

HAPPENING THIS MONTH

Special Events and Activities

- **Book Club** – Book club September reading is Iron Lake by William Krueger. Discussion October 6.
- **Cribbage** – Play a fun card game for two to four people. New players are welcome, and knowledge of the game is not required to participate. Ages 18+ are welcome.
- **Crochet Class** – Beth Sletten is teaching beginning crochet with crocheted short sleeve shirts. You may purchase your own materials or pay her \$20 to provide the materials for you. Crochet class will be on Thursdays from 1:00 – 2:30 pm starting July 16.
- **Drop-in Watercolors Session** – Enjoy a social and instructional weekly watercolors session with our art teacher, Christine! Learn some new techniques while replicating watercolor paintings of various subjects. Each class paints 2 paintings. Paper, a variety of watercolors palettes, and paintbrushes will be available for use during sessions. No registration required. It is helpful to have a mobile phone.
- **Knitting for a Cause** – On hiatus until a new group volunteer can be recruited.
- **Mah Jongg** – Explore this classic tile game, originating from China. Cards are provided. New players are welcome, and knowledge of the game is not required to participate. Ages 18+ are welcome.
- **Intro to Printmaking**: Wednesdays from September 16 – Oct 28 from 1:00 – 2:30 pm will be Printmaking\*\$ – learn how to carve block prints, make gelli prints, solar prints with ingredients from the kitchen and more! \$20 for members, \$30 for non-members
- **Quilting** – Willa O’Rourke has volunteered to lead this offering starting Wednesday at 10:30 am – 12:00 pm – Willa welcomes beginners and experienced quilters alike – learn to quilt a new square each week or work on a project of your own, Willa is also skilled in conservation and restoration of quilts.
- **Sewing for a Cause** – We’ll be meeting on Mondays, 10:00 am to 12:00 pm, October 5th 19th and 26. This month we’ll be working on pet items for the Ys fundraiser called Raining Dogs and Cats Week (10/5 to 10/11). Also continuing with our projects for the Holiday Fair. Can use donations of bags of polyfill.

Announcements:

Registration is still open for:

- November Class Offering: **Woodburned Holiday Ornaments\*\$!** November 4 – December 23 on Wednesdays from 1:00 – 2:30 pm – Learn how to woodburn and create some lovely woodburned and painted ornaments for your holiday decorating or gifting needs! \$20 for members, \$30 for non-members

\*indicates a class that is preregistration only. \$ indicates a class with a fee #indicates a class that is full.



**HOLIDAY CRAFT MARKET:** We are beginning to prepare for the holiday craft market and will be looking for donations of hand-crafted goods and baked goods. Please email Christine Hoffman at [choffman@graniteymca.org](mailto:choffman@graniteymca.org) if you are interested or able to donate.

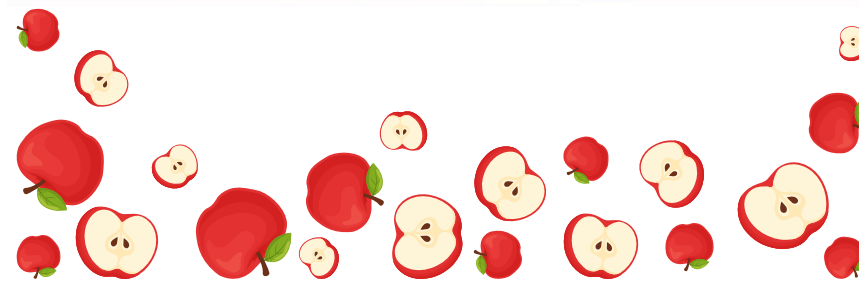


FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# THE CENTER FOR ACTIVE OLDER ADULTS

October 2026 | Newsletter

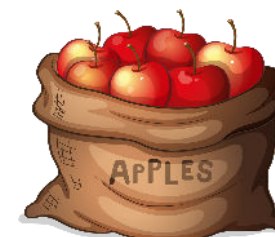
YMCA Allard Center of Goffstown, 116 Goffstown Back Road



**Return of Fall Walk Series:** Every Friday, we will visit a local park or walking trail for a healthy fall walk. See flyer for more details! This activity is free and open to members and non-members alike. Feel Free to carpool.

**Field Trip:** Date: October 9<sup>th</sup>, Departs YMCA: 12:30 pm  
Departs Mack’s Apples: 2:30 pm

Free transportation by bus from the YMCA (meet in the lobby at 12:15 pm) Room for 5 – 12 people. Registration required, please register at the Welcome Center. We will pick apples for 1 hour then visit the Farm Store for apple cider donuts, ice cream, and produce. You are responsible for paying for any apples you pick or purchases you make. Mack’s Apples suggests grouping up for a bushel bag and then splitting it after.



## ANNOUNCEMENTS

### Book Club

The Book club: September reading is Iron Lake by William Krueger. Discussion October 6



### Self Defense

**SELF DEFENSE CLASS – STUDIO A**  
Oct 8, 7:00 pm – 8:00 pm  
Effective women’s self-defense videos will focus on situational awareness, de-escalation and practical physical techniques designed to incapacitate attacker long enough to escape. This class will be conducted by Gaby Lopez.

### Ladies Night

The Rock Climbing Gym now offers a women’s rock climbing group on Mondays from 4:00 – 5:00! All levels of experience are welcome at any age 5+.



# OCTOBER 2026



| SUNDAY | MONDAY                                                                                                     | TUESDAY                                                                                                                     | WEDNESDAY                                                                                                                          | THURSDAY                                                                                    | FRIDAY                                                                                                                                 | SATURDAY |
|--------|------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------|----------|
| 27     | 28<br>Mah Jongg, Cribbage, Games<br>10:00 am – 1:00 pm<br><br>Sewing For a Cause<br>10:00 am – 12:00 pm    | 29<br>Mah Jongg, Cribbage, Games<br>10:00 am – 1:00 pm<br><br>Drop-In Watercolors<br>1:00 – 2:30 pm                         | 30<br>Mah Jongg, Cribbage, Games<br>10:00 am – 1:00 pm<br>Quilting Club<br>10:30 – 12:00 pm<br>Printmaking*\$<br>1:00 – 2:30 pm    | 1<br>Crochet class<br>1:00 – 2:30 pm                                                        | 2<br>Fall Walk Series<br>Livingston Park, Dorrs<br>Pond Loop<br>1:00 – 2:00 pm<br>optional stop for Ice Cream<br>at the Puritan after. | 3        |
| 4      | 5<br><br>Mah Jongg, Cribbage, Games<br>10:00 am – 1:00 pm<br><br>Sewing For a Cause<br>10:00 am – 12:00 pm | 6<br>Mah Jongg, Cribbage, Games<br>10:00 am – 1:00 pm<br>Book Club<br>12:00 – 1:00<br>Drop-In Watercolors<br>1:00 – 2:30 pm | 7<br>Mah Jongg, Cribbage, Games<br>10:00 am – 1:00 pm<br>Quilting Club<br>10:30 – 12:00 pm<br>Printmaking*\$<br>1:00 – 2:30 pm     | 8<br>Crochet class<br>1:00 – 2:30<br><br>Women's Self Defense<br>Studio A<br>7:00 – 8:00 pm | 9<br>Apple Picking Field Trip<br>Mack's Apples<br>12:15 pm                                                                             | 10       |
| 11     | 12<br>Center closed for School<br>Holiday                                                                  | 13<br>Mah Jongg, Cribbage, Games<br>10:00 am – 1:00 pm<br><br>Drop-In Watercolors<br>1:00 – 2:30 pm                         | 14<br>Mah Jongg, Cribbage, Games<br>10:00 am – 1:00 pm<br>Quilting Club<br>10:30 – 12:00 pm<br>Printmaking*\$<br>1:00 – 2:30 pm    | 15<br>Crochet class<br>1:00 – 2:30 pm                                                       | 16<br>Fall Walk Series<br>Goffstown Rail Trail by the<br>River<br>1:00 – 2:00 pm                                                       | 17       |
| 18     | 19<br>Mah Jongg, Cribbage, Games<br>10:00 am – 1:00 pm<br><br>Sewing For a Cause<br>10:00 am – 12:00 pm    | 20<br>Mah Jongg, Cribbage, Games<br>10:00 am – 1:00 pm<br><br>Drop-In Watercolors<br>1:00 – 2:30 pm                         | 21<br>Mah Jongg, Cribbage, Games<br>10:00 am – 1:00 pm<br>Quilting Club<br>10:30 am – 12:00 pm<br>Printmaking*\$<br>1:00 – 2:30 pm | 22<br>Crochet class<br>1:00 – 2:30 pm                                                       | 23<br>Fall Walk Series<br>Piscataquog River Park<br>1:00 – 2:00 pm                                                                     | 24       |
| 25     | 26<br>Mah Jongg, Cribbage, Games<br>10:00 am – 1:00 pm<br><br>Sewing For a Cause<br>10:00 am – 12:00 pm    | 27<br>Mah Jongg, Cribbage, Games<br>10:00 am – 1:00 pm<br><br>Drop-In Watercolors<br>1:00 – 2:30 pm                         | 28<br>Mah Jongg, Cribbage, Games<br>10:00 am – 1:00 pm<br>Quilting Club<br>10:30 am – 12:00 pm<br>Printmaking*\$<br>1:00 – 2:30 pm | 29<br>Crochet class<br>1:00 – 2:30 pm                                                       | 30<br>Fall Walk Series<br>Manchester Cedar Swamp<br>1:00 – 2:00 pm                                                                     | 31       |

## NOTES

**The Center Free Library**  
Borrow books from our free, ever-growing library! We have titles for all ages and interests. We also accept donations of gently used hard cover and paperback books. Book shelves are located in The Center, and are accessible during general facility hours.

**The Caring Cafe**  
Visit the lobby or The Center for complimentary coffee and other hot beverages during our hours of operation. Thank you for helping us to reduce environmental waste by bringing your own reusable cup or travel mug! Travel mugs are also available for purchase at the Welcome Center. **To access the kitchen in the center, sign out the key at the front desk.**

**Donation Needs:**  
We are grateful for donations of art supplies. In order to make sure that the supplies are put to their best use, contact Christine Hoffman at [choffman@graniteymca.org](mailto:choffman@graniteymca.org) for any supplies that are not on this list.

- Polyfill stuffing

\*indicates a class that is preregistration only. \$ indicates a class with a fee #indicates a class that is full.