)

HEALTH, FOOD & NUTRITION

Meals on Wheels for Rockingham County

Website: rockinghammealsonwheels.org

Phone: [\(603\) 679-2201](tel:(603)679-2201)

Rockingham County Food Pantries

Website: caphr.org/services/food-pantries

Phone: [\(603\) 668-8010](tel:(603)668-8010)

Senior Food Program

Website: caphr.org/services/senior-food-program-csfp

Phone: [\(603\) 668-8010](tel:(603)668-8010)

COMMUNITY SERVICES

Retired & Senior Volunteer Program

Website: caphr.org/services/retired-senior-volunteer-program-rsvp

Phone: [\(603\) 668-8010](tel:(603)668-8010)

Senior Housing

Website: caphr.org/services/senior-housing

Phone: [\(603\) 668-8010](tel:(603)668-8010)