



Forever Young

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

Sponsored by Atkinson Recreation

February ~ April 2017

#28

NOTICE! Atkinson Community Center and other Town building will be closed in observation on February 20th - Presidents Day . Atkinson Community Center will remain closed until Friday, February 24th due to refinishing the hardwood floor , so no programs will be held in the Banquet Room at Atkinson Community Center during these dates. Small meeting rooms should be available to use after Thursday, February 23rd.

Inclement Weather Policy : When old man winter is acting up, here's what happens to all the senior programs including luncheons at the Atkinson Community Center:

- ◆ NO SCHOOL for TIMBERLANE SCHOOL DISTRICT there are NO ACTIVITIES at the Center between 8:30 am and 4 pm.
- ◆ 2 HOUR-DELAY for TIMBERLANE SCHOOL DISTRICT all our earlier morning activities are cancelled, but will open at 10 am and afternoon programs will take place.

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

Town Deliberative Session at Atkinson Academy on Saturday, February 4th 10 am

Town Election at Atkinson Community Center : Tuesday, March 14th 7 am ~ 8 pm

Recreation Commission Members

Susan Ober, Chairperson
Holly Patterson Mike DelCore
Robin Hernandez Stacey Marcotte

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 n 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 Contact Katy SNAP Outreach Coordinator NH Food Bank leave a message!
669-9725 ext 124.

Atkinson Elder Services



The office is located in Atkinson Community Center.

Jean LoPizzo –Elder Services Director
Jennifer Johnson—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

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



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 Community Center, please check with Elder Services 362-9582 for availability.

FOREVER YOUNG ACTIVITIES!

Regular Programs: Description on classes (*, **, ***, and ****), please see page 3.

- Tai Chi :** Mondays 9:00 am -9:30 am Donation
- Line Dancing :** Mondays 9:45 am -11:15 am \$3/ class
- * **Zumba Gold:** Mondays 12:00 pm~ 1:00 pm \$5 / class Linda DiMaouro
- Bridge -:** Mondays 12:30 pm - 3:30 pm Free Beginner welcome.
- Whist Party :** Tuesdays 1 pm - 4 pm Very small fee
- Coloring Book :** Mondays 10 am ~ 12 pm Free
- ** **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
Winter session \$168 for 24 classes or \$8/ class



Monthly / bi monthly / quarterly Programs

- Bingo** 2nd Mondays 10 am ~12 pm small fee 2/13 ,3/14, 4/10 Minimum 8 people to play
- Veterans Club:** 1st Tuesday each month 9 am ~ 10 am 2/7, 3/7, 4/4
- Wellness Lecture:** First Wednesday on even month 9:45am - 10:45 am Home Health VNA Merrimack Valley Hospice Home Care Inc. 2/1 : Heart health
4/5: Arthritis Awareness
- Foot Clinic -** 4th Thursday of even month 9 am -1 pm **\$25** per visit. 2/23, 4/27
Please make your own appointment at 603-580- 6668 (*PR)
- CSFP (Community Supplemental Food Program) :** Odd month 3/16
Free Healthy Foods for Seniors 60 years & older and new mothers & children.
By appointment, call 1-800 942-4321 –or- 603 271-4546.

FOREVER YOUNG PARTY TIME!!

Valentine Party with Salem Senior Center at Harris Pelham Inn, - 65 Ledge Rd., Pelham NH on Thursday, February 9th 11 am-3 pm. The party will start with an hour of dancing and be followed by their famous Turkey dinner *then a 4 piece band "Flashback Band" will play the songs from oldies and Rock to County and Pop.* Cost: for Atkinson seniors is \$35 pp, which includes dancing, dinner, show, and gratuities (other town seniors \$40), Transportation on your own. Please note that the door won't open until 11 am. (*PR)

Senior Citizens Spring Fling at Timberlane Regional High School Cafeteria: Saturday, March 25th 1 pm ~ 3:30 pm Timberlane High School Community Outreach program students are planning the Senior Citizens Dance on Sunday, March 20th from 1 pm to 3:30 pm at Timberlane Regional High School cafeteria. This social event is organized by students of Timberlake Regional High School Community Outreach Committee and co-sponsored by Recreation Departments of Atkinson, Danville, Plaistow and Sandown. This social is offered **free of charge** for seniors in Atkinson, Danville, Plaistow, Sandown and surrounding towns. Appetizers, desserts, coffee, tea and punch will be served. Please contact your town Recreation director to reserve your seat. (*PR)

Senior Spring Luncheon: Wednesday, March 29th at Atkinson Community Center 12 noon ~ 2pm. Free of charge for Atkinson Senior citizens over 65 years old. Limited space. Light lunch and refreshment will be served. Register by March 24th. Please bring canned goods and /or nonperishable food, laundry detergent, or toiletry items for local food pantries. (*PR)

***ZUMBA GOLD:** NEW to our program!! 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.

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

More Helpful programs

Healthy Eating for Successful Living- 6-week program at Kimball Library—Wednesdays starting on February 1st. 1:00 pm ~ 3:30 pm
Call Library at 362-5234 for more information and wish to register this great program.

Healthy Cooking Demonstration by Chef Danny from The Residence— Thursday, February 16th 2 pm ~ 3 pm at Atkinson Community Center. Call Ashley Haseltine 890-0580 or Noriko 362-5531 (*PR)

Atkinson's Friday Night: Variety Show on Fridays, February 17th and March 17th 6 pm to 8 pm at Atkinson Community Center. To share and show off your talent and skill behind the microphone; singing solo and/ or group with a band or we have the back ground music, poetry reading, jokes, playing instruments and such. All the acts must be PG rated level. The Atkinson Recreation and Community Television invite Atkinson and surrounding towns residents, family and friends also to take part in. The show is open to public audience, free of charge to participate in the show and as audience. Also the show will be played back on ACTV-20. Any question and would like to take part in Atkinson's Friday Night: Variety Show, more information can be found on the town's website. www.town-atkinsonnh.com, email Russell Wolff at asststationmgr@atkinson-nh.gov, or contact Noriko.

AARP Driver Safety Program : Tuesday, April 11th and Thursday, April 13th 9 am ~ 12 pm. This is an six-hour classroom refresher for motorists aged 50 and older. The cost is \$15 for AARP member, \$20 for non-member, which include 2 days-3 hours classes and a workbook. Space is limited. You may pay at the class, make check payable to AARP or cash. Call Noriko at 362-5531 (*PR)

2 CPR / AED Training classes— Thursday, April 13th 7pm ~ 9pm or Tuesday, April 18th 1pm ~ 3pm at Atkinson Fire Station. \$40 pp for Atkinson residents (Atkinson Recreation will pick up \$10 pp from regularly \$50 pp), which includes the instruction and CPR card. Limited space. Call Noriko at 362-5531 (*PR)

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

Foxwoods Casino Day Trip on Tuesday, February 28th 8 am ~ 7 pm. This trip is offered for adult over 21 years old. \$25 for Atkinson residents and \$30 for non-residents if spaces are available after February 14th. Payment is due upon registration. The costs includes deluxe coach bus ride, \$25.00 value bonus coupon, bus driver's gratuity and snack. (*PR)

St. Patrick Day Party Celebration at the Log Cabin Holyoke, MA: Thursday, March 16th 9 am ~ 6 pm : We will enjoy a full menu with hors d'oeuvre, Complimentary glass of wine or Guinness Beer, Corned-Beef Dinner, Irish Stew, Irish Soda Bread, and Bailey's Irish Crème Cake. "Galway Bay," "MacNamara's Band", "Danny Boy," and "When Irish Eyes Are Smiling" are a few of their tunes you'll sing along with "Gerry Malone and The Lads". The cost is \$65 for Atkinson Resident, which include bus ride, lunch, show and bus driver's gratuity. Payment is due upon registration. It opens to non-residents after March 2nd, if there are any spaces available with \$5 additional non-resident fee of \$70. (*PR)

Red Sox Tickets Sale: Wednesday, April 5th 7 pm ~ 8 pm at Atkinson Community Center. 2 games; Red Sox vs. Los Angeles Angels on Sunday, June 25th 1:35 pm game, Infield Grandstand Section 15, \$80 per person and vs. Cleveland Indians on Wednesday, August 2nd, 7:10 pm game, Infield Grandstand section 30, \$65 per person, which includes deluxe coach bus transportation ticket and bus driver's gratuity. Call Noriko for more information.

Newport Play House on Wednesday, April 12th 9 am ~ 6 pm. Please join our popular trip to Newport Play House in Newport Rhode Island. We'll enjoy a great buffet, a comedy play "The Foursome"; and fun filled cabaret. Our bus will leave at 9 am and return to Atkinson approximately 6 pm. The cost of this trip is \$65 per Atkinson senior, which includes transportation, dinner buffet, play, cabaret. And Driver's gratuity. Please call Noriko at 362-5531 or email commrec@atkinson-nh.gov to reserve your seat. Payment is due upon registration. If there are any seats available after March 27th, we take reservations from other town seniors for \$67 (additional \$5 non-residents fee). (*PR)

Forever Young

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



More Community Events / Fundraiser Events

All You-can eat Spaghetti Supper at Atkinson Congregational Church: Saturday February 4th, 4:30 pm ~ 7 pm. \$10 fro Adults, \$5 for children, \$7 for seniors and free for under 6 years old.

Candidates Night by Atkinson Women's Civic Club at Town Hall : Tuesday, March 7th 7 pm

Team Trivia Night by Atkinson Women's Civic Club at Atkinson Community Center Saturday, March 11th. 6:30 pm ~ 10 pm. Door open at 5:45 pm. BYOB and BYO snack. More info, visit www.awcc-nh.org.

Heath and Fitness Fair at Timberlane HS Cafeteria: Wednesday. March 15th (snow date 16th) 3 pm ~ 5 pm. Atkinson Recreation has a table.

Petals and Pallets Exhibition by Atkinson Garden Club at Atkinson Country Club : Friday, March 24th and Saturday, March 25th

Roast Pork Dinner by Atkinson Lions Club at Atkinson Community Center : Saturday, March 25th 5 pm to 7 pm.

Pancake Breakfast by Cub Scout at Atkinson Community Center: Sunday, March 12th 8 am ~ 11 am (Daylight Saving Time begins)

Pancake Breakfast by Atkinson Lions Club at Atkinson Community Center: Sunday, April 9th 8 am ~ 11 am (Palm Sunday)

Blood Drive by Knights of Columbus at Atkinson Community Center : Fri. 4/14 (Good Friday) 1 pm ~ 6 pm Call 1-800-733-2767

Easter Egg Hunt by Recreation Department at Woodlock Park: Saturday, April 15th 11 am sharp.

Electronics Recycle Fundraiser by Boy Scout Troop 9 at Atkinson Community Center Parking lot: Saturday, April 8th 7am ~ 1 pm

Earth Day Cerebration, Craft and Food Market by Atkinson Women's Civic Club at Atkinson Community Center Saturday, April 22nd 10 am ~ 2 pm.

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>