
Autumn Happenings at Nichols Memorial Library

Nichols Memorial Library <newsletter@centerharborlibrary.org>
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To: Nichols Memorial Library <chlibrarynh@gmail.com>

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As summer turns to fall, savor the change of seasons
and be sure to visit the library
for some great exercise fun, and of course...some fantastic reads!

Stretch, Strength & Balance Class

For Adults 50+



Dates: September 23, 30 and October 7, 14, 21, & 28.

Staying fit is what it's all about as we age!

Join instructor Sandra Frost, M.Ed, on Wednesday mornings for six weeks of autumn fitness fun; includes coaching, mild stretching exercise, light

weight strength exercises and conditioning, and balance exercises for adults 50+. Each class is from 10 a.m. – 11 a.m. in the Library. Please bring water bottle, exercise mat and small hand weights. Maximum class size: 12. \$5.00 donation suggested for each class to benefit the library. Please pre-register by Friday, Sept. 18. Call the library at (603) 253-6950 or email us at: centerharborlibrary@gmail.com

Nichols Memorial Library
35 Plymouth St., Center Harbor, NH

Chair Yoga Returns to Nichols!



Fridays at 9:30 a.m. and 11 a.m. from Sept. 18 through October 30.

AUTUMN CHAIR YOGA CLASSES with Instructor Linda Hopper

Aging gracefully is what we all want! Chair yoga provides us with a way to do just that. This class emphasizes stretching, balancing, deep breathing, meditation, and relaxation. A wide variety of yoga poses are done seated in a comfortable straight back chair making the practice suitable for everyone! Please register soon as space is limited. Class fee is by donation - give whatever you can afford.

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STREAMING and SMART TVs

via Zoom

October 6, 2026 from 5 p.m. – 6 p.m.

This presentation is completely free, and completely online.

Enjoy this Zoom presentation from your home!

Brought to you by Senior Planet/AARP

Every day, more and more people are “cutting the cord” and canceling their cable subscriptions. Instead, they’re using free or low-cost streaming services like YouTube, Netflix, and Hulu to watch their favorite shows and movies online. This presentation will introduce streaming: what it is, how to use it, and the variety of content available. You’ll also learn how to watch live TV without cable and how smart TVs and streaming devices can let you watch videos from the Internet on your television.

Here is the Zoom Link: <https://seniorplanet.zoom.us/j/86172585837>



JOIN THE FRIENDS GROUP!

We are creating a nonprofit Friends of Nichols Memorial Library to support both the basement renovation and all programming needs at the library. Help us put the "fun" in fundraising. We meet on the third Thursday of each month at 10 a.m. in the Meeting room. You don't need to be a Center Harbor resident to join, all are welcome. Check our calendar to see all Friends Events happening! <https://centerharborlibrary.org/programs/>

DONATIONS

Tax-deductible donations made out to "Friends of Nichols Memorial Library" can be mailed or dropped off at the Library, [35 Plymouth St., Center Harbor, NH 03226](#).

These donations support our ongoing projects and programs.

Thank you so much for your thoughtfulness!



That's all for now!

Until next time...

And as always, we have:

an endless supply of new books to choose from

Mango Languages App including American Sign Language

Ancestry for Libraries database

StaySharp Kits

New children's books

and a staff always willing to help you find just what you need - just ask!

Nichols Memorial Library

"Center Harbor's Little Gem"

35 Plymouth St., Center Harbor, NH

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www.centerharborlibrary.org



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