

# Forever Young

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

**Sponsored by Atkinson Recreation**

**December 2015 ~ January 2016**

**#23**

*Wishing you a Healthy and Happy Holiday Season!*



*From Atkinson Recreation and Elder Services*

**NOTICE!** Atkinson Community Center and other Town building will be closed in observation on following dates;  
December 24 & 25 - Christmas, January 1- New Year's Day, January 18 - Martin Luther King Jr. Day

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

**Noriko Yoshida-Travers** - Recreation Director  
Tel 603 362-5531  
Email: [commrec@atkinson-nh.gov](mailto:commrec@atkinson-nh.gov)  
Web: [www.town-atkinsonnh.com](http://www.town-atkinsonnh.com)  
<https://www.facebook.com/atkinsonrecreation>  
Office Hours: Monday ~ Friday 8:30 am - 3 pm

#### **Recreation Commission Members**

Susan Ober, Chairperson  
Holly Doherty      Del Dooling      Mike DelCore  
Robin Hernandez      Stacey Marcotte (Alternate)

**Atkinson Elder Services** – The office is located in Atkinson Community Center.



**Jean LoPizzo** –Elder Services Director  
**Jean Gemmell**—Scheduling Coordinator  
**Contact to schedule your service :Tel 603 362-9582 Email: [elderservices@atkinson-nh.gov](mailto:elderservices@atkinson-nh.gov)**  
**Office Hours: Monday ~ Friday 8:30 am ~ 12 pm**  
*Atkinson's Department of Elder Services is providing elder and handicapped residents free transportation for medical appointments. The town also has on hand a large supply of medical equipment and elder aids. Hospital beds are usually available for pickup or can be delivered. Information on many service organization in the area is also available.*

#### **Elder Service Advisory Council Members**

Noriko Yoshida-Travers - Vice President  
Eleanore Harrison - Recording Secretary  
Robert Cote      Alfreda Ferguson  
Linda Jette      Thomas Mealey      Alan Phair

**Inclement Weather Policy** : When old man winter is acting up, here's what happens all the senior programs including luncheons at the Atkinson Community Center: If there is NO SCHOOL for TIMBERLANE SCHOOL DISTRICT there are NO ACTIVITIES at the Center. If there is 2 HOUR-DELAY for TIMBERLANE SCHOOL DISTRICT all our morning activities are cancelled, but afternoon programs will take place. (will open at 11:00)

#### **HIGHWAY DEPARTMENT      Ted Stewart**

Snow season is almost here! Below are clarifications of the Highway Department Policies.

When it is snowing, the Highway Department can keep the roadways from becoming slippery. True or False?

**False.** At the beginning of the storm, we pre-treat all the roadways with salt to stop a bonding of ice to the pavement. This leaves the roadways mealy and slippery, but better and safer than hard-packed ice. Next, we plow throughout the snow event. Plowing makes the road safer, but not black and dry. At this point, you still need to drive with caution. When the snow stops falling, we treat with salt to remove the residual snow and ice. We try to get to black and dry as soon as practical using as little salt as possible for the conditions. The Highway Department's goal is public safety first and foremost with the environmental and economic realities always part of the decision making process.

Conflicts can arise when homeowners assume they own the property to the edge of the pavement in front of their homes. In all newer subdivisions, home property lines are 25 feet from the center of the pavement, 12 feet of travel lane and 13 feet of shoulder area to accommodate storm water and snow removal. If you recall last winter, we used all 13 feet ... and then some! The rub comes when homeowner spend their hard-earned money landscaping and beautifying land they don't own or control. They landscape right up to the edge of ~ continue on page 3

**NOTE FOR 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. If you need transportations to Community Center, please check with Elder Services 362-9582 for availabilities.

**PARTY TIME!!**

Senior Winter Social: Wednesday, January 27th at Atkinson Community Center 12 noon ~ 2pm. (\*PR) Free of charge for Atkinson Senior citizens over 65 years old. Limited space. Light lunch and refreshment will be served. Atkinson Academy Choir group will be our entertainment. Register by January 20th. Please bring canned goods and /or nonperishable food items for local food pantries .

**Hit the road!**

Ski trip to Mount Cranmore on Saturday, January 23rd. Leave from Atkinson Community Center at 7 am and leave from Mount Cranmore at 5 pm, arrive at Atkinson approximately 7 pm.. Ticket costs for Atkinson residents are; Youth and Senior ( age 6 ~ 12 years old or 65 years old+) \$45, Teen (13 ~ 18 years old) \$65, Adult (19 ~ 64) \$75, which include your ski lift ticket, deluxe coach bus transportation and bus driver's gratuity. More detail information and wish to reserve tickets, please contact Noriko at 362-5531. This trip will be open to non-residents, after December 31st if there is space available with an additional non-residents fee of \$5.

**Discounted Ski Tickets available from Atkinson Recreation!**

Atkinson Recreation is offering discount tickets to Attitash / Wildcat Mountain, Bromley Mountain, Peru VT and Canmore Mountain. Community members will save a significant amount of money and time at the gate by purchasing their tickets through us. Please contact Noriko for more information.

**Wellness Workshop, Lecture, Clinic and exercise**

**Regular Programs:**

- Tai Chi :** Mondays 9:00 am -9:30 am Free 
- Line Dancing :** Mondays 9:45 am -11:15 am \$2 / class
- Bingo** 2nd Monday 10 am ~12 pm small fee 1/11, 2/8
- Bridge -** Mondays 12:30 pm - 3:30 pm Free
- Whist Party :** Tuesdays 1 pm - 4 pm small fee
- \*NEW\* Coloring Book :** Mondays and Tuesdays, Starting 1/4/16 1 pm ~ 3 pm 
- Yoga:** Tuesdays 4pm - 5 pm \$5 / class  
Mary Krikorian 978 837-1738
- Senior Fitness :** Wednesdays and Fridays 8:35 am - 9:35 am  
\$6 /class Vanessa Underwood 382-7460 / [fitnessa@aol.com](mailto:fitnessa@aol.com)
- ZENgevity:** Thursdays 10 am ~ 11 am \$3 per class. Instructor  
Judy Smith. Call Noriko at 362-5531 to sign up.

**Jacki's Aerobic Dance** - Tuesdays and Thursdays  
6 pm ~ 7 pm Call winter session info  
Rosemary Graham 978 314-8146



**Monthly / by monthly / quarterly Programs**

- Veterans Club:** 1st Tuesday each month  
9 am ~ 10 am 1/5
- Monthly Wellness Lectures** (\*PR) Home Health VNA  
Merrimack Valley Hospice Home Care Inc.  
First Wednesday 10 am - 11 am  
1 /6 Healthy eating
- Foot Clinic** - 4th Thursday of each month 9 am -1 pm  
\$25.00 per visit. 12/17(Holiday schedule), 1/28  
Please make your own appointment at 603-580-6668 (\*PR)
- CSFP (Community Supplemental Food Program) :**  
Odd month 1/14 By appointment.  
Free Healthy Foods for Seniors 60 years & older  
and new mothers & children.1-800 942-4321 –or  
603 271-4546.

### Coloring Book Club—New activity!!!

Come join our new club! You can color anytime between 1 pm and 3 pm on Monday and Tuesday afternoon at Atkinson Community Center. Bring your own coloring books / color pencils if you have or the program will supply the free pages and colored pencils to use. Also the program will have some coloring books for sale for whom wish to have your own books.

Coloring can be beneficial for adults -- namely for its de-stressing power. The practice generates wellness, quietness and also stimulates brain areas related to motor skills, the senses and creativity. Because fine motor skills require extra work by your brain to coordinate your actions, and muscle control in our hands and arms, coloring can help delay loss of these important skills as we age. It may also help fight cognitive loss, especially if we choose challenging pieces very so often.

### Other Services for Elderly in Atkinson

Kimball Library -362-5234: [www.kimballlibrary.com](http://www.kimballlibrary.com). Book delivery service for homebound seniors.



Police Department - 362-4001- non-emergency number

Fire Department - 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 NH

Activities and programs; 382-9276.

Meals on wheel Lunch program: 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](http://www.nheasy.nh.gov) Contact Katy SNAP Outreach Coordinator NH Food Bank leave a message! 669-9725, ext 124.

"Continued from page 1 HIGHWAY DEPARTMENT

pavement - then when contractors are out plowing trying to push snow out of the travel lane onto the right of way, we unintentionally bury or harm shrubs, plantings, illegal fencing, toys, basketball hoops and Christmas decorations.

None of the employees or contractors want to cause any harm, but we must make the roadways safe. We have to use all of the right-of-ways for their intended use. Conflicts can be avoided by homeowners knowing their property lines and the edge of the rights-of-way and by investing their money where it is safe to do so.

Another concern is parking. The Town of Atkinson enacted a **WINTER PARKING BAN** from November 1st to April 1st from 12:00 am to 7:00 am and at any time there are snow removal operations in effect. This ban allows the crews full access to the whole right of way without obstruction. This is pretty simple and straightforward - do not park cars in the right of way or at the very end of your driveway. Driveways and driveway permits allow homeowners access to their property, but parking is excluded from the right of way portion of the driveway.

To clarify, if you see your neighbor back their vehicle into his driveway leaving the front bumper within inches of the paved travel lane, that leaves the vehicle at risk. Insurance companies often do not pay out when you have done something illegal (like parking in the right of way during a parking ban).

A final concern with parking is when parents put their children in the car and wait in the right of way for the school bus during storm events. We appreciate caring parents wanting to keep their children safe and warm, but it is certainly not safe to park in the roadway during a snowstorm. This is illegal and dangerous. Parking temporarily in an adjacent driveway might meet the parent's and child's needs. (NOTE: If this is not YOUR driveway, you must get permission of the owner.)

I am always hopeful and optimistic that the 2015-2016 winter season won't be quite as epic as what we have endured for the past two seasons. Working together for public safety is an attainable goal. I am looking forward to this winter's challenges.

Be Safe!

Edward A Stewart— Highway Department

# Forever Young

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



## Community Events in Atkinson

### **Atkinson Women's Civic Club Donation Drive: "In with the new... Out with the Old" Saturday, 1/23 ~ Tuesday, 1/26:**

Donate your unwanted clothes, small household items to SAVERS (9 Plaistow Rd. Plaistow NH). When you bring your donation, please mention them "Atkinson Women's Civic Club". SAVERS pays AWCC and AWCC will contribute back to our community. You will receive a tax receipt and a discount card for purchases at the store.

**Trip to Boston Wine Expo 2016—Sponsored by the Atkinson Women's Civic Club**: Saturday, February 13th, 2016. \$115 which includes deluxe coach bus transportation, admission to the Boston Wine Expo Grand Tasking.

**Pancake Breakfast:- Cub Scout Pack 95 fundraiser** : Sunday, February 7th, 2016 8 am ~ 11 am at Atkinson Community Center.

Please call Noriko for more information.

## **Atkinson Police Department    REMINDER**

### **IRS Scams**

There are continued incidents of fraudsters using the IRS as a method of scamming citizens of any age out of money. The false presentation as an agent of the IRS and repeated claims of owing money to the government are the methods by which fraudsters obtain not only money, but personal information from unsuspecting victims which they in turn use to access personal credit history and other personal financial information. The IRS does not request personal information over the phone or request any specific type of payment over the phone, and will not take any immediate action following a phone call. These should all be indications of potential fraud if presented to you during a cold call. The IRS has posted warnings of scams in their name at <http://www.irs.gov/uac/Newsroom/IRS-Repeats-Warning-about-Phone-Scams>

Please contact Atkinson Police Department non-emergency number at 362-4001 if you have any question or concern.