

2023 February Newsletter

RECREATION

Recreation and Community Center Office will be closed 1/4/23 ~1/5/23 attending Northern New England Recreation Park Conference.

Please contact Atkinson's Recreation / community Center office at 603-362-1098 or commrec@atkinson-nh.gov for any questions, additional information, or if you wish to register for any of the available programs. Online registrations are also available at <https://atkinson.recdesk.com/Community/Home>

Giving Tree – THANK YOU for your support for the **Santa for Seniors** program in December. We were able to assist 28 seniors in our community your generous gifts.

The Southern New Hampshire Tour of Lights- There was only one house registered in Atkinson. We would like to see more residents in December 2023 to register your address to this program to be on the map.

Weekly Wellness Programs for seniors and adults at Atkinson community center- No classes on January 2nd and January 16th.

1. Temple Exercise (Tai Chi): Mondays 9:00 am ~ 9:30 am. Donations are \$1 for local food pan- tries / class. Banquet Room. Starts on 1/23/23
2. Line Dancing: Mondays 9:45 am ~ 11:15 am. \$5:00 / class. Banquet Room. Starts on 1/9/23.
3. *Jacki's Aerobic Dance— Winter session starts on 1/10/23. Mondays and Wednesdays 6:00 ~ 7:00 pm. Banquet Room.
1. Yoga: Thursday morning 10:30 am ~ 12:00 pm. \$10:00 / class. Banquet Room. Starts on 1/12/23. Contact Mary Krikorian (978) 837-1738 for more information.
2. FUSION FITNESS: Tuesdays and Thursdays 8:30 am ~ 9:15 am. Starts on 1/3/23. Contact Vanessa Underwood (603) 382-7460 or fitnessa@aol.com for more information.

*Jacki's Aerobic Dance winter session –All the routines are choreographed by Jacki Sorensen, Vertifim (Weight Training for all muscle groups), core work, cardio dance and stretch. Complete fitness in one hour. Contact Arline Descheneau (603) 401-1514 Arline.Descheneau@comcast.net to register.

Tai Chi Winter session- please contact office. Please contact Recreation office for information.

Monthly / bimonthly Programs_

1. Bereavement Support Group for parents: 1st Tuesday of each month 1/3/23. Beth Hendershot (603) 887-4302.
2. Bingo: Mondays 9:45 am ~ 11:30 am. (small fee) 1/23/23. Minimum 8 people.

3. Foot Clinic: 3rd Wednesday each month 1/18/23. Cost per visit \$25:00.
Clinic is staffed by a Registered nurse. By appointment only, for information or to schedule an appointment, call (603) 580-6668.
4. Veterans Club: Regularly on the 1st Tuesday each month 9:30 am ~10:30 am. Due to the holiday, it is on the 2nd Tuesday. 1/10/23 Banquet Room.

Tai Chi Winter programs 10-week session will be offering for mature adults. The classes will be held on Tuesdays at 11:30 am ~ 12:30 pm starting on Tuesday, January 10, 2023, ending on March 21, 2023, and no class on March 14th - Town's Election Day. Snow- make up day is scheduled on March 28th.

Please note, when Timberlane School District cancels schools, and /or Town of Atkinson Town Hall is closed, all the programs at the Atkinson Community Center will be canceled, unless you hear differently from me (Atkinson Recreation).

You can register full session online also make payment at <https://atkinson.recdesk.com/Community/Program> , choose 2023 Winter Tai Chi class or contact Noriko at Atkinson Recreation office at 603 362-1098 or commrec@atkinson-nh.gov.

You can register full session or walk-in.

Costs: Atkinson Residents : \$ 70 for a full session or \$9 per class, non-

Residents:\$90 for a full session or \$ 12 per class

Full session payments are due upon registration. No refunds exceptional for medical and emergency reasons.

10-WEEK WINTER WELLNESS CHALLENGE - JANUARY 9TH ~ MARCH 19TH [**FLYER HERE**](#)

Online registrations are also available

at <https://atkinson.recdesk.com/Community/Home>

We challenge you to move 30 minutes or more every day!

✓ ***Check off all lines on each day! Use the suggested activity list from page***

1.Track your activities on calendars page 2 and 3.

✓ ***Send pictures of your activity to share any time and take a picture of your calendar after the challenge to commrec@atkinson-nh.gov***

COMMUNITY CENTER NEWS -Office will be closed 1/4/23 ~ 1/6/23

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American Red Cross Blood Drive sponsored by the AWCC - Wednesday, 1/4/23 1 pm ~ 6 pm. Register online <https://www.redcrossblood.org/give.html/donation-time?dt=WB:PL:DR:PM>

Classes and programs- Please see Recreation notice above.

Rental Information

Are you planning a family gathering and looking for a place? Atkinson resident can rent out our Banquet room for their special gathering for very reasonable fee - \$175 for 4 hours, you can bring food and soft drinks. Smaller conference rooms are also available to rent. Please contact Recreation office for availabilities.

Check out our rental application for policy and guidelines https://www.town-atkinsonnh.com/sites/g/files/vyhliif8101/f/uploads/community_center_rental_application.pdf

Donation bins

There are three donation bins at the Community Center parking area. Accepted donations include **CLOTHINGS AND SHOES ONLY. Do not leave any other items outside of the bins.** If the bins are full, please come back another time because your donations will help the Atkinson Women's Civic Club's charitable funding and keep our environment green.