

Forever Young

*Activities, Opportunities, Travel, Exercise, Programs, News, and Friendships
for the Town of Atkinson's Mature Citizens*

Sponsored by Atkinson Recreation

September ~ November 2018

#34

IMPORTANT NOTICE!!!

The Atkinson Community Center and all other town buildings will be closed on following dates.



Labor Day - Mon. 9/3/18
Columbus Day—Mon. 10/8/18
Veterans Day—Mon. 11/12/18
Thanksgiving—Thur. 11/22/18

The Atkinson Senior Program at the Atkinson Community Center; 4 Main Street, Atkinson NH 03811

Noriko Yoshida-Travers - Recreation Director
Office Hours: Mon.~ Fri. 8:30 am - 3 pm
Tel 603-362-5531
Email: commrec@atkinson-nh.gov
Web: www.town-atkinsonnh.com
www.facebook.com/atkinsonrecreation

Recreation Commission Members

Susan Ober, Chairperson
Stacey Marcotte
Tony Cantone

Atkinson Elder Services

The office is in the Atkinson Community Center.



Ted Houlihan – Assistant Elder Services Director
Denise Andrews —Scheduling Coordinator

Office Hours:

Monday ~ Friday 8:30 am ~ 12 pm
Contact to schedule your service
Tel 603-362-9582
Email: elderservices@atkinson-nh.gov

TRASH AND RECYCLING:

Learn more at www.casella.com or www.town-atkinsonnh.com.



BULK WASTE COLLECTION:

Sat. 9/22/18 - No later than 7 days prior to collection. Resident is responsible for obtaining bulk waste sticker from Atkinson Town Hall to place on bulk items . All items must be curbside by 7am on the day of collection. Acceptable items: mattresses, bureaus, couches chairs, desks, and large children's toys. Please look for a notice from the Town Administrator in the mail .

OTHER USEFULL SERVICES

Kimball Library 603-362-5234:

www.kimballlibrary.com. Book delivery service for homebound seniors.

Police Department - 603-362-4001- non-emergency number Call 911 for emergency.

Fire Department - 603-362-5611 - non-emergency number): To help them better help you, they recommend you have a "FILE OF LIFE" information card on or near your refrigerator and small card in your bag when you travel.

ServiceLink Resource Center -1 -866-634-9412: www.servicelink.org

Vic Geary Senior Center– 18 Greenough Road, Plaistow. Activities and programs; 603-382-9276. Meals on wheel Lunch program: 603-382-5995.

SNAP (Supplemental Nutrition Assistance Program) Outreach: Also known as Food Stamps, SNAP provides \$15 to \$189/per month to eligible individuals for the purchase of groceries. Apply by phone by calling the NH Food Bank or online at www.nheasy.nh.gov Contact Katy SNAP Outreach Coordinator NH Food Bank leave a message! 603-669-9725 ext 124.



NOTE FOR PROGRAMS, LUNCHEONS, PARTIES AND OTHER EVENTS: Most events require pre-registration (*PR) to participate. Contact Noriko by phone at 362-5531 or email commrec@atkinson-nh.gov to register or if you need more information. If you need transportations to the Community Center, please check with Elder Services 362-9582 for availability.

FOREVER YOUNG ACTIVITIES!

Regular Programs: Description of classes (*, **, ***, and ****), please see pg. 4

- **Tai Chi (Temple Exercise)** Mondays 9:00 am ~ 9:30 am Donation \$1/class
- Line Dancing:** Mondays 9:45 am ~ 11:15 am \$3/class
- Bridge:** Mondays 12:30 pm ~ 3:30 pm Free Beginners welcome.
- Whist Party:** Tuesdays 1 pm ~ 4 pm Very small fee
- ** **Yoga:** Tuesdays 4pm ~ 5:15 pm \$7/class
Mary Krikorian 978 837-1738
- *****Boot Camp ONE:** Wednesdays and Fridays 8:35 am - 9:35am \$6/class
Vanessa Underwood 382-7460 / fitnessa@aol.com
- **** **Jacki's Aerobic Dance:** Tuesdays and Thursdays 6 pm ~ 7 pm
Rosemary Graham 978 314-8146 \$8/ lass



www.clipartof.com · 1378337

Monthly / bimonthly Programs

- Bingo:** **Mondays** 10 am ~ 12 pm small fee 9/10, 10/15, 11/19. Minimum 8 people to play
- Veterans Club:** 1st Tuesday each month 9 am ~ 10 am 9/4, 10/2,
- Bereavement Support Group for parents:** 1st Tuesday of each month 6 pm ~ 8 pm
Contact Beth Hendershot 603 887-4302
- Foot Clinic:** 4th Thursday of even month 9 am ~ 1 pm **\$25** per visit . 10/25
! Please make your own appointment at 603-580- 6668 (*PR)

NEW PROGRAM! 4-week TAI CHI program for Beginners—11:30 am ~ 12:15 pm on

Mondays, September 17th, 24th, October 1st and 15th, no class on Columbus Day October 8th. (*PR)
Special offer for this “4-week Tai Chi Class ” session is \$12 for Atkinson resident and \$20 for non-resident for 4 classes or \$5 per class. Limited space, so register early. The instructors are Sensei Michael Keyes and his wife, Hanna Toabe-Keyes from Methuen, MA. Sensei Michael is Professional Kung Fu, Tai Chi & Karate instructor for 23 years. This session is open to any ages who want to be healthy. When learned correctly and performed regularly, Tai Chi can be a positive part of an overall approach to improve your health – decrease stress, anxiety and depression, improved mood, aerobic capacity, flexibility, balance and muscle strength, increase energy and stamina and also improve mood. It can also reduce your blood pressure and heart rate, increase blood flow throughout the entire body, keep joints fluid and flexible, restore and maintain the elasticity of muscles, ligaments, and tendons, and restore and maintain the vitality of the inner organs.

MAKE A DIFFERENCE DAY Project - Town Wide Beautification— Saturday, October 27th

Save the date October 27th for “Make a Difference Day” the largest national day of community service. On the fourth Saturday of October, it will be Saturday, October 27th this year, millions of volunteers around the world unite in a common mission to improve the lives of others and a day to celebrate the power of people to make a difference. Town of Atkinson Recreation Department will be sponsoring the “Make a Difference Day” projects –**Town Wide Beautification**—gardening, raking and trimming with many other Town’s Departments assistance. Senior citizens could apply for assistance for their yard maintenance. Along with the Town Beautification, we ask Town residents to plant Daffodil bulbs again to keep our tradition from our 250th anniversary celebration on 2017 co-sponsoring Atkinson Garden Club’s project. Currently, the Atkinson Garden Club is taking orders for Daffodil bulbs until 9/29. Pickup will be at the Town Garage and the exact dates will be announced in early fall. The Daffodil bulb order forms are available at the Community Center, Library, and Town Hall. More information to come.

FOREVER YOUNG PARTY TIME!!

Sgt. Daniel M. Clark known as 'The Singing Trooper' Wednesday, September 26th at **Sandown Town Hall (*PR)** Don't miss this great show offered FREE for Atkinson, Plaistow and Sandown seniors by Recreation Departments of Atkinson, Plaistow and Sandown. Door opens at 1pm and program starts at 1:30 pm.

Sgt. Daniel M. Clark known as 'The Singing Trooper', his appearances with The Boston Pops, 2013 Worlds Series Fenway Park National Television Fox News, National Geographic Featured in People Magazine, performed for President George and First Lady Barbara Bush, and most recently performed at SAIL BOSTON for the Tall Ships.

Senior Fall Luncheon at Atkinson Community Center: Thursday, October 4th noon to 2 pm (*PR) Offered for only Atkinson Seniors over 65 years old and FREE of charge; however, you must register to attend. This luncheon is co-sponsored by Atkinson Garden Club and Atkinson Women's Civic Club. Lunch, dessert, coffee, and tea will be served. Hoping to have Timberlane High School Choir Group back for our entertainment. Please reserve your seat by September 27. Bring canned goods and /or nonperishable food items for local food pantries.

Halloween Party with Salem Senior Center at Atkinson Country Club: Wednesday, October 31st 11am-3pm (*PR) Prizes for the best costumes! Costumes are encouraged but not required. The party will start with an hour of dancing, then the costume march followed by dinner (choice of Apple Cider Pan Seared Chicken or Baked Haddock), served with salad, chef's choice of veggie and starch, dessert, coffee or tea. Then there is an exciting show by The Original Magic Moments Band (the 50's to the 80's, doo-Wop to Disco). Cost for Atkinson seniors is **\$35 pp**, which includes dancing, dinner, show, and gratuities. Payment are due upon registration. Transportation is on your own. The door won't open till 11 am.

Veterans Breakfast at Atkinson Community Center: Monday, November 12th 9 am ~11 am. Light breakfast will be served at 9:00 am for Veterans, their friends and families. Ceremony is at 10:00 am which public is welcome to attend. Atkinson Recreation, Atkinson Lions Club, Atkinson Garden Club and Atkinson Women's Civic Club co-sponsor this event. Girl Scout, Cub Scout, and Boy Scout are participating the ceremony.

Atkinson Tree Lighting at Dow Common Sunday, November 25th 5 pm. Sing-along with Santa, Craft, Cookie decorating, hot cocoa, picture taking with Santa, Food drive, Gloves & mitten drive, Giving tree—wish list from homebound seniors.

Senior Holiday Luncheon at Atkinson Community Center: Wednesday, December 5th noon to 2 pm (*PR) Offered for only Atkinson Seniors over 65 years old and FREE of charge however you must register to attend. This luncheon is co-sponsored by Atkinson Garden Club and Atkinson Women's Civic Club. lunch, dessert, coffee, and tea will be served. Hoping to have Timberlane High School Choir Group back for our entertainment. Please reserve your seat by December 2nd. Bring canned goods and /or nonperishable food items for local food pantries.

Holiday Party with Salem Senior Center at DiBurro's: Friday, December 14th 11 am ~ 3 pm (*PR) The party will start with an hour of dancing, then followed by dinner (*choice of Roasted Sirloin of Beef or Baked Haddock*), then an exciting show by Marlena Phillips. Cost for Atkinson seniors is **\$35 pp**, which includes dancing, dinner, show, and gratuities. Please RSVP to Noriko 362-5531 and payment is due on December 2nd. Transportation on your own. Please note that the door won't open till 11 am.

FOREVER YOUNG TRIPS!!! ~All the trips leave from and arrive to the Atkinson Community Center 4 Main Street Atkinson NH

Foliage Trip to White Mountains - HOBO Railroad with Turkey dinners, Lincoln, NH on Wed. October 17th 8:15 am ~ 5:00 pm. (*PR) Travel through a naturally wooded setting along the twisting Pemigewasset River at the foot of Franconia Notch. While enjoying the beautiful foliage, we will also enjoy Turkey dinners by Harts Turkey Farm. After the train ride, we will have some free time in Woodstock NH. The cost is \$55 for Atkinson resident, which includes deluxe coach bus transportation, HOBO Train ride with Turkey dinner, tax, gratuity and also bus driver's gratuity. Payments are due upon registration. \$60 for non-resident if there are any spaces available after September 24th.

Mohegan Sun Casino Trip—Thursday, November 1st 8 am ~ 7 pm.: \$ 25 for Atkinson residents and \$30 for non-residents after October 18th, include deluxe coach bus transportation, \$25.00 value bonus coupon and bus driver's gratuity. Payment is due upon registration. (*PR)

If you are interested in any upcoming theatre productions or events in Boston and any near areas, send your request to Noriko.

Forever Young

Town of Atkinson Recreation
Senior Program
21 Academy Avenue
Atkinson, NH 03811



COMMUNITY EVENTS!!

Antique Truck and Car Show by Atkinson Lions Club and Atkinson Fire Fighters Association: Monday, September 3rd at Atkinson Fire Station, Dow Common and parking lot of Kimball Library.

“Angling in the Smile of the Great Spirit” Thursday, September 20th 6:30 ~ 8 pm. Recreation Dept. sponsored free program at Kimball Library. Hal Lyon shares tales, secrets, folklore, and history of fishing in New Hampshire’s big lake -:Lake Winnepesaukee, which translates into “Smile of the Great Spirit.” Register Kimball Library website www.kimballlibrary.com.

Town Wide Yard Sale on **Saturday, September 15th** by Atkinson Women’s Civic Club on and also Book Sale at Kimball Library on suggested hours 8 am ~ 3 pm. AWCC website www.awcc-nh.org for more information.

Lions Club Golf Tournament on September 15th at Granite Field: Saturday, .

Blood Drive by Knights of Columbus on Friday, October 5th at Atkinson Community Center .

Peddlers Market on Saturday, November 3rd 9 am ~ 3 pm by Friends of Kimball Library at Atkinson Community Center

Atkinson Town Tree Lighting on Sunday, November 25th at 5 pm at Dow Common and activities at Fire Station. “Santa for Senior Giving Tree” - please pick up ornament for gifts requests or home bound seniors.

Greens Sale on Friday, November 30th and Saturday, December 1st by Atkinson Garden Club at Atkinson Community Center.

Holiday Artisan Food and Craft Market on Saturday, December 8th by AWCC at Atkinson Community Center.

***Tai Chi Temple Exercise: Taking turn to lead Temple Exercise 12 routine.**

****Yoga:** Yoga is a gentle way to stretch, strengthen, build muscular endurance and flexibility, and relieve stress. We will be learning several classic yoga poses, as well as focusing on breath work and introducing meditation techniques. This class is great for all abilities and fitness levels.

*****Boot Camp One”:** **Strength and Conditioning** Program for Active Adults: This class will combine weight training, balance, Core, flexibility, Zumba dance moves to improve your cardio capacity, and even some brain training. This class can be adapted to all fitness levels.

******Jacki’s Aerobic Dance:** All the routines are choreographed by Jacki Sorensen, Vertifim, core work, cardio dance, and stretch. Complete fitness in one hour.