



Forever Young

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

Sponsored by Atkinson Recreation

June ~ August 2018

#33

IMPORTANT NOTICE!!!



**Wednesday, July 4th:
Independence Day** The Atkinson Community Center and other town buildings will be closed.

TRASH AND RECYCLING:

**DO NOT USE NEW CARTS
UNTIL JULY 17TH.**

Please check the reference guide brochure the town mailed to you previously. Learn more at www.casella.com or www.town-atkinsonnh.com.



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

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.

Atkinson Elder Services

The office is located in the 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



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.



www.clipartof.com - 1378337

FOREVER YOUNG ACTIVITIES!

Regular Programs: Description of classes (*, **, ***, and ****), please see below

- **Tai Chi :** 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

Monthly / bimonthly / quarterly Programs

- Bingo:** 2nd Mondays 10 am ~ 12 pm small fee 6/11, 7/9, 8/13 Minimum 8 people to play
- Veterans Club:** 1st Tuesday each month 9 am ~ 10 am 6/5, 7/3, 8/7
- Foot Clinic:** 4th Thursday of even month 9 am ~ 1 pm **\$25** per visit 6/28, 8/23
Please make your own appointment at 603-580- 6668 (*PR)

* **Tai Chi– Temple Exercise:** Taking turn to lead Temple Exercise 10 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.

COMMUNITY EVENTS!!

Timberlane HS Health and Wellness Fair at HS Cafeteria and Gym on Wednesday, June 13th 3 pm ~ 5:30 pm (Rescheduled from March) Over 50 exhibitors offering giveaways, free raffle items! The Lions are collecting used eye glasses - look for their collection box.

FREE PUBLIC EDUCATION about narcotic drug use and the administration of narkan at Danville Recreation Center – 169 Main Street Danville NH, Saturday, June 16th 10 am ~ 12 pm. Free training on Naloxone administration and Addiction and the Brain presentation.

Blood Drive by American Red Cross: Friday, July 6th 1pm ~ 6pm at Atkinson Community Center

Live Free or Die 5000 Road Race: Saturday, July 14th at Woodlock Park

Antique Car Show by Atkinson Lions Club and Atkinson Fire Fighters Association: Monday, September 3rd at Atkinson Fire Station, Common and Library.

"Angling in the Smile of the Great Spirit" Thursday, September 13th 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 if the Great Spirit."

Town Wide Yard Sale by Atkinson Women's Civic Club on Saturday, September 15th, suggested hours 8 am ~ 3 pm.

FOREVER YOUNG PARTY TIME!!

Summer Luncheon Wednesday, July 25th 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. 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 18th. If you are able to, please bring a can of food for this luncheon and / or nonperishable food items to local food pantries. (*PR)

Fundraiser Cookout for Elder Services: Thursday, August 16th 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.

Free Concert and Ice Cream Social: Thursday, August 16th 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.

Sgt Daniel M. Clark known as 'The Singing Trooper' Wednesday, September 26th at Sandown Town Hall Door opens at 1pm and program starts at 1:30 pm. Offered for Atkinson, Plaistow and Sandown seniors. (*PR)

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

Red Sox trips—SOLD OUT Two game trips: Red Sox vs. Toronto Blue Jays on Sunday, July 15th and Cleveland Indians on Wednesday, August 22nd. Infield grandstand left field section 31 for both games.

MOTOWN THE MUSICAL at the Boston Opera House on Thursday, June 14th. Our deluxe coach bus will leave the Atkinson Community Center at 4 pm, that is planned to allow for free time - you will have a few hours prior to 7:30 show time. Atkinson residents have priority and the cost of this trip is \$78 per person, which includes a Motown the Musical Mezzanine Right seating ticket, deluxe coach bus transportation and bus driver's gratuity. Very limited tickets \$83.

Foxwoods casino trip on Wednesday, August 8th 8 am ~ 7 pm This trip is offered for adults over 21 years old. \$25 for Atkinson residents and \$30 for non-residents if spaces are available after September 5th. Payment is due upon registration. The cost includes deluxe coach bus ride, \$25.00 value bonus coupon, bus driver's gratuity and snack. (*PR)

Isle of Shoals Cruise and Star Island Walking Tour on Tuesday, August 28th 9:30 am ~ 6:30 pm. In addition to the famous Isles of Shoals & Portsmouth Harbor Tour this tour allows us to explore and visit the aforementioned Star Island including a 45 minutes guided walking tour excursion. Or you can sit at the Oceanic hotel porch enjoy the amazing ocean view. Total time of cruise is 3.5 hours and allows 1.5 hours on Star Island. We plan to go to the "When Pigs Fly Store" ~ all natural breads before the cruise. You may bring on small coolers for your own lunch or Galley snack bar is available on board (hot dogs, pizza, pretzels, chips and full service cash bar). **The cost of this trip is \$46 per Atkinson resident, which includes deluxe coach bus transportation, Isle of Shoals Cruise and Star Island Walking tour, bus driver's gratuity. You are responsible for lunch and other expenses.**

Be a part of one of the most infamous and historically enriched islands New England has to offer as their vessel, the M/V Thomas Loughton sets sails to Star Island. Your guide will walk you through over 400 years of rich history including the charting of the Isles in 1614 by Captain John Smith of Jamestown and Pocohontas fame who was given the isles as a reward for his efforts on behalf of the Crown of England. Hear the legend of the pirates Blackbeard and Captain Kidd, and the lady ghost of White Island. In the 1800's Resort hotels were built on Star and Appledore Islands and the Shoals became one of the most popular vacation spots on the New England Coast. You'll see the Oceanic hotel, which rivaled the grandest hotels of the time and is still in operation today. Your tour will take you through the replica of Gosport Village, a fishing outpost dating back to the early 1600s which includes the picturesque Stone Chapel and several cottages. You'll also see the tallest gravestone in the state of New Hampshire, the John Smith Monument, and the Caswell Cemetery. After your walking tour you'll have time to visit the giftshop, bookstore, and snack bar in the hotel if you'd like.

Forever Young

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



FOREVER YOUNG SUMMER SAFETY INFORMATION!!

IT'S HOT OUTSIDE! STAY COOL! STAY HYDRATED! STAY INFORMED!

~ Developed by New Hampshire Division of Public Health Services Climate & Health Program

Hot weather can be a serious health risk for seniors because as you get older, your body may have a harder time sensing heat and staying cool.

- ◆ **Check local news** for the weather report. If highs are in the 80s or 90s, make a plan for how you're going to stay cool using the tips listed here.
- ◆ **Stay in an air conditioned place** and limit activity on very hot days. Call 211 or ask your senior center staff to find out about air conditioned places or cooling centers in your community.
- ◆ **Drink plenty of water.** Don't wait until you feel thirsty to drink.
- ◆ **Wear loose, lightweight clothing** and **wipe your skin with a damp towel** to keep your body cool.
- ◆ **Check in with a friend or relative twice a day** to let them know if you're staying cool, hydrated and healthy or to ask for help.
- ◆ **Talk to your doctor** about how hot weather will affect you and follow their recommendations. Some health conditions and medications make it harder for your body to handle hot weather.
- ◆ **Watch out for signs of heat illness**, such as fatigue, skin rash, heavy sweating, muscle cramps, weakness, dizziness, nausea, and headache. If you feel any of these signs or symptoms, plan to cool off as soon as possible, or seek medical attention if symptoms worsen or last longer than 1 hour.

Chilling places: Atkinson Community Center (Mon. ~ Fri. 8:30 am ~ 4 pm)and Atkinson Kimball Library (Mon. ~ Fri. 10 am ~ 8pm and Sat. 10 am ~ 2:00 pm) have air conditioning and water. Stop by when they are open to visit and cool off.