

Forever Young



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

Sponsored by Atkinson Recreation

December 2019 ~ February 2020

#39

*Wishing you and your family
a Healthy and Happy Holiday Season!*

From Atkinson Recreation

Recreation Department

**Senior Program and Recreation Office at the
Atkinson Community Center; 4 Main Street, At-
kinson NH**

Noriko Yoshida-Travers - Recreation Director
Office Hours: Mon.~ Fri. 8:30 am - 4 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 Tony Cantone

Looking for more members!!

Elder Services

**The office is in the Atkinson
Community Center.**



Ted Houlihan – Acting Elder Services Director
Denise Andrews —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

HOLIDAYS: The Atkinson Community Center and all other town buildings including Elder Services transportation will be closed on
Christmas – Wed. 12/25/19
New Year's Day—Wed. 1/1
M L King Jr. Day—Mon. 1/20
Presidents' Day—Mon. 2/17



TRASH AND RECYCLING:

Learn more at www.casella.com or
www.town-atkinsonnh.com.



OTHER USEFULL SERVICES

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 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.



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.

INCLEMENT WEATHER POLICY: Unless you hear from the program instructor, here's what happens to all the senior programs including luncheons at the Atkinson Community Center,

- If there is NO SCHOOL for TIMBERLANE SCHOOL DISTRICT, 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 scheduled programs after 11 am will take place after 11 am.

REGULAR PROGRAMS ! For all ages and levels for fitness and knowledge

Regular Programs: Description of classes (*, **, ***, & ****), please see below for detailed information.

***Temple Exercise (Tai Chi):** Mondays 9:00 am ~ 9:30 am Donation \$1 / class

Line Dancing: Mondays 9:45 am ~ 11:15 am \$3 / class

Bridge: Mon. 12:30 pm ~ 3:30 pm Free **Desperately looking for players!!**
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 \$7 / class

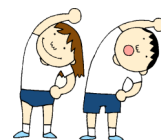
Monthly / bimonthly Programs

Bingo: Mondays 10 am ~ 12 pm small fee 12/16, 1/13, 2/10, 3/16 Minimum 8 people to play

Veterans Club: 1st Tuesday each month 9 am ~ 10 am 12/3, 1/7, 2/4

Bereavement Support Group for parents: 1st Tuesday of each month
6 ~ 8 pm 12/10, 1/7, 2/4 Contact Beth Hendershot 603 887-4302

Foot Clinic: 4th Thursday of even month 9 am ~ 1 pm **\$25** per visit 12/26, 3/9 (rescheduled from 2/27) ! Please make your own appointment at 603-580- 6668 (*PR)



***Temple Exercise (Tai Chi):** Taking turn to lead Temple Exercise 12 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. 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. For 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.

TAI CHI program for Beginners and Intermediate at Atkinson Community Center—! 7-week Winter session:

Jan. 6 ~ Mar. 16 snow date Mar. 23. (No classes on Jan. 20, Feb. 10, Feb. 17, Mar. 9) at Atkinson Community Center: 4 Main Street Atkinson NH. Payments are due upon registration.

1.) **Intermediate Class** - \$40 for Atkinson resident for session 11:30 am ~ 12:30 pm (60 minutes)

2.) **Beginner Class** - \$30 for Atkinson resident for session 1:00 pm ~ 1:45 pm (45 minutes)

We take non-residents with additional \$14 non-resident fee per person; \$54 for Intermediate, \$44 for Beginner class.

The instructors are Sensei Michael Keyes and his wife, Hanna Toabe-Keyes from Methuen, MA. Sensei Michael is Professional Kung Fu, Tai Chi & Karate instructor for 23 years. This session is open to any ages who want to be healthy.



NEW ! Martial Fitness (*PR)—our Tai Chi instructors; Michael and Hannah Keyes are teaching this class at Atkinson Community Center-4 Main Street Atkinson NH) .

- 3-week introduction session 11:30 ~ 12:15 on Mondays; Dec. 2, 9, 16. It is 45 minutes per class and the costs are \$12 for the session or \$6 per week for Atkinson resident, \$18 for the session \$ 9 per class for non-resident. 9-week
- 9-week Winter Session for Martial Fitness 1:00~ 1:45 pm. 45 minutes class on Wednesdays, Jan. 22, 29, Feb. 5, 12, 19, 26, Mar. 4, 11, 18 and snow date Mar. 25. \$40 for whole session for Atkinson resident, \$6 per class.

~ Martial Fitness is an eclectic form of exercise that uses easy stretching taken from Tai Chi, Kung Fu, and Karate. From these 3 arts are muscle endurance exercises, deep breathing exercises, restoration exercises and relaxation techniques to form a complete exercise program. The benefits are an increase in muscle and tendon strength, increased flexibility and overall health. It's a very good supplemental program for Tai Chi and can be helpful in everyday activities.

FOREVER YOUNG PARTY TIME!! Contact Noriko at 362-5531 and commrec@atkinson-nh.gov to make reservations.

Senior Holiday Luncheon at Atkinson Community Center: Wed., Dec. 11th 12 noon to 2 pm (*PR) Offered for only Atkinson Seniors over 65 years old and FREE of charge however you must register to attend. lunch, dessert, coffee, and tea will be served. Atkinson Academy Choir group will be our entertainment. Bring canned goods and /or nonperishable food items for local food pantries.

Senior Holiday Party at Harris Pelham Inn in Pelham NH on Friday, December 20th 11am to 3 pm (*PR) Atkinson Recreation is joining Salem Senior Services for a Holiday Party. We have one hour of dancing, dinner ~ two entrees served family style (Ham and Harris' famous Turkey dinner) and fabulous music entertainment by the Blacklite Band. Costs for this fun filled event are \$37 for Atkinson senior and \$42 for nonresident.

Senior Winter Brunch at Atkinson community Center on Thurs., Jan.30th Different time 10:30 am ~ 12:30 pm (*PR) Offered for only Atkinson Seniors over 65 years old and FREE of charge however you must register to attend. brunch, dessert, coffee, and tea will be served. Our guest-Timberlane High School Choir Group from 11:30 am ~ 12 pm. Reserve your seat by January 23rd. Bring canned goods and /or nonperishable food items for local food pantries.

Senior Valentine Party at Harris Pelham Inn in Pelham NH on Friday, February 14th 11am to 3 pm (*PR) We are joining Salem Senior Services for a Valentine Party. One hour of dancing, dinner ~ Harris' famous Turkey dinner served family style and fabulous music entertainment TBA. this fun filled event are \$37 for Atkinson senior and \$42 for nonresident.

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

"Mean Girls" The Musical at Boston Opera House on Sunday, February 9th 3 pm ~ 10 pm. There will be about 2 hours free time prior to the show time 6:30. The costs of this fun trip for Atkinson resident are \$75 before register and pay by December 11th and \$80 after December 12th, which includes deluxe coach bus transportation, a ticket for Mezzanine Center seating and bus driver's gratuity. Nonresidents will be placed on our waitlist first and could get seats if any spaces are available after December 30th and cost is \$85 (\$5 nonresident fee). (*PR).

Mohegan Sun Casino Trip—Thursday, February 20th. * am ~ 7 pm. Leave Atkinson Community Center a 8 a.m. and return approximately 7 p.m. This trip is offered for everybody over 21 years old. \$25 for Atkinson residents, and \$30 for non-residents, which includes deluxe coach bus ride, \$25.00 value bonus coupon, bus driver's gratuity, and snack. (*PR)

Boston Flower Show at Seaport world Trade Center. Thursday, March 12th. 9:30 am ~ 4:30 pm \$ \$35 (*PR)

St. Patrick's Day Party at Indian Head Resort on Tuesday, March 17th 9 am ~ 6 pm. More info to come More info to come.

Are you interested in any of these programs?

New Program? Please let me know which programs and which day of the week works for you.

- Atkinson Senior **Golf League** at Atkinson Country Club Par 3 from May to September on one of weekday morning or afternoon. Nine holes of play, \$12 per week, plus cart fee (optional)
- Atkinson Senior **Softball League** at Woodlock Park from May to September on one weekday morning.
- Atkinson Senior **Pickleball League** at Woodlock Park from May to September on weekday.

Be A Census Taker— apply online! 2020census.gov/jobs or call 1-855-JOB-2020.

Extra income, flexible hours, weekly pay, and paid training. Noriko has sore information in her office.

Forever Young

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



NEW MEMBERSHIP FOR 2020—fill out the registration form

Attention seniors! I am updating my seniors list and if you wish to be a members of Atkinson Recreation Senior programs, please fill it out enclosed registration form including emergency contact info and medical & trip waivers and get it back to me ASAP.

FREE SPECIAL PROGRAM — Register early for limited paces and very popular programs

Vision Board Workshop on Saturday, January 18th 10 am ~ 12 pm at Atkinson Community Center. Free for Atkinson resident. Join “Vision Board Workshop”. You’ll start the workshop by writing down what you want to focus on in your life and locking in your intentions for the year ahead. Then you’ll get busy having fun creating a poster board using magazine clippings that will represent and showcase them! You will walk away with a visual reminder to help you stay on track to achieving your goals. This program is offered for any ages. About the Presenter:: Maria Kuhl is a certified Health and Life Coach. In addition, she has a AS in Food Science and Nutrition, BS in Health Science and a MS in Management. She is the business owner of Empowered You, a personal coaching service company (specializing in Weight Loss, Healthier Eating, Stress Management, Improving Energy Levels and Relationships).

COMMUNITY EVENTS

Tree Lighting at Atkinson Country Club Thurs. 12/5 5:30 ~ 8pm.

Greens Sale on Fri., Dec. 6th and Sat. Dec. 7th by Atkinson Garden Club at Atkinson Community Center.

Food and Clothing Drive on Sat. Dec. 7th 9 am ~ 1 pm at Dow Commonby Atkinson Lions Club

Holiday Tea for Seniors on Sat. Dec. 7th 10 ~ 11:30 am at Timberlane Middle School Cafeteria by PTSA.. RSVP at Middle school at 382-7131.

Yankee Ingenuity by Jo Radner on Thur. Dec. 12th 6:30 pm at Kimball Library, sponsored by Atkinson Historical Society, .

Holiday Artisan Food and Craft Market on Sat., Dec. 14th by AWCC at Atkinson Community Center.

Wreaths across America Wreaths placement and ceremony on Sat. Dec. 14th at 12 pm at the Veterans Flag poles area at the Atkinson Cemetery.