



Forever Young

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

Sponsored by Atkinson Recreation

Septemer~ November 2017

#30

**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
Holly Patterson Mike DelCore 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

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.



NOTICE! The Atkinson Community Center and other Town buildings will be closed on Monday, September 4th in observation of Labor Day and Monday, October 9th in observation of Columbus Day.



Atkinson 250th Anniversary Celebration
8/30 ~ 9/4

What an amazing weekend!!!

Thank you for your support and participation!!!

Atkinson 250th History & program book is still available at the Atkinson Town Hall, Community Center and at the Historical Society.

Many beautiful 250th memorabilia items are available for sale: ...

- Recreation-250th stone ornament (1-\$12 / 2-\$20) and canceled commemorative post card (1-\$3.50/ 2-\$6
- Historical Society - afghans(\$45), Atkinson Academy wooden piece -Cat's Meow Village(\$20), history book. (\$30)
- Garden Club - Daffodils' order
- By-Way committee- Scarecrow decoration in fall fundraiser
- Family Mediation & Juvenile Services - 250th Commemorative Puzzle \$10 at Town Hall.
- Atkinson Women's Civic Club– 2018 Calendar(\$20) and license plates (\$30)

ATKINSON NEW HAMPSHIRE CELEBRATING 250 YEARS

Thank you for your generous donation to support the Atkinson 250th Anniversary celebration. All money will go towards fireworks, parade, banners and all other necessary costs to provide fun and safe events. Everyone's donations will be recognized in a special

commemorative
keepsake
Anniversary Book.
Sincerely,



The 250th Anniversary Committee

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
- Bridge -:** Mondays 12:30 pm - 3:30 pm Free Beginner 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 or \$8/ class



Monthly / bi monthly / quarterly Programs

- Bingo** 2nd Mondays 10 am ~12 pm small fee 10/23, 11/13 Minimum 8 people to play
- Veterans Club:** 1st Tuesday each month 9 am ~ 10 am 9/5, 10/3, 11/7 , 12/5
- Foot Clinic -** 4th Thursday of even month 9 am -1 pm **\$25** per visit 10/26, 12/28
Please make your own appointment at 603-580- 6668 (*PR)
- CSFP (Community Supplemental Food Program) :** Odd month 9/14, 11/16
Free Healthy Foods for Seniors 60 years & older and new mothers & children.

* **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 Halloween FREE Social and Entertainment: Tuesday, October 31st at 1:00 pm at Edward Garvey Recreation Facility in Sandown NH. Sponsored by Atkinson, Plaistow and Sandown Recreation. Open to residents of those towns only. Wear a costume for a chance at winning prizes. Dessert and coffee will be served along with some great fun when Entertainer Mel Simons stops by with his guitar, old jingles, crowd favorites, Trivia and so much more! A former WBZ Radio personality, Mel is always a crowd pleaser with his humor and showmanship. Space is limited and pre-registration is required. You must be 60 or older and a resident of one of the 3 sponsoring towns. In Sandown call Deb Brown at 887-1872. Atkinson call Noriko Yoshika Travers at 362-5531 and Plaistow call Christina Cruz at 382-5200 Ext. 204.

Harvest Luncheon: Wednesday, November 8th Free for Atkinson seniors over 65 years old. Turkey dinner and great entertainment;. Limited spaces. If you are able to, please bring a can of food for this luncheon and/or nonperishable food items to local food pantries (*PR)

Veterans Breakfast: Saturday, November 11th 9 am ~11 am at the Atkinson Community Center. Light breakfast will be served at 9:00 a.m. for Veterans, their friends and families. The Ceremony is scheduled at 10:00 am, which the public is welcome to attend. Atkinson Recreation, Atkinson Lions Club, Atkinson Garden Club and Atkinson Women's Civic Club co-sponsor this event. Girl Scout, Cub Scout, and Boy Scout are participating in the ceremony

Holiday Luncheon: Wednesday, December 6th 12 pm ~ 2 pm. Free for Atkinson seniors over 65 years old but must register to attend. Roast Pork dinner and great entertainment; Timberlane High School Choir Group as our entertainment guest again. Limited spaces. Please register by November 30th. If you are able to, please bring nonperishable food items to local food pantries (*PR)

MORE PROGRAMS!

Atkinson's Friday Night: Variety Show on Friday, October 20th 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 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 questions or 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.

Town Wide Yard Sale by Atkinson Women's Civic Club—Sat. September 23rd, please check their website www.awcc-nh.org for more information.

CPR / AED class: Please check later.

Flue Shot: Please check later

Atkinson Fire Fighters' Association's annual Turkey Raffle: Saturday, November 11th 8 pm at Atkinson Fire Station. Please contact Atkinson Fire Station 362-5611 for more information.

Holiday Tree Lighting: Sunday, November 26th Special guest will light the tree at dusk around 5 pm. at Dow Common and activities at Fire Station.

"Santa For Senior" gift giving program in partnership with "Meals on Wheel" program. Wish list ornaments are at town Tree Lighting at Fire Station on November 26th then at Atkinson Community Center.

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

SOLD OUT! "EVITA" at Northshore Music Theatre on Wed. September 27th 12:15 pm ~ 6:30 pm. \$58 per Atkinson resident and \$63 for non-residents if spaces are available. The costs include deluxe coach bus ride, and bus driver's gratuity. (*PR)

Foliage Trip -Oktoberfest at Inn at East Hill Farm— Troy, NH and Smith's Farmstead Cheeses, Winchendon, Mass. on Tuesday, October 24th 9 am ~ pm. We will visit the rustic and very charming Inn at East Hill Farm, located at the base of Mount Monadnock in the tranquil southwestern corner of New Hampshire, which will be the host for our Oktoberfest celebration. Lunch will consist of traditional German dishes and followed by the live German Oompah Band. Next stop will be Smith's old fashioned Farmstead Cheese factory. Their Aged Gouda has won many awards and we will sure to enjoy sampling them and perhaps see the cheese making, visit their cows and of course their gift shop! Our deluxe coach bus leaves at 9 am and returns approximately 5 pm. This great trip is \$48 per Atkinson resident. Payment is due upon registration. We take non-Atkinson residents with additional \$5, if we have any available seats after September 29th. (*PR)

CANCELLED- 3-day trip to Christmas in the White Mountains Monday, December 11th to Wednesday, December 13th. Celebrate the magic of Christmas at the beautiful White Mountain Hotel & Resort, and enjoy the splendor of the White Mountains at Christmas. This trip has been cancelled due to lack of interest.... We will try again next year.

Foxwoods Casino Day Trip on Thursday, November 2nd 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 October 23rd. Payment is due upon registration. The costs includes deluxe coach bus ride, \$25.00 value bonus coupon, bus driver's gratuity and snack. (*PR)

FALL PREVENTION: Simple tips to prevent falls

Fall prevention may not seem like a lively topic, but it's important. As you get older, physical changes and health conditions - and sometimes the medications used to treat those conditions - make falls more likely. In fact, falls are a leading cause of injury among older adults. Still, fear of falling doesn't need to rule your life. Instead, consider six simple fall-prevention strategies.

1. Make an appointment with your doctor
2. Keep moving
3. Wear sensible shoes
4. Remove home hazards
5. Light up your living space—Keep your home brightly lit to avoid tripping on objects that are hard to see.
6. Use assistive devices- Your doctor might recommend using a cane or walker to keep you steady.

Forever Young

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



Atkinson Recreation is looking for

Volunteers:

- Leading Tai Chi class on Mondays 9 am
- Calling for Bingo once a month 10 am ~ 12 pm.
- Preparing for newsletter mailing every 3 ~ 4 month
- Setting up for luncheons

Your expertise as Recreation programs.

- Sharing any skills to other seniors and / or children
- Offering any classes to other seniors and / or children
-

Ideas and suggestions on programs, classes and trips.

- Softball, golf, tennis, pickle ball, programs?
- Ski trips?
- Foreign language class ?
- Where would you like to go for day trips?

Please contact Noriko at 362-5531 or commrec@atkinson-nh.gov.