

Forever Young

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



Note from Director of Recreation and Community Services

February ~ March 2022

#46

Belated New Year wishes for your health and happiness. Hope you are having a great start of 2022. Please keep up your healthy life style and COVID-19 protocol, also continue to protect yourself and beware from scams and frauds. We're looking forward to even more memorable programs this year.

I know I am one of many people listed "Decluttering house" is one of the New Year's Resolutions. Being said, I have many clutters in my home for different reason and this article caught my attention.

"13 Things to Throw Away Right Now" A trend toward minimalism means only keeping items that add value to your life by Nicole Pajer, AARP, Updated January 3, 2022.

Minimalism on the rise. In recent years, there has been a push towards minimalism, especially during the pandemic. Clutter has been linked to stress and anxiety and can even lead to overeating junk food and procrastinating. And Fields Millburn adds that it can have a negative impact on many areas of life. "Organizing is just well-planned hoarding. Thus, the best way to "organize your stuff," per the experts, is **to keep the things that add value to your life and get rid of any items that don't**. This expert guide will tell you exactly what to toss.

1. Anything that doesn't add value
2. Just-in-case items
3. Actual trash
4. Damaged items
5. Extras/duplicates
6. An abandoned hobby
7. Stuff you never use
8. Items from a past phase
9. Anything expired
10. Clothes that don't fit—skinny jeans or T-shirts from high school that no longer fit
11. Photos and paper- scan photos and tosses physical copies, takes a photo of a photo to create a digital version.
12. Things that bring up bad memories
13. Digital clutter—Unsubscribe from email subscriptions you aren't using and from people on social media you don't want to follow anymore. Delete apps that drain your time and energy and social media platforms you no don't care about.

Are you ready to start eliminating things in order to make room for what matters the most?

Noriko

PS. This issue will be the last issue to be mailed out. For next issues on, you will receive the Forever Young issue via email, if you are registered with Atkinson Recreation and Elder Services, also you can find hard copies at Community Center and Town Hall.

To register Recreation Elder Services newsletter <https://atkinson.recdesk.com/Community/Member/Signup>.

HOLIDAYS—All the town buildings and regular programs and services are closed.

Monday, January 17th -Civil Rights Day.

Monday, February 21st - Presidents Day



.NOTICE FROMTOWN CLERK'S OFFICE AND SUPERVISORS OF THE CHECKLIST

February 5th the Deliberative Session 10:00 AM in the Dyke Auditorium (upper lot entrance), Atkinson Academy, 17 Academy Ave.

March 1st– Candidates Night sponsored by the Atkinson Women's Civic Club at Community Center.

March 8th Town Election 7:00 AM to 8:00 PM at the Community Center, 4 Main St, Atkinson.

2022 Absentee Ballot Application Request Forms are now available on the Town Clerk website.

REREATION -Register Atkinson Recreation RecDesk portal <https://atkinson.recdesk.com/Community/Member/Signup>

Recreation Office / Senior Program - Atkinson Community Center 4 Main Street, Atkinson NH
Office Hours: Mon.~ Fri. 8:30 ~ 4 pm (please call ahead to check) **603-362-1098**

Noriko Yoshida-Travers - Recreation and Elder Services Director

Email: commrec@atkinson-nh.gov
Web: www.town-atkinsonnh.com
www.facebook.com/atkinsonrecreation

Recreation Commission Members;

Jason Lewis—Chairman,
Cris Pignatiello—vise Chairman
Dave Spera— Secretary
Traci Adams



ELDER SERVICES

Elder Services Office is at Atkinson Community Center 4 Main Street Atkinson NH

Office Hours: Monday ~ Friday 8:30 am ~ 12 pm **603-362-9582,.**



Denise Andrews - Scheduling Coordinator:

Email: elderservices@atkinson-nh.gov
Web: www.town-atkinsonnh.com
www.facebook.com/atkinsonEdlerServices

Ted Houlihan—Assistant Director & driver

Drivers: Bill Clarke, Tammy Harmer,
Mike Healey, Bob Lang, Joe Pelosi,
Lisa Scheller, Ralph Steere, Peter Breed,
Nancy Louiselle, Rich Geisser



If you are sick, please stay home. If it is emergency, please call 911.

You must register to our department before schedule your services:

During the transportation, please wear a mask / face covering. Please note, for the safety of our drivers and program, we do not transport to the COVID-19 test site for residents who has symptom of COVID-19.

INCREMENT WEATHER POLICY

- Timberlane schools are closed due to inclement weather, all activities & classes, are cancelled.
- Timberlane schools will delay opening then all our morning activities are cancelled, but afternoon programs will take place (center will open at 11:00 am). Activities and classes may be delayed or cancelled at the discretion of the instructor and/or center coordinator.
- Town of Atkinson offices are closed, the Senior Center may close as well.

PROGRAMS AT COMMUNITY CENTER

Temple Exercise (Tai Chi): Mondays 9:00 am ~ 9:30 am \$1 donation for local food pantries

Taking turn to lead Temple Exercise 10 routine. Banquet Room

Line Dancing: Mondays 9:45 am ~ 11:15 am \$5/ class—Banquet Room .

Tai Chi—Winter session Mondays 11:30 am ~ 12:30 pm. Instructors 1/24 ~ 3/21

Yoga: Tuesdays 4 pm ~ 5:30 pm \$10 / class - Banquet Room
Contact Mary Krikorian 978 837-1738 for more information.

FUSION FITNESS **Tuesdays and Thursdays 8:30 ~ 9:15 . 8 ~ 8:45 on first Tuesdays.**

Contact Vanessa Underwood 603 382-7460 / fitnessa@aol.com for more information

Jacki's Aerobic Dance: ZOOM classes only. Contact Rosemary Graham (978) 314-8146 for more information

Monthly / bimonthly Programs

Bingo: Mondays 9:45 am~ 11:30 am small fee 2/28, 3/21. Minimum 8 people

Veterans Club: **1st Tuesday** each month 9 am ~10 am 2/1, 3/1 Banquet Room

Bereavement Support Group for parents:

1st Tuesday of each month Contact Beth Hendershot (603) 887-4302. 1/2, 12/7

Foot Clinic: 3rd Wednesday each month. 11/17, 12/15. Cost per visit \$25. Clinic staffed by Registered nurse.

By appointment only, for information or to schedule an appointment, call (603) 580-6668.



COMMUNITY CENTER NEWS

COVID 19 PROTOCOL—When you enter Atkinson Community Center, a face mask, keeping social distancing and sanitizing hands are recommended regardless of vaccination status. Thank you in advance for your cooperation. Effective January 12th per the Recreation Commission. The decision will be reviewed on February 15th.



Three donation bins at the community center parking area accept **only clothing and shoes**. **Please do not leave any other items outside of the bins** or it will be hauled away as trash. If the bins are full, please come back another time, because your donation will help the Atkinson Women's Civic Club's charitable funding and keep our environment clean.

5-WEEK WINTER WELLNESS CHALLENGE

5-Week Wellness challenge for Fitness, Nutrition, and Mental Health. Suggested time from February 13th to March 19th. We challenge you to move 30 minutes or more each day and do at least one nutrition and mental health activities. List of suggested activities and recording calendar are available at the community center or you can download from the Atkinson Recreation RecDek portal page.

CRAFT PROJECT for St. Patrick's Day

St. Patrick's Day Wreath making project—10:30 am on Tuesday, March 1st (snow day on Wednesday, March 2nd at Community Center. Free class including supplies for Atkinson resident 60+. Spaces are limited so preregistration is required. Please call Recreation office (603) 362-1098 to reserve your seat.

TRIPS!

"To Kill a Mockingbird" Boston Opera House—Sunday, April 10th. Bus leaves from Atkinson Community Center at 3 pm and return to Atkinson approximately 10 pm. A few hours of free time near Boston Opera House Theatre District before 6:30 pm show. \$113 for Atkinson resident and \$120 for non-resident, which include deluxe coach bus transportation, one ticket (Mezzanine Right Center Row K~N) and bus driver's gratuity. To register and for more information on this great trip, please contact Atkinson Recreation Office at 603 362-1098, commrec@atkinson-nh.gov, also online registration <https://atkinson.recdesk.com/Community/Program> by March 4th, payments are due upon registration. Cash, check (payable to Town of Atkinson) and credit card payment with 2.9% procession fee are accepted. No refund except cancellations due to COVID-19 related reasons, the moneys will be credited towards future Atkinson Recreation trips / events. Please check Recreation Office for the COVID-19 policies for the Boston Opera House and the Coach Bus company.

Red Sox games to Fenway Park– Sunday, July 24th vs. Blue Jays. TBA for the tickets sale information.

Alzheimer's Association New England Family Conference

A FREE virtual conference for Individuals Living with Dementia and Family Caregivers, March 4th and 5th.: March 4– One Day Conference for Individuals Living with Dementia. March 5: One Day Conference for Family Caregivers. No cost for the conference. To register visit aszfamilyconference.org or call their 24/7 Helpline at 800-272=3900. Conference website (includes link to Register): <https://www.alz.org/manh/events/family-conference>.

Forever Young

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



OTHER USEFUL SERVICES

Kimball Library 603-362-5234: www.kimballlibrary.com.

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.

Town Recycling Station at Woodlock Park– Wed. 12 ~ 4, Sat. & Sun. 9 ~ 4

Trash and Recycling: Learn more at www.casella.com or www.town-atkinsonnh.com.



ServiceLink Resource Center -1 -866-634-9412: www.servicelink.org for any Medicare and many other elder related information.

Vic Geary Senior Center– 18 Greenough Road, Plaistow. Meals on wheel Lunch program: 603-382-5995. Call for info on activities and programs; 603-382-9276.

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 and leave a message! 603-669-9725 ext. 124.

