

Alton Parks and Recreation

Spring Newsletter 2021



To register or for more information, contact parksrec-asst@alton.nh.gov OR 875-0109

****Disclaimer**** All events/programs are subject to change. Postponements/Cancellations will be posted on Town Website and Parks and Recreation Facebook Page

“Go Take a Hike” Our Towns Recreation: 4/1 – 6/30

Explore our neighboring towns this Spring by completing one hike from each town: Alton, Rochester, Wolfeboro, Ossipee, Wakefield, and New Durham. To earn a fun sticker to display proudly, take a picture at each hike to show you've completed it. When you've finished all 6 hikes, send your photos to parksrec-asst@alton.nh.gov. Visit www.alton.nh.gov to see the complete list of hikes to choose from in each town.

Mt. Major All Star: 5/1 – 8/31

You may have hiked Mt. Major in the past, but have you hiked all three trails leading to the top? Hike all three moderate trails by the end of the summer to be declared a Mt. Major All Star! Take a picture at each hike to show you've completed it, and when you're finished, send your photos to parksrec-asst@alton.nh.gov. Alton Residents will be eligible for a prize!

Mt. Major Trail – 3.0 miles – Blue Blazes

Boulder Loop Trail – 3.2 miles – Orange Blazes

Brook Trail – 3.4 miles – Yellow Blazes



Weight Training Class: Mondays and Wednesdays, 5/3 - 6/30, 1:30pm-2:30pm

Join certified instructor Kellie Troendle for a free Zoom class as she leads you through muscle building exercises for a strong body. You will also work on stretching, balance and flexibility. Adults of all ages welcome. Classes are held live through Zoom, computer and internet access is required. Class runs May 3 – June 30. Pre-register before your first class to receive the class session link.

May the 4th Be With You! 5/4, 3:00pm-4:00pm

Celebrate Star Wars Day with us through a Free Zoom event! Discover if you are the Chosen One by winning a round of trivia, see who has the best Chewie impression, forge your own light saber, and dance along to the Cantina Band. Families of all ages welcome! Participants must register by April 23 to receive the zoom link.



Walkie Talkies: Tuesdays, 5/18 - 6/29, 9:00am

Fresh air and exercise can brighten anyone's day! Join us for this casual walking program around Alton Bay as a way to stay active, while also enjoying each other's company. We will meet at the Parks and Recreation Department at 328 Main Street. Social distancing will be in place. Weather permitting. Register by 5/11.

Healthy Minds, Healthy Lives: 5/6, 5/20, 6/3, 6/17, 12:00pm-12:45pm

A free Zoom program to stay connected, and exchange tips and tricks. Each week will have an underlying theme that will begin fun and interesting conversations. All are welcome to participate.

5/6: Free Time Hobbies – What do you do in your spare time? (Register by 4/23)

5/20: Trip Down Memory Lane – Favorite TV shows, movies and books? (Register by 5/13)

6/3: What's On Your Plate? – Favorite recipes or healthy food tips? (Register by 5/27)

6/17: Glass Half Full – How do you keep a positive attitude? (Register by 6/10)

Tyke Hike: 5/6, 5/27, 6/17, 10:00am-10:45am

Calling all mini explorers! Let's have some fun walking local trails. During our walk, we will use surrounding nature for activities and games. This free program is for children ages 3-5 years, accompanied by an adult. Weather permitting. Please stay in your family groups and practice social distancing. Register by 4/29.

5/6: B&M Park

5/27: Levey Park

6/17: Jones Field



Spring Kayak Paddle Trip on the Merrymeeting River: 5/21 and 6/25, 10:00am

Guided paddle trips down the Merrymeeting River are free, and are geared toward participants who have paddled before. Participants need to provide their own equipment. Including paddle, kayak and life jacket. Check out the wildlife habitats, animals, and beautiful scenery of the Merrymeeting River. Paddle trips are approximately 90 minutes each. Space is limited. COVID precautions will be in place.

5/21: Paddle meets at the New Durham Boat Launch on Rte. 11 by Johnson's Dairy Bar - Register by 5/14

6/25: Paddle meets at Liberty Tree Park on Rte. 140 - Register by 6/18



23rd Annual Town Wide Yard Sale: 6/5, 8:00am-2:00pm

Looking for a bargain or a hidden treasure? Try the Town-Wide Yard Sale! Community members will be holding various yard sales around Alton. Pre-registered locations are marked on the free "Yard Sale Locator Map" which is available online at www.alton.nh.gov. This event is rain or shine. Register your Yard Sale by May 7 to be included on the map by sending your name, phone number, and complete physical address to parksrec-asst@alton.nh.gov. Free maps will be available after May 25.

Virtual Art Show: 6/19

Calling creators of all kinds, show off your artwork through a community Virtual Art Show! All art will be accepted such as painting, sculpting, photography, woodworking, knitting, etc. Take a picture of your art, and send it to us by June 11th. The final presentation will be posted on our Facebook page, and www.alton.nh.gov on June 19th.

