



# Forever Young

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

*Sponsored by Atkinson Recreation*

*March ~May 2018*

**#32**

**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](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  
Stacey Marcotte

**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](mailto:elderservices@atkinson-nh.gov)**

**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.



**NOTICE!**

Don't forget to **VOTE** on Tuesday, **March 13th from 7 am ~ 8 pm** at the Atkinson Community Center. Bring your photo ID with you.



**Monday, May 28th Memorial Day:**

- The Atkinson Community Center and other town buildings will be closed.
- Memorial Day Parade-Starts at Town Hall at 10:30 am with a ceremony at Dow Common, followed by the Fire Fighters' Association's fundraiser cook out and concert by Timberlane Community Band at the Fire Station.

**Note from Atkinson Selectman Jason Grosky**

Thank you to the folks who have reached out to me with questions about the trash situation. As most of you know, our current trash company has decided to not do further business with us. We've spent six months working on this issue. Under the agreement, every current taxpayer will receive a new trash and new recycling cart prior to an anticipated June 1st start date. I'll keep you updated as more information comes in. The carts are big, and a few are on display at Town Hall if you want to check out the sizes. Do not hesitate to message me, call or email me at **[jgrosky@atkinson-nh.gov](mailto:jgrosky@atkinson-nh.gov)** with any input.

Jason B. Grosky  
Selectman



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

**INCLEMENT WEATHER POLICY:** If there is NO SCHOOL for the TIMBERLANE SCHOOL DISTRICT because of the inclement weather, there are NO ACTIVITIES at the Center. If there is a 2 HOUR-DELAY for TIMBERLANE SCHOOL DISTRICT, all our morning activities are cancelled but the programs will take place at 11:00 am.

### FOREVER YOUNG ACTIVITIES!

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

- **Tai Chi :** Mondays 9:00 am -9:30 am Donation
- 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](mailto: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 3/12, 4/9, 5/14 Minimum 8 people to play
- Veterans Club:** 1st Tuesday each month 9 am ~ 10 am 3/6, 4/3, 5/1
- Foot Clinic -** 4th Thursday of even month 9 am -1 pm **\$25** per visit 4/26  
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.

**FOREVER YOUNG PARTY TIME!!**

**Tri Town Seniors' St. Patrick's Day Social** : Friday, March 16th at 1:00 pm at Plaistow Town Hall 2nd Floor– elevator is available. Desserts, coffee, and tea will be served, followed by entertainment sponsored by Atkinson, Plaistow and Sandown Recreation. You must be 60 or older and a resident of one of the 3 sponsoring towns. It is a free event but space is limited, so pre-registration is required by March 13th. In Sandown call Deb Brown at 887-1872, Atkinson call Noriko at 362-5531 and Plaistow call Christina Cruz at 382-5200 Ext. 204.

**Senior Citizens Spring Fling** at the Timberlane Regional High School Cafeteria: Saturday, April 14th 1 pm ~ 3:30 pm Timberlane High School Community Outreach program students are planning the Senior Citizens Dance on Saturday, April 14th from 1 pm to 3:30 pm at Timberlane Regional High School cafeteria. This social event is organized by the students of Timberlake Regional High School Community Outreach Committee and co-sponsored by the 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)

**Spring Luncheon** Thursday, April 19th 12 pm ~ 2 pm at the Atkinson Community Center. Free for Atkinson seniors over 65 years old. Lunch and dessert will be served followed by wonderful entertainment "Sun Set Tapper" If you are able to, please bring nonperishable food items or cash donation to local food pantries (\*PR)

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

**Red Sox trip tickets sale** on Wednesday, April 4th at 7 pm ~ 8 pm at the Atkinson Community Center . 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. Please check for more information.

**ON YOUR FEET!** - SOLD OUT - Boston Opera House April 29, 2018. Our deluxe .coach bus leaves at 3 pm from the Atkinson Community Center and returns to Atkinson at approximately 10:30 pm. There will be a few hours of free time until the show time at 6:30 pm. Please plan accordingly.

**Newport Playhouse** on Thursday, May 17th 8:45 am ~ 6 pm Please join our popular trip to the Newport Play House in Newport, Rhode Island. We'll enjoy a great buffet, a comedy play "Remember Me", and fun filled cabaret. Our bus will leave at 8:45 am and return to Atkinson at 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](mailto:commrec@atkinson-nh.gov) to reserve your seat. Payment is due upon registration. If there are any seats available after May 1st, we take reservations from other town seniors for \$70 with an additional \$5 non-residents fee. (\*PR) ~"Remember Me" *Mary and Brian have the perfect relationship. What starts out as an ordinary Sunday turns out to be a hilarious test of their 20-year marriage when Mary's college flame shows up and professes his undying love ... or does he?*

**Lobster Roll Cruises on Cape Cod** on Tuesday, June 5th 9:45 am ~ 7:30 pm. This 90 minute Sesuit Harbor cruise are starting in East Dennis, MA. It has a climate controlled deck. We will have lunch on board. Meal choices are; lobster roll, roast beef rollup, vegetarian rollup or chicken caesar salad, soft drink or coffee and dessert. After our cruise, we will stop at the Cape Cod Potato Chip Factory and Cape Cod Creamery in Hyannis. We leave the Atkinson Community Center at 9:45 am and get back to Atkinson at approximately 7:30 pm. The cost of this wonderful summer getaway trip is \$65 for Atkinson seniors, which includes harbor cruise, lunch, tax and gratuity, deluxe coach bus transportation and bus driver's gratuity. You are responsible for other expenses at the cruise, Potato Chips factory and Creamery. Payment is due upon registration. We take names from non-residents if there are still spaces available after May 1st for \$70 with an additional \$5 non-resident fee. (\*PR)

# Forever Young

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



## MORE PROGRAMS / EVENTS!

**Candidates Night by Atkinson Women's Civic Club:** Tuesday, March 6th at 7 pm at Atkinson Town Hall

**Town Meeting (Vote)** Tuesday, March 13th 7am ~ 8pm at Atkinson Community Center.

**Timberlane HS Health and Wellness Fair** at HS Cafeteria and Gym; Tue. March 13th 2:30 pm ~ 5:30pm . Blood Drive also. Free

**Team Trivia Night by Atkinson Women's Civic Club:** Saturday, March 24th. Ticket \$20 until 3/8, \$25 after 3/9.

**Pancake Breakfast** by Atkinson Lions Club and Timberlane HS Dance Team: Sunday, March 25th at Atkinson Community Center.

**Blood Drive** by Knights of Columbus: Friday, March 30th 1pm ~ 6pm at Atkinson Community Center

**Easter Egg Hunt** for Atkinson children up to 12 years old on Saturday, March 31st 11am at Woodlock Park.

**Electronics Recycling Fundraiser** by Boy Scout Troop 9 on Saturday, April 14th 8am ~ 1pm at Atkinson Community Center Parking lot.

**Artisan Craft and Food Market by Atkinson Women's Civic Club:** Sat. April 21st 10 am ~2 pm at Atkinson Community Center. Please see detailed info [www.awcc-nh.org](http://www.awcc-nh.org) .

**Fishing Derby** for Atkinson children up to 12 years old on Saturday, May 12th 7:30am registration and derby 8am ~ 11am at Atkinson Community Center Trinity Pond.

**Pork Roast Dinner Fundraiser by Atkinson Lions Club** on Saturday, May 12th at Atkinson Community Center 4:30 ~ 7:30pm