

# Forever Young



**Activities, Opportunities, Travel, Exercise, Programs, News, and Friendships**

**Sponsored by Atkinson**

**September ~ November 2019**

**#38**

## IMPORTANT PROGRAM by ATKINSON PD



**Protecting Seniors From Fraud and Financial Exploitation Seminar: TENTATIVE DATE Wed., October 23rd at Senior Fall Luncheon ~ 1 pm at Atkinson Community Center.**

The Atkinson Police Department will be hosting a presentation 'Protecting Seniors From Fraud and Financial Exploitation' for Atkinson residents. Your aging family members, friends, neighbors, or even you could be targets of financial fraud or abuse, which can take several forms. Learn about types of scenarios and scams that are used to defraud elders and what to do if you suspect an elder is being financially exploited or abused. The discussion will review various schemes and the ways to help prevent fraud against elders. There will be time during the presentation for questions. It is a part of senior luncheon program, but if you wish to attend just for the seminar, please contact Noriko at 362-5531 / [commrec@atkinson-nh.gov](mailto:commrec@atkinson-nh.gov).

## IMPORTANT NOTICE!!!

**HOLIDAYS:** The Atkinson Community Center and all other town buildings including Elder Services transportation will be closed on

Mon. September 2nd— Labor Day

Mon. October 14th—Columbus Day

Mon. November 11th—Veterans' Day

Thur. November 28th and Fri. 29th—Thanksgiving



### **TRASH AND RECYCLING:**

Learn more at [www.casella.com](http://www.casella.com) or [www.town-atkinsonnh.com](http://www.town-atkinsonnh.com).



**BULK WASTE COLLECTION:** Sat. October 5. 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.

## Recreation Department

**Senior Program and Recreation Office at the Atkinson Community Center; 4 Main Street, Atkinson NH**

**Noriko Yoshida-Travers** - Recreation Director

Office Hours: Mon.~ Fri. 8:30 am - 4 pm

Tel 603-362-5531 Email: [commrec@atkinson-nh.gov](mailto:commrec@atkinson-nh.gov)

Web: [www.town-atkinsonnh.com](http://www.town-atkinsonnh.com)

[www.facebook.com/atkinsonrecreation](http://www.facebook.com/atkinsonrecreation)

Recreation Commission Members

Susan Ober, Chairperson Tony Cantone

**Looking for more members!!**

## Elder Services

The office is in the Atkinson Community Center.

Ted Houlihan – Acting 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



## OTHER USEFULL SERVICES

**Kimball Library** 603-362-5234: [www.kimballlibrary.com](http://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](http://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 the NH Food Bank or online at [www.nheasy.nh.gov](http://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](mailto:commrec@atkinson-nh.gov) to register or if you need more information.

### **FOREVER YOUNG ACTIVITIES! For all ages and fitness levels.**

**Regular Programs:** Description of classes (\*, \*\*, \*\*\*, & \*\*\*\*), please see below for detailed information.

- **Temple Exercise (Tai Chi):** Mondays 9:00 am ~ 9:30 am Donation \$1 / class
- Line Dancing:** Mondays 9:45 am ~ 11:15 am \$3 / class
- Bridge:** Mon. or other weekday 12:30 pm ~ 3:30 pm Free **Desperately looking for players!!** 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](mailto:fitnessa@aol.com)
- \*\*\*\***Jacki's Aerobic Dance:** Tuesdays and Thursdays 6 pm ~ 7 pm Rosemary Graham 978 314-8146 \$7 / class



### **Monthly / bimonthly Programs**

- Bingo:** 3rd Mondays 10 am ~ 12 pm small fee 9/16, 10/21, 11/18 Minimum 8 people to play
- Veterans Club: 1st Tuesday** each month 9 am ~ 10 am 9/3, 10/1, 11/5.
- Bereavement Support Group for parents:** 1st Tuesday of each month  
6 ~ 8 pm 9/3, 10/1, 11/5. Contact Beth Hendershot 603 887-4302
- Foot Clinic:** 4th Thursday of even month 9 am ~ 1 pm **\$25** per visit . 0/24, 12/ TBA  
! Please make your own appointment at 603-580- 6668 (\*PR)



**Special program—Vision Board Workshop** Sept. 21st 9:30 am ~ 11:30 am Please see page 4 for more info.

\***Temple Exercise (Tai Chi):** 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. 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. For 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.



**TAI CHI program for Beginners and Intermediate at Atkinson Community Center—! 8-week Fall session: Sept. 9 ~ Nov. 4 (No class on 10/14 – Columbus Day).** At Atkinson Community Center: 4 Main Street Atkinson NH

- 1.) **Intermediate Class** - \$40 for Atkinson resident for session 11:30 am ~ 12:30 pm (60 minutes)
  - 2.) **Beginner Class** - \$32 for session 1:00 pm ~ 1:45 pm (45 minutes) Payments are due upon registration. We take non-residents with additional \$12 non-resident fee per person; \$52 for Intermediate, \$48 for Beginner class.
- The instructors are Sensei Michael Keyes and his wife, Hanna Toabe-Keyes from Methuen, MA. Sensei Michael is Professional Kung

### **COMMUNITY EVENTS**

**Antique Truck and Car Show** by Atkinson Lions Club and Atkinson Fire Fighters Association: Mon., Sept. 2nd at town center.

**Health and Wellness Fair** by Timberlane Regional School District on Wed. Sept. 25th 12:30 ~ 5:30 pm at **Plaistow Community YMCA** (175 Plaistow Road, Plaistow, NH).

**Town Wide Yard Sale on Saturday, September 28th** 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](http://www.awcc-nh.org) for more information. . .

**Blood Drive by Knights of Columbus** on Fri., Oct. 11th at Atkinson Community Center .

**Peddlers Market** on Sat., Nov. 2nd 9 am ~ 3 pm by Friends of Kimball Library at Atkinson Community Center

**Fall Craft Fair** on Sat. Nov. 9th. By Girl Scout Troop at Atkinson Community Center.

**Atkinson Town Tree Lighting** on Sun., Dec. 1st at 5 pm at Dow Common and activities at Fire Station. "Santa for Senior Giving Tree" - please pick up ornament for gifts requests for home bound seniors.

**Greens Sale** on Fri., Dec. 6th and Sat. Dec. 7th by Atkinson Garden Club at Atkinson Community Center.

**Holiday Artisan Food and Craft Market** on Sat., Dec. 14th by AWCC at Atkinson Community Center.

**FOREVER YOUNG PARTY TIME!! Contact Noriko at 362-5531 and commrec@atkinson-nh.gov to make reservations.**

**Free Senior Cookout: Wed., Sept. 18th 12 noon ~ 1:45 pm under the pavilion at the Plaistow Athletic Recreation Complex, 51 Old County Road in Plaistow (\*PR)** For Seniors age 60 and up and from the towns of Atkinson, Plaistow, and Sandown are invited to late summer fun with a free cookout and live entertainment. Hamburgers, hot dogs, chips, a drink, and dessert, at picnic table style dining, will be available. Bring a lawn chair. Live musical entertainment down Memory Lane with the popular "Howie and the Memory Lancers" everyone's favorite tunes from the 50s and 60s. The event is free however pre-registration is mandatory as space is limited. Registration will close once the event is full or by the 4:00 p.m. deadline on Thurs., Sept. 12. If a resident is bringing a guest, you will be required to pay \$5.00 for your guest and the guest must also be registered when you register.

**Senior Fall Luncheon: Wed., Oct. 23rd (\*PR)** at Atkinson Community Center 12 noon ~ 2pm. Free of charge for Atkinson seniors over 65 years old and co-sponsored by the Atkinson Recreation, Atkinson Garden Club, and Atkinson Women's Civic Club. Turkey dinner, coffee, tea, lemonade and dessert will be served. Make your reservation by October 15th. Bring a can of food for this luncheon and / or nonperishable food items to local food pantries. Stay for an educational program by Atkinson Police Department "Protecting Seniors From Fraud and Financial Exploitation Seminar. Great timing to be informed about many scams before Holidays.

**Senior Halloween Party with Salem Senior Center at Atkinson Country Club: Thur., Oct. 31st 11 am ~ 3 pm (\*PR)** for seniors over 60 years old. Prizes for the best costumes (\$100 for 1st place, \$70 for 2nd and \$30 for 3rd!!) 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. Entertainment to be announced later. Cost for Atkinson seniors is **\$37pp, and \$42 for nonresident**, 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: Mon., Nov. 11th 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, 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 Sun., Dec. 1st at 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: Wed., Dec. 11th 12 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.

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

**Foxwoods Casino Day Trip** on Thursday, September 26th 8 am ~ 7 pm Leave Atkinson Community Center a 8 a.m. and return approximately 7 p.m. This trip is offered for adult over 21 years old. \$25 for Atkinson residents, and \$30 for non-residents, which includes deluxe coach bus ride, \$25.00 value bonus coupon, bus driver's gratuity, and snack. (\*PR)

**Senior Foliage Trip -Inn at East Hill Farm— Troy, NH and Smith's Farmstead Cheeses, Winchendon, MA on Wed. Oct. 16th 9 am ~ 5 pm.** We will be returning to Inn at East Hill Farm, located at the base of Mount Monadnock for lunch, which is served family style. Complimentary rum punch & apple cider served upon arrival. Hot Homemade Soup, Fresh Baked Bread, Fritter with Maple Syrup, **Two entrée** (Slow Cooked New England Pot Roast and Roast Turkey with Country Style Stuffing) vegetables, Mashed Potato with Gravy, Dessert, Coffee, Black and Herbal teas and Milk. There will be a live music entertainment during the lunch. On our way home, we will stop at Smith's old fashioned Farmstead Cheese factory, sampling their award winning Aged Gouda and perhaps see the cheese making, visit their cows and their gift shop! Our deluxe coach bus leaves at 9 am and returns approximately 5 pm. **\$58 per Atkinson seniors over 60 years old**, which includes deluxe coach bus ride, lunch, entertainment and bus driver's gratuity. Payment is due upon registration. Open up to non-Atkinson seniors after September 23rd with additional \$5, if there are any available seats. (\*PR)

**The Bodyguard The Musical at North Shore Music Theatre Beverly, MA on Sunday, November 3rd 10:30 am ~ 6 pm.** It is a new musical based on the smash-hit 1992 film, features Whitney Houston classics— Saving All My Love, So emotional, I have Nothing, Wanna Dance with Somebody, Will always Love You and more. Prior to the show, we will have Sunday Brunch Buffet at North Shore Music Theatre's Backstage Bistro. The cost of this great trip is **\$89 for Atkinson resident**, which includes a show ticket, buffet at Bistro (tax and tip included), deluxe coach bus transportation and bus driver's gratuity. Payment is due up on registration. Open up to non-resident after September 30th with \$5 additional non-resident fee if there are any available seats. (\*PR).

**"Mean Girls" The Musical at Boston Opera House on Sunday, February 9th, 2020. 3 pm ~ 10 pm.** There will be about 2 hours free time prior to the show time 6:30. \$75 for Atkinson resident, which includes a ticket for Mezzanine center seating, deluxe coach bus transportation and bus driver's gratuity. (\*PR).

# Forever Young

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



## **FREE SPECIAL PROGRAM — Register early for limited paces and very popular programs**

contact Noriko at 362-5531, [commre@atkinson-nh.gov](mailto:commre@atkinson-nh.gov), <https://atkinson.recdesk.com/Community/Program>

**Vision Board Workshop on Saturday, September 21st 9:30 am ~ 11:30 am at Atkinson Community Center. Free for Atkinson resident.** Come set your goals and desires for yourself in a fun and creative way! Join Atkinson Recreation sponsored the “Vision Board Workshop”. You’ll start the workshop by writing down what you want to focus on in your life and locking in your intentions for the year ahead. Then you’ll get busy having fun creating a poster board using magazine clippings that will represent and showcase them! You will walk away with a visual reminder to help you stay on track to achieving your goals. This program is offered for any ages. Please contact Noriko at 603 362-5531, [commrec@atkinson-nh.gov](mailto:commrec@atkinson-nh.gov) or register online via Atkinson Recreation Portal page <https://atkinson.recdesk.com/Community/Program> . Cost is free for Atkinson residents (Atkinson Recreation will cover \$10 per person for supplies) but pre-registration required for a limited spaces. Please sign up early so we can plan the supplies required for this fun and insightful workshop and you can start focusing your life!!

Don’t let life just happen because the possibilities are endless. Get in the driver’s seat and steer yourself the way you truly want to go! Some inspirational background music and light refreshments will help you with this thoughtful experience. If you have any old magazines that can be used for this workshop, please bring them along with you. A raffle prize will be given away at the end of this workshop.

About the Presenter:: Maria Kuhl is a certified Health and Life Coach. In addition, she has a AS in Food Science and Nutrition, BS in Health Science and a MS in Management. She is the business owner of Empowered You, a personal coaching service company (specializing in Weight Loss, Healthier Eating, Stress Management, Improving Energy Levels and Relationships). As a coach, she works with her clients to overcome obstacles or challenges so they can form healthier habits and implement behavior changes to live a higher quality of life. After setting the desired health or life goal, she works to align clients through personalized support, guidance and accountability for inevitable success!