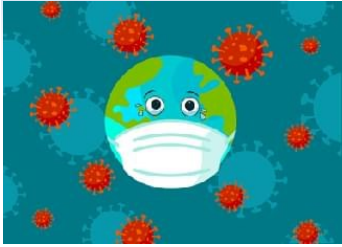


# Forever Young



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

## Community Center Reopening—COVID-19

July ~September 2020

#41

I hope this newsletter finds you well and healthy. During Stay-at -Home order was stricter to our seniors as Older adults and people who have severe underlying medical conditions like heart or lung disease or diabetes seem to be at higher risk for developing more serious complications from COVID-19 illness. Many of you have been isolated for last 4 month.

Town Hall, Community Center, Police & Fire Stations are now open to the public but with certain limitations. In our town buildings we request that you wear a mask unless you have a medical condition plus maintain social distancing. However, we understand that some of you may still be reluctant to enter a Town Hall. Therefore, as we have done throughout the closure, we will continue to have drop off boxes outside of Town hall and be available for appointments, via regular mail, email or electronically.

Here are reopening phases for Atkinson Recreation Senior program at the community center;

### **Phase 2 – Starts on August 3rd. Establish limited outdoor and indoor programs and classes.**

For On-site INDOOR at Atkinson Community Center – Very limited capacity for offering non-exercises, games such as bingo and other card games.

For OUTDOOR – Exercise classes along with non-exercise classes, games and Exercise classes should be held earlier in the morning to avoid warmer temperature. One 10 x 20 tent is set up outside of Community Center for some shade. Pickleball League will be held at Woodlock Park tennis court. [Volunteers needed for organizer.](#)

- All the programs and classes will be limited number of participants where 6 feet of distance can be maintained. Also keep offering virtual classes and social meetings.

### **Here are what you need to know and to do during the Phase 2:**

- Registration is required ahead of time for each class, there will be no drop-in classes.
- All the participants will be **taken temperature, screened other CIVOD-19 questions.**
- No one with a temperature of 99.9 or above will be admitted in the programs and building.
- COVID-19 screening questions regarding your health and travel will be requested on a written form. A record will be kept for contact tracing.
- Entrance to Atkinson Community Center will require a mask. Disposable masks are available in office.
- For indoor - Stop at sanitizing station and sanitize hands. Sanitizing station will be set up on the hallway and a few other locations.
- Limit non-exercise classes size up to 50 people or less for Banquet room, 5 people or less for Room 1 & 10 people or less for Room 2.
- Exercise Classes will be held outside whenever possible at early mornings.
- Participants will stay in their car until when we are ready to start class signal by the instructor or staff member.
- If use the indoor facility, after each class a staff member will sanitize the doors, chairs, bathroom, and all high touch areas .

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## COVID-19— Community Center Reopening ~continued from page 1

- Participants must bring their own water bottle, coffee and other drink .
- Virtual classes might be available for some classes
- No food or beverages will be supplied by Atkinson Community Center..
- Attendees will be directed into the program, then asked to leave promptly through designated door – Banquet room use the back door after the program or activity.
- Only one program will be running at a time.
- Allow a half hour between classes to give staff members time to clean

**Board of Selectmen will reassess the condition in the end of August.**

Phase 3 – Most of the programs and classes will be held INDOOR and optional OUTDOOR programs. TBA.

### Recreation Department

### Elder Services - Limited services.

#### Senior Program and Recreation Office - Atkinson Community Center; 4 Main Street, Atkinson NH

**Noriko Yoshida-Travers** - Recreation Director  
Office Hours: Mon.~ Fri. 8:30 am - 4 pm  
**603-362-5531** Email: [commrec@atkinson-nh.gov](mailto:commrec@atkinson-nh.gov)  
Web: [www.town-atkinsonnh.com](http://www.town-atkinsonnh.com)

[www.facebook.com/atkinsonrecreation](https://www.facebook.com/atkinsonrecreation)

#### **Recreation Commission Members;**

Jason Lewis—Chairman,  
Cris Pigneteillo—vise Chairman  
Dave Spera— Secretary  
Anthony Cantone Traci Adams

#### 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  
**603-362-9582** Contact to schedule your service  
Email: [elderservices@atkinson-nh.gov](mailto:elderservices@atkinson-nh.gov)

Before get in our transportation vehicles, drivers will take your temperature and ask COVID-19 screening questions regarding your health and travel will be requested on a written form and record will be kept for contact tracing and sanitize your hands. During the transportation, please wear a mask / face covering.



**HOLIDAYS:** September 7th—Labor Day



**ELECTION:** We are only 3 months away from the **September 8, 2020, General Primary Election.** The Town Clerk's Office is now open for anyone needing to register to vote in the upcoming elections. For information regarding how to vote by **absentee ballot**, please visit the Secretary of State's Covid-19 Election Information Page <http://sos.nh.gov/VotingEmergency.aspx> or contact the Town Clerk's Office 603 362-4920.

### MURALS CONTEST - CALL FOR ARTISTS !!

Attention all the Artists in Atkinson community! Atkinson Recreation Commission is planning murals contest. Here is a chance to show your artistic, imaginative, and creative talent with a "POSITIVE & ORIGINAL" mural design that will grace one of the exterior walls of the Pavilion at our very popular Woodlock Park. The mural design should reflect PARKS AND COMMUNITY and include any of the followings in your designs; "Atkinson", "Woodlock Park", sports images, kids, and family. Entry/release form, which is on the Recdesk online registration. First, please create Recdesk portal account if you haven't at <https://atkinson.recdesk.com/Community/Program>, then click to register / submit Murals Art Contest. You can upload your digital image of artwork in a reduced scale. All contest entries must sign a copy of this release form. Contest Deadline is at 8 am on Tuesday, August 18th, 2020. Up to 4 winners will be chosen at Recreation Commission meeting on August 18th. The winners can paint their art work and complete it prior to the end of September. Please note that the surface of the Pavilion is cement. Contact Noriko for any question and more information.



**NO PATTY TIME** for this summer.

**NO TRIPS** for this summer

**PHASE 2 PROGRAMS** - Exercise / dance programs are held **OUTSIDE** of Community center. Weather permitted. Non-exercise programs and classes can hold gathering indoor with wearing mask and keeping social distancing. No Coffee at the community center, please bring your own..

You must register to participate. Contact Noriko by phone at 362-5531 or email [commrec@atkinson-nh.gov](mailto:commrec@atkinson-nh.gov) to register or if you need more information.

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

**Line Dancing:** Mondays 10 am ~ 11:30 am \$3 / class—ACC OUTSIDE

**Yoga:** Wednesdays 8/5 ~ 9/2 8:30 am ~ 9:30 am \$7 / class - ACC OUTSIDE  
Contact Mary Krikorian 978 837-1738 for more information.

**Boot Camp ONE:** Virtual Classes only. fee. Contact Vanessa Underwood  
603 382-7460 / [fitnessa@aol.com](mailto:fitnessa@aol.com) for more information

**Jacki's Aerobic Dance:** ZOOM classes only.

Contact Rosemary Graham 978 314-8146 for more information.

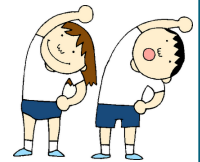
### Monthly / bimonthly Programs

**Bingo:** 3rd Mondays 10 am~ 12 pm small fee Not till 9/ 21 **BANQUET ROOM**  
Minimum of 8 people and up to 20 people

**Veterans Club:** **1st Tuesday** each month 9 am ~10 am 8/4, 9/1 at **OUTSIDE—Kimball Library Court yard**. For rain day back up at Community Center Banquet Room (wear a mask and social distancing, Bring your own coffee.)

**Bereavement Support Group for parents:** 1st Tuesday of each month No meeting on July or August  
6 ~ 8 pm 9/1 Contact Beth Hendershot 603 887-4302 - **ROOM 2**

**Foot Clinic:** Contact 603-580- 6668 for schedule and make your own appointment **ROOM 2**



**TAI CHI program for all level — 6-week summer session: Wednesdays 10 am ~ 11 am** (60 minutes),. August 12th~ September 16th, rain day make up date is September 23rd at Atkinson Community Center OUTSIDE. Payments are due upon registration. \$36 for the session. Pre registration and payment required. No walk ins. For members who participated in winter session, please contact Noriko for cancelled class credits.

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!!! 4 Pickleball courts at Woodllock Park**

**4 Pickleball courts are lined with different color within our 2 tennis courts.** There are 2 Pickleball nets, so residents can use 2 courts at one of tennis courts. Tennis players still have access to one court. When you play either sports, please be respectful to other players. More rules to come later for Pickleball players.

Pickleball paddles and ball are available to rent. If you would like to know about renting Pickleball paddle and balls also you would like to know how to play Pickleball, contact Noriko.

# Forever Young

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



## Upcoming non-profit groups fundraiser events

Shredding Fundraiser: by Atkinson Women's Civic Club -TBD - Safely dispose of confidential information .  
Town Wide Yard Sale by Atkinson Women's Civic Club on Saturday, September 26th. Still on.  
Electronics Recycling Fundraiser by Boy Scout Troop 9 on Saturday, October 3rd 8am ~ 1pm at Atkinson Community Center Parking lot.

**NEW MEMBERSHIP FOR 2020**—Attention Forever Young members! If you haven't send the current membership form but wish to be a members of Atkinson Recreation Senior programs, please contact me. I will mail or email

## OTHER USEFULL SERVICES

**Kimball Library** 603-362-5234: [www.kimballlibrary.com](http://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](http://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](http://www.nheasy.nh.gov) Contact Katy SNAP Outreach Coordinator NH Food Bank leave a message! 603-669-9725 ext. 124.

**TRASH AND RECYCLING**: Learn more at [www.casella.com](http://www.casella.com) or [www.town-atkinsonnh.com](http://www.town-atkinsonnh.com).

