



# Forever Young

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

**Sponsored by Atkinson Recreation**

**May ~July 2017**

**#29**

**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  
Holly Patterson Mike DelCore Stacey Marcotte

### **Atkinson Elder Services**

The office is located in Atkinson  
Community Center.

**Jean LoPizzo –Elder Services**

Director  
Scheduling Coordinator  
**Friday 8:30 am ~ 12 pm**  
**your service**  
**9582**

**Jennifer Johnson—**  
**Office Hours: Monday ~**  
**Contact to schedule**  
**Tel 603 362-**  
**Email:**



**NOTICE! Atkinson Community Center and other Town  
building will be closed on Monday, May 29th in observance**

### **Atkinson Memorial Day Parade**

Parade will begin at Town Hall on Academy Ave,  
left on Leroy, right on Main Street to the Dow  
Common for the ceremony. Essay read by an At-  
kinson Academy student "What Memorial Day  
Means to Me"

Atkinson Women's Civic Club is sponsoring bikes,  
trikes and doll carriage parade with a  
red, white and blue theme. Please  
line up 9:30 am to be judged at Town  
Hall front lawn area.

Please join us after the ceremony at  
the fire station for the annual Atkin-  
son Firefighters Association cookout  
and wonderful music performance by  
The Timberlane Community Band.  
(weather permitted) Paula Holigan  
603 490-1301 / [paula@bigislandpond.com](mailto:paula@bigislandpond.com).



Kimball Library -362-5234: [www.kimballlibrary.com](http://www.kimballlibrary.com). Book deliv-  
ery 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.



### **WANTED!!! Atkinson History**



**The Atkinson Historical Society is hosting an  
Afternoon Social event to celebrate The Town  
of Atkinson's 250<sup>th</sup> Anniversary. The purpose  
of the event is to be a place for longtime resi-**

**dents to share stories and remanences of Atkinson in a  
fun and relaxed atmosphere.** The Social event will be held  
around early June. Also, The Historical Society is asking long  
time residents to share in addition to an oral history any me-  
mentos including, but not limited to, pictures of life in Atkinson.  
Once a show of interest has been established for the social  
event the specific meeting place and time will be communicat-  
ed.

Please contact Ms. Noriko Yoshida-Travers at the Community  
Center if interested in contributing to the Historical Society's  
Social Event and / or items of Atkinson via email  
[commrec@atkinson-nh.gov](mailto:commrec@atkinson-nh.gov) or phone #: 603-362-5531.

**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

## 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 -Please check the schedule
- \*\* **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 or \$8/ class



### Monthly / bi monthly / quarterly Programs

- Bingo** 2nd Mondays 10 am ~12 pm small fee 5/10, 6/12, 7/10 Minimum 8 people to play
- Veterans Club:** 1st Tuesday each month 9 am ~ 10 am 5/2, 6/6, 7/11
- Wellness Lecture:** First Wednesday on even month 9:45am - 10:45 am Home Health VNA Merrimack Valley Hospice Home Care Inc. 6/7 Topic will be announced.
- Foot Clinic -** 4th Thursday of even month 9 am -1 pm **\$25** per visit. 6/22  
Please make your own appointment at 603-580- 6668 (\*PR)
- CSFP (Community Supplemental Food Program) :** Odd month 5/11  
Free Healthy Foods for Seniors 60 years & older and new mothers & children.

\***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.

## FOREVER YOUNG PARTY TIME!!

**Senior Summer Luncheon:** Wednesday, July 19th 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 12th. 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 10h 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 10th 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)

**MORE PROGRAMS!**

**Atkinson's Friday Night: Variety Show** on Fridays, May 19th Atkinson Community Center and June 16th at Kimball Library, 6 pm ~ 8 pm. To share and show off your talent and skill behind the microphone; singing solo and/ or group with a band or we have the background 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](http://www.town-atkinsonnh.com), email Russell Wolff at [asststationmgr@atkinson-nh.gov](mailto:asststationmgr@atkinson-nh.gov), or contact Noriko.

Town Wide Yard Sale by Atkinson Women's Civic Club—Sat. May 20th, please check their website [www.awcc-nh.org](http://www.awcc-nh.org) for more information.

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

**Gloucester and Rockport trip** on Tuesday, June 13th, 9 am ~ 5:30 pm. \$60 per Atkinson seniors, which include deluxe coach bus transportation, Lobster Bake lunch and bus driver's gratuity. We leave at 9 am to one of New England's most photogenic harbors, Gloucester, MA, which is the oldest fishing community in the United States. We will have Lobster Bake at Gloucester House Restaurant; choice of Steamed Lobster or BBQ Chicken, including Cram Chowder, Corn Bread, Corn on the cob, Strawberry Shortcake, Lemonade, Coffee and Tea. After lunch, we have free time to walk around the harbor. After a short bus ride, we are spending time in the little artisan town of Rockport, MA, where you can enjoy the shops, Art museums, or a relaxing time watching the boats go by. We arrive back in Atkinson approximately 5:30 pm. (\*PR)

**Red Sox game trip** on Sunday, June 25th 1:35 pm game Red Sox vs. Los Angeles Angels. SOLD OUT

**Red Sox game trip** on Wed. August 2nd 7:10 pm game Red Sox vs. Cleveland Indians. SOLD OUT

**Mohegan Sun Day Trip** on Tuesday, September 12th 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 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)

Save the date! **"EVITA" at Northshore Music Theatre** on Wed. September 27th. More information to come.

**SUMMER SAFETY INFOR-****IT'S HOT OUT SIDE! STAY COOL! STAY HYDRATE! STAY INFORMED!**

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

**Hot weather 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.

**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.

# Forever Young

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



## ATKINSON NEW HAMPSHIRE CELEBRATING 250 YEARS ~ AVE THE DATE August 30th ~ September 4th ~

As many of you may already know, 2017 is a very special year for the Town of Atkinson. It marks the 250th Anniversary of this beautiful, friendly community. To commemorate the event in a proper way, the 250th Anniversary Committee was formed to bring together all groups within the Town to put together a special program to honor the occasion.

Over the past several years, the Town has appropriated funds to help get the project off the ground and provide the seed money for upfront costs. Our goal is to raise the remaining funds necessary to have a very special series of events over the Labor Day weekend, which is when the actual 250th date occurs. All money will go towards fireworks, special programs and events, including parade costs. Everyone making donations will be recognized in a special commemorative keepsake Anniversary Book being produced for the occasion.

**How can you help?** To achieve our goal of getting the project fully funded, we need your help. In addition to soliciting our residents, we are asking business owners not only from Atkinson but the surrounding Communities to contribute in some way. While there are different levels of donation & advertising opportunities, any size contribution would be appreciated. Please see the reverse side of this sheet for sponsorship levels and donor application and advertisement opportunities.

As Atkinson itself has a very small business base and many of your business transactions are done with establishments outside of Town, we are soliciting their help as well.

The booklet that will be available for distribution will not only contain advertising, but will include numerous historical articles and data that will make it something people will want to keep for years to come. We know you would be proud to see your business name included in it to show your continued support of our Community. We also recognize that some people like to make anonymous donations and those requests will obviously be honored as well.

Thank you in advance for considering to help us.

Sincerely,

The 250th Anniversary Committee

The 250<sup>th</sup> Anniversary Committee

## TENTATIVE SCHEDULE as April 26th

- ◆ Wed., Aug. 30th: Movie night at Kikball Library Courtyard
- ◆ Thur., Aug. 31st: Road Race at Woodlock Park
- ◆ Fri., Sept. 1: Pet Blessing, State Police Dog Demo, Battle of Bands, Raffles, Silent Auction, Food at Woodlock Park
- ◆ Sat., Sept. 2: Country Fair; Large Vehicle, food, REMAX Tethered Balloon rides, Pioneer Games for children at Woodlock Park .  
Atkinson 250 Anniversary Vintage Market (Antiques, Crafts, Food, Art, 50/50 raffle), Atkinson Historical Society—Display/ sales/  
family activities  
Timberlane Community Band Concert & Concession , Fireworks . Viewing area at Town Center :
- ◆ Sun. Sept 3: Pancake Breakfast at Community center , Ecumenical Church Service and Chili & Apple Pie Cook-off at Congregational Church, PARADE ( Sayer-Meditation-Academy), Commemorative Postcard Sale and 250th stamp cancellation at the Historical Society.
- ◆ Mon. Sept. 4 Car Show at town Center , Church— Quilt show at Congregational , Closing Ceremony , Lions Clock Dedication, Beard Growing Competition winner at Dow common

