

Forever Young

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

Sponsored by Atkinson Recreation

May ~ August 2016

#25

**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
Web: www.town-atkinsonnh.com
fb: [/www.facebook.com/atkinsonrecreation](https://www.facebook.com/atkinsonrecreation)
Office Hours: Mon.~ Fri. 8:30 am - 3 pm**

Recreation Commission Members
Susan Ober, Chairperson
Holly Doherty, Del Dooling, Mike DelCore,
Robin Hernandez, Stacey Marcotte

Atkinson Elder Services The office is located in Atkinson Community Center. 
Jean LoPizzo –Elder Services Director
—Scheduling Coordinator
Contact to schedule your service :Tel 603 362-9582
Email: 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 - Chairperson
Eleanore Harrison - Recording Secretary
Robert Cote Alfreda Ferguson Linda Jette
Thomas Mealey Alan Phair

Atkinson Elder Services: The focus for this year's Elder Services fundraising efforts is for a **wheelchair van**. We are in near desperate need to replace the current Elder Services wheelchair van. These vans are expensive, but necessary for us to continue to serve the many seniors who would be homebound and unable to make it to necessary medical appointments. Please consider making a tax deductible donation to Atkinson Elder Services. Donations are accepted and welcomed in any amount.

Atkinson Elder Services Transportation Fund – all of the money donated to this Fund will be used to purchase and support vehicles for the transportation program. All donations of \$500 or more donated to this fund will be recognized with your name on a vehicle. This fund is managed by the Trustees of the Trust ⇨



Memorial Day Parade

Monday, May 30th, 2016 10:30 am
Line up at 10 am , parade starts from Town Hall on Academy Ave., left on Leroy, right on Main St. to the Dow Common for the ceremony.

NOTICE! Atkinson Community Center and other Town building will be closed in observation on following date and no programs will be held at Atkinson Community Center;

Memorial Day: Monday, May 30th
Independence Day: Monday, July 4th

Other Services for Elderly in Atkinson

Kimball Library -362-5234: 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

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 or contact Katy SNAP Outreach Coordinator NH Food Bank leave a message ! 603 669-9725, ext 124.



Donations should be made payable to:

Atkinson Elder Services Transportation Fund

Mail to: Town of Atkinson / Elder Services
1 Academy Ave.. Atkinson, NH 03811

Thank you in advance for your continuous support.
Jean LoPizzo - Elder Services Director

Activities!

Regular Programs: Description on classes marked *, **, ***, ****, and ***** , please see below.

- Tai Chi :** Mondays 9:00 am -9:30 am Free
- Line Dancing :** Mondays 9:45 am -11:15 am \$3/ class
- * **Zumba Gold:** Mondays and Thursdays 12:00 pm~ 1:00 pm \$5 / class Linda DiMaouro
- Bridge :** Mondays 12:30 pm - 3:30 pm Free
- Whist Party :** Tuesdays 1 pm - 4 pm small fee
- Coloring Book :** Mondays and Tuesdays, 1pm ~ 3 pm Free
- ** **Yoga:** Tuesdays 4pm - 5 pm \$5 / 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
- **** **ZENgeivity:** Thursdays 10 am ~ 11 am \$3 per class. Judy Smith
- *******Jacki's Aerobic Dance:** Tuesdays and Thursdays 6 pm ~ 7 pm Rosemary Graham 978 314-8146

**Monthly / by monthly / quarterly Programs**

- Bingo** 2nd Mondays 10 am ~12 pm small fee 5/8, 6/13 No July, August
- Veterans Club:** 1st Tuesday each month 9 am ~ 10 am 5/3, 6/7, 7/5, 8/2
- Wellness Lectures** First Wednesday 10 am - 11 am Home Health VNA Merrimack Valley Hospice Home Care Inc.
5/4 Summer safety— sun and insect protection
6/1 Summer safety 2 - Hydration
- Foot Clinic -** 4th Thursday of each month 9 am -1 pm \$25 per visit. 5/26, 6/23, 7/28, 8/25
Please make your own appointment at 603-580- 6668 (*PR)
- CSFP (Community Supplemental Food Program) :** Free Healthy Foods for Seniors 60 years & older and new mothers & children. Odd month 5/12. 7/14 By appointment, call 1-800 942-4321 –or- 603 271-4546.

***ZUMBA GOLD:** Zumba Gold is Latin inspired exercise/dance routines for active older adults who want to have a good time while getting the benefit of exercise. You don't need to know how to dance, Just follow instructor's lead. Come join the fun!

****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.

******ZENgeivity Fitness** is a fun, safe and gentle movement program combining dance, yoga, weight training, balance and brain fitness for increasing our Seniors' physical fitness, happiness and social contact.

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

PARTY TIME!!

Senior Summer Luncheon: Wednesday, July 27th at Atkinson Community Center 12 noon ~ 2pm. This luncheon is free for Atkinson seniors over 65 years old and co-sponsored by the Atkinson Recreation, Atkinson Garden Club, and Atkinson Women's Civic Club. Children from Sun 'N Fun program will serve lunch and perform some entertainment. Light lunch, coffee, tea, lemonade and dessert will be served. Please call Noriko at 362-5531 to make your reservation by July 20th. If you are able to, please bring a can of food for this luncheon and / or nonperishable food items to local food pantries. (*PR)

Free Concert and Ice Cream Social: Thursday, August 18th at Kimball Library Courtyard. Ice Cream social 5:30pm and concert by Timberlane Community Band starts at 6pm. No registration required. Please bring lawn chair or blanket to sit on.

Fundraiser Cookout for Elder Services at Courtyard: Thursday, August 18th at Kimball Library Courtyard. Prior to the concert and ice cream social, Elder Services is planning to have Fundraiser Cook Out. Courtyard opens at 4 pm and cookout starts approximately 5 pm. All proceeds from the \$5.00 charge for a meal of hamburger or hotdog, chips and a drink will go directly towards "Elder Service Transportation Fund". You may purchase the meal tickets in advance. Call Jean 362-9582 for more information. (*PR)

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 to register or if you need more information. If you need transportations to Community Center, please check with Elder Services 362-9582 for availabilities.

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

Long Island Sound Lighthouse Cruise, lunch, Mystic Village trip: Tue. June 14th Sold out.

Trip to Red Sox game on Thur. July 21st vs. Minnesota Twins. Sold out

Trip to Tanglewood Boston Symphony Orchestra Concert : Sun. August 7th 9 am ~ 9 pm. **\$45** for Atkinson resident. , which include deluxe coach bus transportation, concert ticket, snack and bus driver's gratuity. Our deluxe bus leaves from Atkinson Community Center at 9 am to Tanglewood, Lenox, MA for Boston Symphony Orchestra Concert ; Moritz Gnann conducts Mozart and Mahler featuring Nelson Freire, piano.- Mozart Piano Concerto No. 9 E-flat, K 271 and Mahler—Symphony No. 1. We arrive to Tanglewood approximately noon at the time of main gate opening. The concerts at Koussevitzky Music Shed starts at 2:30 pm, so you have 2 and a half hours of free time to enjoy the grounds and lunch, which we encourage to take your own picnics if you wish. Food is available for purchase also. There are limited picnic tables on the grounds for people to use or you can plan a picnic on the lawn with blanket. Payment due upon registration. We will take reservation for non-Atkinson resident after July 13th if there are any spaces available for \$50. Please make your check payable to "Town of Atkinson". (*PR)

Foxwoods Casino Day Trip: Tue. August 23rd Leave Atkinson Community Center 8 a.m. and return approximately 7 p.m. This trip is offered for everybody over 21 years old. The cost of this fun trip is **\$25** for Atkinson residents, which includes deluxe coach bus ride, snack , \$25.00 value bonus coupon and bus driver's gratuity. Payment is due upon registration. We will take reservation for non-Atkinson resident after August 8th with additional \$5 non resident fee. Please make your check payable to "Town of Atkinson". (*PR)

Second trip to Red Sox game: Saturday, August 27th vs. Kansas City Royals. Sold out.

Upcoming trips

"SAMSON, Sands Casino, Longwood Garden (PA) 3 Days trip" : Mon. Sept. 19 ~ Wed. Sept. 21 The cost of this greet trip is **\$467 pp double**, \$433 pp Triple and \$557 per single, which include Roundtrip Motor-coach, Sands Casino with Bonus package (\$20 Free play and \$5 meal voucher), 2 nights at brand new 4-Star Double Tree by Hilton, 2 Breakfasts at the hotel, 1 Dinner and show at the hotel. 1 Dinner, shady Maple Smorgasbord, Wine & Cheese reception, Chalk Talk Artistry show, reserved Orchestra tickets for "Samson" at Sight & Sound Theatre, Longwood Gardens, visit to Kitchen Kettle Village, Tours of Distinction Tour Director, all Taxes and Gratuities including driver & tour director. Tour **deposit is \$50** per person due with reservation. Final payment is due on August 15th, trip insurance is available and highly recommended \$34 per person and should be purchased at the time with deposit. Registration / insurance form is available at Atkinson Community Center office. Please make your check payable to Tours of Distinction for deposit and insurance. We will take reservations from other town with additional \$15 non-resident fee, which should be payable to "Town of Atkinson". (*PR)

Trip to Nubble Lighthouse cruise and Perkins Cove , Ogunquit ME: Thursday, September 8th 8:30 am ~ 4:30 pm .(Rain date: Thursday, September 22nd). We will board the Finestkind III, Nubble Lighthouse Cruise; York's elegant homes and rocky coast to Nubble Lighthouse. After the cruise you have free time to explore Perkins cove for your own to have lunch and shop if you wish. We will stop to "When Pigs Fly Bakery" - Old -world artisan bread using all- natural ingredients- on our way home. The cost of this trip is **\$38** per Atkinson resident,/ \$43 per non-Atkinson resident, which include deluxe coach bus transportation, cruise and bus driver's gratuity . Lunch and other shopping expenses are your own. We will take reservation for non-Atkinson resident after August 31st, with additional \$5 non resident fee. Please make your check payable to "Town of Atkinson". (*PR)

Trip to "Steel Magnolias" at Jean's Playhouse and lunch at Woodstock Station, Woodstock NH: Wednesday, September 28th 9:30 am ~6 pm. Our coach bus leave from Atkinson community Center at 9 am, lunch at 12 noon at Woodstock Station: meal choice of Meat loaf with all the fixings or Fish and Chips, with salad, coffee/ tea and chocolate mousse for dessert then " Steel Magnolias" show at Jean's Playhouse. The cost of this fun trip is **\$43** for Atkinson resident. We take other town residents starting on September 12th if there are any spaces available with \$5 additional non-resident fee. Please make your check payable to "Town of Atkinson". (PR)

Trip to " Jersey Boys" at Boston Opera House: Sunday, October 16th. Our deluxe coach bus leave from Atkinson community Center at 3:pm for 6:30 show at Boston Opera House. You have 2.5 hours of free time to have early dinner or explore city. We leave immediately after the show ends and back to Atkinson approximately 10 pm. **\$73** for Atkinson resident, which include deluxe coach bus ride and show ticket (Mezzanine 2 Left Center seating -regularly \$150 ticket). Bus driver's gratuity is not included. We will take reservation for non-Atkinson resident after September 12th with additional \$5 non resident fee. Please make your check payable to "Town of Atkinson". (*PR)

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



Community Events community

Live Free or Die 5000 Road Race: Saturday, 7/9 at Woodlock Park

Fisher Cat Outing by Lions Club: Friday, 7/22 : \$28, which includes a game ticket Game time 7:05 pm. vs. Trenton Thunder (Yankees), post game fireworks. 90 minute buffet starts 30 minutes before game - call Sheldon for info. 770-3148.

10 tips for Summer Health

Hello Friends,

Summer time!!! Beaches, Biking, hiking, boating, kayaking, tennis, golf, wading, cook out, picnic and etc., what ever you are doing in outdoor, remember to wear your sunscreen and to hydrate - drink plenty of fluid. Here are the Ten (10) Tips to Summer Health by Home Health VNA Merrimack Valley Hospice.

1. Reduce strenuous activities—use air conditioning.
2. Keep Hydrated—4 ~ 8 glasses of water a day. Avoid beverages that contain caffeine,. Choose water or jice.
3. Avoid too much sun— wear sun screen, hat stay covered.
4. Wear cool, light colored clothing.
5. When outdoors, wear light layers, avoid extreme temperature changes.
6. Limit outdoor activities. Stay in shaded, covered places.
7. Choose cool treats—popsicles, ice cream, slush.
8. Beware of medications—some antibiotics are sun sensitive; diuretics are dehydrating; too many green leafy vegetables can affect Coumadin effectiveness.
9. Never alone—always have someone checking on you, especially if you are not feeling well.

Heat exhaustion—watch out for signs of weakness, nausea, no or heavy sweating, rapid pulse, labored breathing, dizziness, fainting—move to a cool area, hydrate, cold compress and call for medical attention.

Have a fun and safe summer!!

Noriko Yoshida-Travers Atkinson Recreation / Atkinson Community Center Director