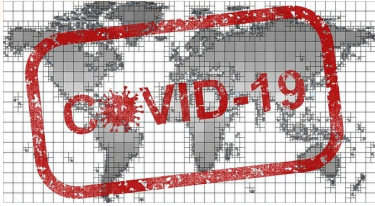


Sponsored by Atkinson Recreation

Forever Young



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



Note from Recreation Director

October ~ November 2020

#42

Autumn is here!! I hope you are well and healthy. It is a great time to be outdoor and enjoy this beautiful weather. The best way to build up your Vitamin D for your immune system is soak up the sun while being active. The COVID-19 pandemic is not going away and we are going into another Flu season too. So here are my suggestion to keep you stronger and hopefully it will help you protecting against these viruses: Get enough sleep, eat healthy diet, be active, get enough sun light, be social (talk on the phone, meet up virtually or outside)and keep up the hand sanitization , 6ft social distancing and wear masks. Please continue to stay well and healthy!!

Community Center Reopening—COVID-19

Board of Selectmen approved to open at the Community Center for Senior program inside but with certain limitations and procedures. Just like all other our town buildings we request that you wear a mask unless you have a medical condition plus maintain social distancing.

Phases 3 Participants' Entrance Procedures for Atkinson Recreation Senior program at the community center:

- Preregister for the program is encouraged.
- Follow the Sign on door indicating 6ft social distancing precautions, followed by the following bullets: Signs on the door to inform visitors; take temperature, ask other COVID-19 questions. No one with a temperature of 99.9 or above will be admitted in the building. COVID-19 screening questions regarding your health and travel will be requested on a written form. A permenant record will be kept for contact tracing.
- While participants get screened one at a time, all other participants must wait outside the entrance on the ramps keeping a six - foot Social Distancing between individuals. Please adhere to the orange social distancing markers on the ramps.
- Entrance to Atkinson Community Center will require a mask over nose and mouth when around others. Disposable masks are available in office.
- Stop at sanitizing station and sanitize hands. Sanitizing station will be set up on the hallway and a few other locations.

During the programs

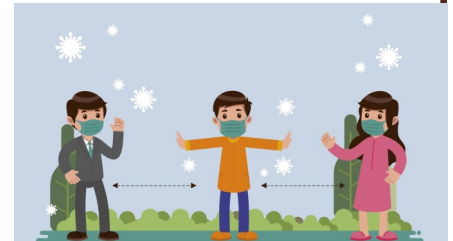
- Exercise Classes will be held outside whenever possible.
- 6 Feet of social distancing and wearing a mask required inside the building.
- Exercise and Dance Classes held indoor in the Banquet Room, encourage wearing masks and spaced 8 feet apart and less than 30 people.
- Limit non-exercise classes size up to 60 people or less for Banquet room, 6 people for Room 1 and 12 people for Room 2.
- Allow a half hour between classes to give staff members time to clean
- Participants must bring their own water bottle
- Zoom classes might be available for some classes
- No food or beverages will be supplied by Atkinson Recreation

Exit Procedure

- Attendees will be directed into the program, then asked to leave promptly following the program and activity.
- Gatherings in the building, following a program or activity, is prohibited.

Individuals Visiting Atkinson Community Center

- All the visitors will be asked the nature of their visit and the entrance procedures as above. They will be assisted and directed as necessary.



Recreation Department

Recreation Office / Senior Program and - Atkinson Community Center; 4 Main Street, Atkinson NH
Noriko Yoshida-Travers - Recreation Director
 Office Hours: Mon.~ Fri. please check.
603-362-5531 Email: commrec@atkinson-nh.gov
 Web: www.town-atkinsonnh.com
 www.facebook.com/atkinsonrecreation

Recreation Commission Members;

Jason Lewis—Chairman,
 Cris Pignatiello —vice Chairman
 Dave Spera— Secretary
 Traci Adams
 Anthony Cantone

**Elder Services**

Elder Services Office is at 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

If you are sick, please stay home.

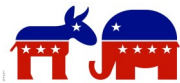
Before get in our transportation vehicles, drivers will take your temperature and ask COVID-19 screening questions regarding your health and travel will be requested on a written form and record will be kept for contact tracing and sanitize your hands.

During the transportation, please wear a mask / face covering.

* Please note the Transportation Program will be closed at noon on 12/24 and reopen on 1/4/21.

HOLIDAYS:

All the Town offices and services are closed.
 Columbus Day— Mon. 10/12
 Veterans Day—Wed. 11/11
 Thanksgiving—Thur. 11/26 & Fri. 11/27

**PRESIDENTIAL ELECTION: Tuesday, November 3rd at**

Atkinson Academy 7 am ~ 8pm. 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 contact the **Town Clerk's Office 603 362-4920** or visit the Secretary of State's Covid-19 Election Information Page <http://sos.nh.gov/VotingEmergency.aspx>.

WREATHS across AMERICA Day is comes to Atkinson NH!!

The Atkinson Cemetery is one of over 2100 plus locations worldwide that is registered with the Wreaths Across America Program. It is a program that remembers our fallen Heroes, honors those who served and promotes the value of freedom.

Our cemetery has 315 veterans including a Congressional Medal of Honor recipient (George Parsons Dow) interned in our town cemetery. Our goal is to place a "Remembrance Wreath" on every veteran grave site in our Cemetery at noon on **December 19, 2020**.

If you would like to help with our fundraising efforts., the wreath sponsorships are \$15 per wreath and must be in by 11/30/2020.

Wreaths Across America (WAA) only accepts checks or credit cards online.

There are several easy ways to participate in this nationwide event. Sponsor and make a wreath donation for the Atkinson Cemetery (NHACAN). Sponsorships can be made in several ways:

Online – WAA web site <https://www.wreathscrossamerica.org/fundraising> and be sure the sponsorship is directed to the

Atkinson NH Cemetery NHACAN There are several Atkinsons so look for the NH location (**NHACAN**).

In Person: Bring your check to the Kimball Library or the Atkinson Community Center. Make checks payable to **Wreaths Across America**. In the Memo line write (**NHACAN**).

By Mail: Make your check payable to **Wreaths Across America**. In the memo line write (**NHACAN**). Mail to: WAA, P.O. Box 249, Columbia Falls, ME. 04623

If you have any questions, please contact one of the following program committee members: Mike Berube 617-529-6336, Hank Gardner 603-489-8623, Tom Kelley 978-828-6865, Dick Magoon 603-988-6826 or Noriko Yoshida-Travers 603-362-5531.

**Veterans Day Drive by parade then ceremony at the cemetery - November 11th**

Atkinson Veterans Club is inviting Veterans to join the Drive by parade, Line up at community center at 9:45, move out at 10, drive by all the war monuments in town, then drive into cemetery proceed to Veterans section for short ceremony . Please park at library for just joining the ceremony. Please contact Noriko for more information.

NO PARTY TIME for this fall

NO TRIPS for this fall

PHASE 3 PROGRAMS - Some of the program including exercise / dance programs are now held **INSIDE** and also 'Virtual. For entering our facility and during the class, you are required to wear mask and keep social distancing. We are not serving any coffee at the community center, please bring your own if you wish. Preregistration is encouraged to participate any of the programs. Contact Noriko by phone at 362-5531 or email commrec@atkinson-nh.gov to register or if you need more information.

PROGRAMS

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

Line Dancing: Mondays 10 am ~ 11:30 am \$5/ class—Banquet Room

Tai Chi: Tuesdays 10:30 am ~ 11:30 am. Please see below for more information.
Banquet Room and Zoom

Yoga: Tuesdays 4 pm ~ 5 pm \$7 / class - Banquet Room
Contact Mary Krikorian 978 837-1738 for more information.

Boot Camp ONE: Hybrid Classes. 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.

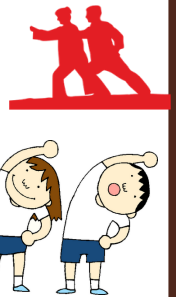
Monthly / bimonthly Programs

Bingo: 3rd Mondays 10 am~ 12 pm small fee 10/19 - ROOM 2
Minimum of 6 people and up to 12 people

Veterans Club: **1st Tuesday** each month 9 am ~10 am 10/6, 11/3, 12/1 Banquet Room

Bereavement Support Group for parents: 1st Tuesday of each month 6 ~ 8 pm 10/6, 11/3, 12/1 ROOM 2
Contact Beth Hendershot 603 887-4302.

Foot Clinic: Contact 603-580- 6668 for schedule and make your own appointment **ROOM 2**
10/22, 11/19, 12/17



HYBRID TAI CHI 9-week FALL session all level - Tuesdays **10:30 am ~ 11:30 am** (60 minutes), October 20th ~ December 15th, make up date on December 22nd. In-person class is held at Atkinson Community Center and you can join via Zoom virtual class. Payments are due upon registration. \$54 for the session. Pre –registration and payment required. No walk ins. Up to 5 in-person students. Virtual meeting credential access information will be sent upon registration. 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.

TURKEY DINNER on the go! And Food Drive are scheduled on Wednesday, November 18th. This program is only offer to Atkinson seniors over 65 years old and free of charge but there are limited quantity so pre-registration required. Please register via Atkinson Recreation Recdesk online registration <https://atkinson.recdesk.com/Community/Program> or contact Noriko. The Turley dinner include roasted turkey, gravy, mashed potato, squash, green beans and dessert, which is prepared and distributed by the "Ober Easy Diner" Hampstead, NH. Pick up from the designated outside area at the Atkinson Community Center and time will be notified upon registration either 3:15 or 3:30pm. If you are able to, **please bring nonperishable food items, cash or gift cards donation for local food pantries.** If you have any question or you don't have access to pick up, please contact Noriko.

Forever Young

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



Pickleball courts at Woodlock Park

4 Pickleball courts are lined with different color within our 2 tennis courts at Woodlock Park. There are 2 Pickleball nets, so residents can use 2 courts on one of tennis courts. Tennis players still have access to one court. When you play either sports, please be respectful to other players. If players are waiting, limit of playing time for singles-45 minutes and doubles-1 hour. Due to COVID-19—Do not enter the courts if you have any symptoms or feel sick, keep 6ft social distancing as much as possible, if not, wear face masks. Wash or sanitize your hands often. Only players on courts. Place personal items at least 6 feet from other player's items to avoid any contact. 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.

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. Meals on wheel Lunch program: 603-382-5995. Closed for 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 [leave a message!](#) 603-669-9725 ext. 124.

TRASH AND RECYCLING: Learn more at www.casella.com or www.town-atkinsonnh.com.

