

WELCOMING WEEK 2026 | September 10-19

Come and celebrate community and connection during this week-long celebration as we will be hosting a variety of fun activities and events that highlights what unites us as a community!

SPECIAL ACTIVITIES INCLUDE:

THURSDAY
SEPT 10
11:00 AM

Mahjong Bracelet Making | Nashua Y

Get creative and make your own bracelet while learning about the cultural tradition and history of Mahjong!

FRIDAY
SEPT 11
3-4 PM

Henna Art with Ava
Nashua Y

Henna Art with Ellie
Nashua Y

Get creative and discover the beautiful tradition of henna art!

SAT & SUN
SEPT 12 & 13
1-2 PM

SATURDAY
SEPT 12
1-2PM

Pool Party! Tropical Vibes | Nashua Y

Bring the tropical vibes! Join us for a fun pool party filled with splashing, swimming, and island fun! Scan to register!



SUNDAY
SEPT 13
10:30 AM

SilverSneakers Generations Class | Nashua Y

Celebrate Grandparents Day with joyful movement and light exercises for grandparents and grandchildren, followed by light refreshments and time to connect! Registration required through the [YMCA360 App](#).

MONDAY
SEPT 14

Coffees & Teas from Around the World | Nashua Y

Stop by the Nashua Y lobby to explore flavors and traditions from around the world with coffees and teas.

MONDAY
SEPT 14
5:30PM

Coco & Sugar Skull Celebration | Merrimack Y

Watch the movie Coco while decorating your own colorful sugar skull, getting creative and celebrating the vibrant art and traditions featured in the film! Scan to register!



TUESDAY
SEPT 15
4:30 PM

Pop-Up Zumba Kids | Nashua Y

Get ready to move, dance, and have fun at a special Zumba Kids pop-up class as we celebrate the connections that make our Y community so special! Registration required through the [YMCA360 App](#).

FRIDAY
SEPT 18
5:00PM

World Cup Futsal Tournament & Soccer Clinic | Westwood Park Y

A day of connection & community through soccer fun! Futsal Tournament, Soccer Clinic & Inflatable Soccer Field! Scan to register!



Futsal Tournament



Soccer Clinic

Our Hands, Our Community | Kids Stop – All Branches | All Week

Kids can enjoy cultural stories and decorate handprints to add to our community display! Kids Stop reservation required.

World Food Samples – All Welcome Centers Lobby | All Week

Pop-up food samples throughout the week for a chance to enjoy tastes from different cultures!



**SCAN TO LEARN MORE &
REGISTER FOR ACTIVITIES**

www.nmymca.org/welcomingweek

