

Brentwood Parks & Recreation

NO. 2

ADULT EVENTS & PROGRAMS

SEPT. – NOV.

Season Goals

As the summer comes to an end and New England's beautiful fall colors start to emerge, our goal is to continue to get people outside and enjoy their local surroundings. We've continued to offer more educational programs that may help teach participants new skillsets.

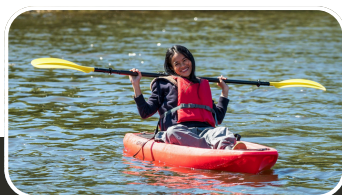
We welcome feedback to make sure our offerings reflect what our community enjoys most.

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.

Mission Statement: The Brentwood Parks & Recreation Department provides safe, inclusive, and engaging recreation opportunities and facilities that promote healthy living for all ages and strengthen our community.

Vision Statement: To cultivate a community where wellness, activity, and recreation are an everyday part of life for all Brentwood residents.



EVENTS & SPECIALS



PROGRAMS & ACTIVITIES



EDUCATIONAL PROGRAMS

What's
Coming
Up?



BRENTWOOD PARKS & RECREATION TEAM



Jay Manzi
Parks & Recreation Director
Recreation@brentwoodnh.gov
603-642-6400 ext. 120



Jason Gagnon
Program Coordinator
Recprograms@brentwoodnh.gov
603-642-6400 ext. 121

Parks & Recreation Commission

Laura Hajjar - Chair
Joseph Tammik - Vice Chair
Paul Kleinman - Selectboard Representative
Ryan Trout - Member
Lindsey Perreault - Member
Jody Phillips - Alternate
Kendall Brouillette - Alternate
Jon Comrie - Alternate

Get Involved!

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

RECREATION POLICIES

REFUND & CANCELLATION POLICY

If a program is canceled by the Brentwood Parks & Recreation Department due to low enrollment, weather, or unforeseen circumstances, participants will receive a full refund.

You will be notified if you are registered for an altered program.

Brentwood Parks & Recreation Department reserves the right to cancel, reschedule, or change programs, trips, and events.

If you need to withdraw from a program, you must notify our department no less than one week prior to the first day of the program to receive a refund unless stated otherwise by a specific program with an alternative date or timeframe.

PHOTOGRAPHY POLICY

The Brentwood Parks & Recreation Department occasionally photographs or videotapes program and event participants for promotional use. Unless the participant has informed the department of their desire to not be photographed, the Brentwood Parks & Recreation Department will use their captured media for their promotional purposes.

WEATHER POLICY

Brentwood Parks & Recreation Department reserves the right to cancel or reschedule any program due to inclement weather.

If a program cannot be rescheduled due to inclement weather, participants of the canceled program will receive a full refund.

BEHAVIOR AND CONDUCT

All participants, including all staff of the Brentwood Parks & Recreation Department are expected to behave in a proper and respectful manner. We will not tolerate inappropriate language, harassment of any kind, destruction of property, or any other behavior deemed inappropriate by the Brentwood Parks and Recreation Department. In accordance with the severity and frequency of the behavior, the Brentwood Parks & Recreation Department reserves the right to dismiss participants from any programs run by the Brentwood Parks & Recreation Department. No refund will be given to dismissed individuals.



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, SEPTEMBER 3RD, 2026
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

SEPT. 3RD, 2026



Line Dancing

Step onto the dance floor and discover the fun and energy of 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.

NEW!

Price: Tip the Instructor!

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

SEPT. 15TH, 2026



Fall River Paddle

The Fall Paddle returns for a eighth year! Whether you are a frequent paddler on the river, or have never been out on it, we hope you will consider joining in. A lunch of hamburgers and hot dogs will be served, along with info on keeping the river healthy.

Price: Free!

SEPT. 26TH, 2026



Fall Harvest Luncheon

Join us for our October Luncheon on October 14th from 11:00 am – 1:00 pm! Our Entertainment and Location are to be determined! Stay tuned for updates regarding this luncheon! Residents and non-residents are all welcome to attend!

Price: Free!

OCT. 14TH, 2026



Events & Specials

OCTOBER, 23RD, 2026



Haunted Walk

Get ready for a night of Halloween fun at the Brentwood Haunted Walk! Venture through our decorated trails at the Brentwood Recreation Complex, where spooky scenes, eerie decorations, and plenty of surprises await.

Price: Free!

Craft Fair

Get a head start on your holiday shopping and support local makers at Brentwood Recreation's Craft Fair! Join us on Saturday, November 14th for a festive day filled with handcrafted goods, artisan products, homemade treats, and unique gifts for all ages.

Price: Free!

NOVEMBER 14TH, 2026



NOVEMBER 17TH, 2026



Bingo



Join us for a fun-filled **evening** of bingo, prizes, and great company! Doors open at 5:30 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

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

Sudoku

	2	6		3				8
9			6			1		
				1	9		4	
		7	3		2			
		4		7		8		
			8		6	7		
	5		7	2				
		9			5			4
4				6		2	1	

Fun Fact!

Identical twins don't have the same fingerprints! Turns out you can't blame your crimes on your twin after all.

Inspirational Quote:

"I found it is the small everyday deeds of ordinary folk that keep the darkness at bay. Small acts of kindness and love."

~ Gandalf, *The Hobbit*

Can You Spot the Differences?

There's 5 differences in the images to the right!
Can you find all 5?

Visit Page 9 To Find the Answers!



Programs & Activities



Men's Pickup Basketball (30+)

6-MONTH SESSION

Program Info:

Thursdays, 7:30 pm - 9:30 pm

Location: Talbot Gym, Exeter, NH

Resident Price: \$55

Non-Resident Price: \$60

Join us for a fun and competitive pickup-style basketball program designed for men ages 30 and older. Games are casual, self-officiated, and focus on staying active, building community, and enjoying the sport. All skill levels are welcome! Just bring your sneakers, enthusiasm, and love for the game!

We are looking for 3-4 volunteers this winter to help with check in at each night. Volunteers would help make sure that all participants have registered for the program and provide periodic reports to the Parks & Recreation Department on the program status. Volunteers receive a **25% discount** on their registration.



Chair Yoga

Sponsored by the Beth Israel Lahey Health Exeter Hospital

Start your Tuesday mornings with us at the Brentwood Community Center for this 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 pm

Location: Brentwood Community Center

Cost: FREE!

Beth Israel Lahey Health
Exeter Hospital



Programs & Activities



Yoga for YOU!

6-WEEK SESSION

Program Info:

Mondays, 6:00 pm - 7:15 pm

Location: Brentwood Community Center

Resident Price: \$60

Fall Session #1

September 14th - October 26th

Fall Session #2

November 2nd - December 14th

Celebrate yourself and join our welcoming Yoga for YOU community class at the Brentwood Community 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.

Meet The Instructor:

Cheryl Rossman E-RYT500

Registered member of Yoga Alliance, Graduate YogaLife Institute NH, Specializing in Gentle, Chair, and Restorative classes. With training in Therapeutic Exercise for seniors, Yoga for Teens, and Meditation



Coed Pickup Basketball (18+)

NEW!

Join our weekly program for casual, recreational games in a fun and welcoming atmosphere. Whether you're getting back into the game or play regularly, all skill levels are encouraged to participate. Teams will be formed each night, with players rotating in to ensure everyone gets plenty of playing time.

Program Info:

Tuesdays, 7:30 pm - 9:30 pm

Location: TBD

Resident Price: \$55

Non-Resident Price: \$60

Programs & Activities



Fall Pickleball

10-WEEK SESSION

Program Info:

Mondays & Wednesdays

5:00 - 7:00 pm

Location: Brentwood Recreation Courts

Resident Price: \$30

Non-Resident Rate: \$40

Get ready to serve, rally, and score in our upcoming Fall 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.

We are looking for 3-4 volunteers this fall to help with check in at each night. Volunteers would help make sure that all participants have registered for the program and provide periodic reports to the Parks & Recreation Department on the program status. Volunteers receive a **25% discount** on their registration.

Fall Pickleball runs from Monday, August 31st to Wednesday, November 4th (10-Weeks)



Ceramics Painting Workshop

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.

Program Info:

Tuesdays, 11:00 am - 1:00 pm

Location: Brentwood Community Center Basement

Resident Price: \$20

Non-Resident Price: \$25



Educational Programs



Financial Investment Seminar

Retirement planning today is about more than building a large nest egg. It's about creating a reliable income strategy that can adapt to a longer retirement, changing markets, and evolving tax rules.

Program Info:

July 23rd, 6:00 - 7:30 pm

Location: Brentwood Community Center

Price: Tip the Instructor!

NEW!

First Aid, CPR & AED Training

In Collaboration with the Brentwood Fire Department.

This First Aid, CPR, & AED course teaches participants to provide first aid, perform CPR, and use an automated external defibrillator (AED) safely and effectively. This course is designed for anyone with little or no medical training or anyone who simply wants to be ready to respond in an emergency.

Program Info:

July 9th, 6:00 - 7:30 pm

Location: Brentwood Community Center

Price: TBD

NEW!



Pie from Scratch Class

Take this class to learn how to make your own pie crust from scratch! A good crust can set you up for success for so many different pies! Take your newfound skills to the Thanksgiving table this fall!

Program Info:

November 19th, 6:00 - 7:30 pm

Location: Brentwood Community Center

Price: TBD

NEW!

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)