

Forever Young

January ~ March 2012

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

by Atkinson Recreation

Atkinson Community Center 4 Main Street, Atkinson, NH 03811

Recreation & Senior Program Director: Noriko Yoshida-Travers 603-362-5531

Email: commrec@atkinsonnh.gov Website: www.town-atkinsonnh.com

*Wishing you a Healthy and
Happy Holiday Seasons!*



*From Atkinson Recreation Commission
Noriko, Patti, Bill, Susan, Del and Joan*

Regular Programs at the Atkinson Community Center

- Tai Chi Club Mondays 9:00am ~ 9:30am Free
- Line Dancing Mondays 9:45am ~ 11:015am \$2.00 per class
- Card Games Club Bridge Mondays 12:30noon ~ 3:30pm Free
Whist: Mondays 1:00pm ~ 4:00pm Free
- Yoga Tuesdays 9:00 am ~ 10:15 am \$5.00 per class
- Wellness Exercise Wednesdays 8:45am ~ 9:45am \$5.00 per class
- Foot Clinic 4th Thursday of every month 9am ~ 2pm 1/26,2/23, 3/22 **\$35 per visit**
Please make your own appointment - call (603)580-6668 or 1(800) 540-2981
- Veterans Club 1st Tuesday of each month 9:00am ~ 10:00am 1/3, 2/7 3/ /6.
- Bingo 4th Wednesday of each month 10:00 am ~ 12:00 pm 1/25, 2/22, 3/28
- Jacki's Aerobics Dance Tuesdays and Thursdays 5:45 pm ~ 6:45 pm Jan. 3rd to April 12th. \$195
Contact: Leslie Altobelli 362-6068, lesliealtobelli@msn.com to register and more information.
- Square Dancing Tuesdays 7:00 pm ~ 8:00 pm Beginners class Free
8:00 pm ~ 9:30 pm Advance class \$5 p/p
Contact Derrell Sprague 603 534-2410 for more information.
- ZOOMBA Class Wednesdays 5:45 pm ~ 6:45 pm 6 weeks session Jan. 18th ~Feb 29th \$7/ class.
Contact Vanessa Underwood 382-7460 fitness@aol.com to register and more information.

DATES AND INFORMATION FOR SENIOR AND RECREATION TRIPS AND EVENTS

Winter Farmers Market – Sponsored by AWCC- Saturday, January 14th, 8:00 am ~ 11:00 am

Senior Winter Social Thursday, January 26th, 2012 12:00 pm ~ 2:00 pm

Don't get buried in the snow! The Atkinson Senior Program is sponsoring Winter Social on Thursday, January 26th, 2012 12:00 pm ~ 2:00. The social is free for Atkinson seniors over 65 years old. Light lunch, coffee, tea, and dessert will be served and there will be 2 entertainments; comedy show and Atkinson Academy Choir group. Please bring canned and non-perishable food to donate to local food pantries. Please call Noriko at 362-5531 to make your reservation by January 19th.

Health Promotion Workshops and Brunch on Wednesdays.

We are planning 3 sessions of Wellness promotion session. After the workshop, the light Brunch will be served. You must attend each workshop first to attend Brunch. Please register one week in advance.

- Session 1 - Self Defense Awareness - Wed. February, 1st 2012 10:30 am ~ 12:00 pm
More information to come.
- Session 2 – Benefit of Tai Chi -- Wed. February 8th, 2012 10:30 am ~ 12:00 pm
What is Tai Chi? We will have highly trained instructors from Oriental Healing Arts Association, Eugene Gaudreau (President/ CEO) who will explain the benefit of Tai Chii and also show us some Tai Chi demonstration, then follow by Q & A session.
- Session 3- Foot Care and Healthy Eating Wed., February 15th 2012 10:30 am ~ 12 pm
Do you (or does someone you care about) have DIABETES?
Are your feet sore from wearing store bought shoes? Would you like to learn how to take better care of your feet and prevent sores? Please join Gale Manning from EZ Diabetic Supplies. She will also discuss healthy, quick & easy to prepare low-carb, low-sugar meals.

Valentine Party at Granite Rose with neighbor senior Centers Feb. 10th 2012 11am ~ 3 pm

Please come and cerebrate Valentine Day with neighbors again. This event is a joint party with Salem, Windham Senior Centers on Friday, February 10th, 2012 at Granite Rose, Hampstead NH from 11:00 am ~2:30 pm. The party will start with an hour of dancing, followed by a dinner and entertainment. The cost is \$\$23 for Atkinson Seniors (\$28 for other town but Recreation will pick u[p \$5). Please choose one meal either Sirloin Beef or Baked Haddock. Please call Noriko at 362-5531 to reserve your seat.

Winter Farmers Market – Sponsored by AWCC Saturday, February 11th 8:00 am ~ 11:00 am

Fundraiser Dinner for Atkinson Community Center Kitchen by Friends of Atkinson Recreation

Saturday, February 11th 5:00 pm ~ 7:00 pm

Foxwood Casino Day Trip Tuesday, February 28th, 2012 7 am ~ 7 pm

Leave Atkinson Community Center at 7:00 a.m. and return at 7:00 p.m. Cost of this fun trip is \$20.00 for Atkinson resident \$25.00 for non-resident which include deluxe coach bus ride and \$20.00 value bonus coupon. Please call Noriko at 362-5531 to reserve your seat and payment due by February 21st.

Winter Farmers Market – Sponsored by AWCC- Saturday, March 10th, 8 am ~ 11 am

Lion's Bean Supper Saturday, March 10th 2012 5 pm ~ 7 pm

Trip to "Fire & Ice" restaurant and Boston Flower & Garden Show Wed., March 14th, 2012
Can't wait for spring. This is a great opportunity to have touch of spring. Our trip to Boston Flower & Garden Show is going to be held on Wednesday, March 14th, 2012. Our deluxe coach bus will leave from Atkinson community Center at 12:30 pm, Before the show, we will stop to have lunch at 1:30pm at "Fire and Ice" Restaurant in Cambridge to fill your appetite. We will stay at Flower Show from 3:30 pm ~ 6:30 pm. The cost of this trip is \$25.00 for Atkinson residents and \$30 for non-residents, which include deluxe coach bus ride and admission to the Flower show. Lunch and bus driver's gratuity are your own. Please register and make your payment by March 7th.

St. Patrick Day Party at Castleton Fri, March 16th, 2012 11a, ~ 3 pm
Please come and celebrate St. Patrick Day with neighbors again. This event is a joint party with Salem, Windham Senior Centers on Friday, March, 16th, 2012.012 at Castleton, Windham NH from 11:00 am ~3:00 pm. The party will start with an hour of dancing, followed by a dinner and entertainment. The cost is \$\$23 for Atkinson Seniors (\$28 for other town but Recreation will pick up \$5). Please choose one meal either Corn Beef and Cabbage or Lemon Chicken. Please call Noriko at 362-5531 to reserve your seat.

Life Line Screening at Atkinson Community Center – Friday, March 29th, 2012
Call 1-888-653-6441 for more information or to pre-register

Senior Spring Social Tuesday, April 10th, 2012 12:00 pm ~ 2:00 pm
The Atkinson Senior Program is sponsoring our annual Senior Spring Luncheon on Tuesday April 10th from 12:00noon ~ 2:00pm. The luncheon is free for Atkinson seniors over 65 years old. This luncheon is co-sponsored by the Atkinson Garden Club, Atkinson Women's Civic Club, and the Atkinson Girl Scouts. Lunch will be served at noon, followed by entertainment. Lunch, coffee, tea, and dessert will be served. Please call Noriko at 362-5531 to make your reservation by April 3rd.

All trips and events are non-refundable unless the Recreation Commission cancels an activity. Please note individual registration deadlines and that seat and/or tickets may be released if payment is not received by the stated deadline.

Upcoming Over night Trip;

5-Day Washington, D.C. and Gettysburg - tentative date September 21 ~ 25, 2012.
Tentative costs are \$750 each in Double room, \$710 in Triple, and \$970 in Single which includes deluxe motor-coach transportation, 4 nights lodging, room taxes, baggage handling. 1 breakfast, 1 lunch, 4 dinners, private guide for Washington sightseeing, guided tour of Gettysburg Battlefield, Gettysburg Cyclorama & New Birth of Freedom, Eisenhower Farm, a Tours of Distinction Escort, and gratuities for Bus driver and tour escort. There will be 2 full days including free time on one entire afternoon in Washington, D.C.
If you are interested in this trip, please contact Noriko. Travel arrangements provided by TOURS OF DISTINCTION of East Windsor, CT.

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21 Academy Avenue
Atkinson, NH 03811

