

Forever Young

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



Sponsored by Atkinson Recreation

April ~ May 2024

#52

The Atkinson Community Center and all other town buildings including Elder Services office will be closed for the observation . Mon. May 27th– Memorial Day



MEMORIAL DAY PARADE—Monday, May 27th 10:30 am. Departing from Town Hall, to the Dow Common, a ceremony at the Dow Common, cook out at Fire Station, the concert by the Timberlane Music Association Community Band. Bike decorating contest by the Atkinson Women's Civic Club.

Town News; town's new website. Sign up for notifications www.town-atkinsonnh.com.

Save the dates!!

- **FOREVER YOUNG EXPO**– Tue. May 14th 2–6pm at Community Center. It is a Wellness Fair for seniors' wellness, happiness, and healthy lifestyle .
- **ATKINSON DAY**—Sat. September 7th at Woodlock Park and Town Center. More info to come.

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

Recreation Office / Senior Program at Atkinson Community Center-4 Main St. Atkinson
Noriko Yoshida-Travers - Recreation and Elder Services Director

commrec@atkinson-nh.gov (603) 362-1098

Office Hours: Mon.~ Fri. 8:30 am ~ 4:00 pm *Please call ahead to check.*

Recreation Commission Members:

Cris Pignatiello— Chairman, Dave Spera—Vise Chairman
Jason Lewis— Secretary Traci Adams, Jim Pickering ,
Tricia Flahive & Steve Moore—Alternate



ELDER SERVICES– medical transportation and medical equipment rental

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

Office Hours: Monday ~ Friday 8:30 am ~ 12:00 pm

Scheduling Coordinator— Denise Andrews (603) 362-9582

Email: elderservices@atkinson-nh.gov

Assistant Director & driver: Ted Houlihan

Drivers: Bill Clarke, Peter Breed, Teresa Gagnon, Rich Geisser, Mike Healey,



FOREVER YOUNG ACTIVITIES!**Regular Programs: (*PR) Preregistration Required**

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

Whist Party: Tuesdays 1 pm ~ 4 pm Very small fee

Yoga: Thursday, 10:30 am ~ 12 pm \$8/class Mary Krikorian 978 837-1738

Fitness Fusion: Tuesdays and Thursdays 8:30am - 9:15 am \$8/class
Vanessa Underwood 382-7460 / fitnessa@aol.com

Jacki's Aeobic Dance: Mondays and Wednesdays 6 pm ~ 7 pm Spring session. Call for fees [Arline Descheneau \(603\) 401-1514](tel:6034011514)/Arline.Descheneau@comcast.net

**Monthly / bimonthly Programs:**

Bingo: 3rd Mondays 10 am ~ 12 pm small fee 3/18, 4/15, 5/20
Minimum 8 people to play

Veterans Club: 1st Tuesday each month 9 :30 am ~ 10 :30am 4/2, 5/7

Bereavement Support Group for parents: Contact Beth Hendershot 603 887-4302

Foot Clinic: 3rd Wednesday of month 9 am ~1 pm **\$25** per visit . 3/20, 4/17, 5/15
! Please make your own appointment at 603-580- 8753 (*PR)

TAI CHI Spring session for Beginners at Atkinson Community Center

10 week-session 11:30 am~12: 30 pm on Tuesdays, 4/9 ~ 6/11. (*PR)

\$80 for whole session or \$10 per class for Atkinson resident and if spaces are available \$100 for whole session or \$12 per class for non-resident.

Register early for limited spaces.



www.clipart.com · 137837

LUNCHEON!**Senior Spring Luncheon at Atkinson Community Center: Wednesday, April 10th**

12 pm ~ 2 pm (*PR) Offered for only Atkinson Seniors over 65 years old and FREE of charge however you must register to attend. This luncheon is co-sponsored by Atkinson Lions Club, Women's Civic Club, and Garden Club, lunch, dessert, coffee, and tea will be served. Register by April 10th. Bring canned goods / nonperishable food items for local food pantries. Entertainment.

FREE HEARING and HEARING AID CHECK UPS!!

Free Hearing check and hearing aid cleaning -Tuesday, April 16th at 10 am at Atkinson Community Center. Register early!!!

It is a free program but preregistration required. Very limited spaces, register early to secure your spot. This program is offered by At Home Hearing Healthcare– Dover NH. <https://athomehearinghealthcare.com>



Contact Atkinson Recreation Office at 603 362-1098 or commrec@atkinson-nh.gov or any question and wish to register. You can also register and pay online

<https://atkinson.recdesk.com/Community/Program>.

SHOWS!!

The Beach Boys—Ultimate Tribute Show at Castleton in Windham, NH -Thursday April 25th 11:30 am ~ 3:30 pm. Meal includes: Choice of Apple Cranberry Stuffed Chicken or Vegetarian Lasagna, served with Salad, Potato Vegetables, Breads, Dessert, Coffee/Tea. Cost is **\$89pp** includes lunch, Show, and Gratuities. Register by April 11th. **Transportation is your own.**

We'll join Best of Times Travel as we celebrate one of America's greatest bands of all time— The Beach Boys— with the country's most authentic tribute "Surfing", "I Get Around", "Good Vibrations", "Surfer Girl", "California Girls", "Fun, Fun, Fun".... and so may more!

Happy 2 Gather—by JOZAY and PATTI at Castleton in Windham, NH—Thursday, September 19th 11:30 am ~ 3:30 pm. Meal includes: Choice of Apple Cranberry Stuffed Chicken or Vegetarian Lasagna, served with Salad, Potato Vegetables, Breads, Dessert, Coffee/Tea. Cost is **\$89pp** includes lunch, Show, and Gratuities. Register by September 5th. **Transportation is your own.**

Come and join Jozay and Patti as they take you back to the sixties with their headline show "HAPPY 2 Gather". They will perform, inharmony, some of he most beloved artists of that decades. "The Doors", "Simon and Garfunkel", "Janis Joplin", "Roy Orbison", "The Mamas and the Papas", "The Turtles", and many more. This show promise to be a trip to that decade of LOVE, leaving you feeling GROOVY.

Payment is due upon registration and space is limited.

Contact Atkinson Recreation Office at 603 362-1098 or commrec@atkinson-nh.gov or any question and wish to register. You can also register and pay online

<https://atkinson.recdesk.com/Community/Program>. Please create your Atkinson Recreation RecDesk portal account for future registration. We accept cash, check (Payable to Town of Atkinson Recreation), and credit card (visa, MC with 2.89% service fee). Payment is due upon registration.

UPCOMING RECREATION PEOGRAMS

Egg Hunt —Saturday, March 30th at Woodlock Park 11 am. **For Atkinson children up to 12 years old.**

Sun 'n Fun Summer camp registrations start April 10th. Summer camp for children going to K to 6th in fall 2024.

Town Wide Beautification Week. Friday, April 19th to Saturday, April 27th. Pick up bags and gloves at Community Center during the office hours M-F 8:30 am ~ 4pm. Clean up your neighboring streets at your convenient time. Please take picture and email it to commrec@atkinson-nh.gov.

Fishing Derby—Saturday, May 11th at Town Hall Pond . Registration at 7:30 am and derby 8 am ~ 10am. For **Atkinson children up to 12 years old.**

Forever Young

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



COMMUNITY EVENTS!!

Petals and Pallets Friday, 3/22 1-7 pm, 3/23 11am-4pm by Atkinson Garden Club at Atkinson Country Club

Meat Raffle Friday, 4/12 7pm by Atkinson Lions Club at Community Center

Shredding Fundraiser, Saturday, 4/20 9 am ~ 12 pm by Atkinson Women's Civic Club

Town Wide Yard Sale Saturday, 5/18 8 am ~ 3 pm by the Atkinson Women's Civic Club Around town and community Center

Artisan Market Saturday, 6/15 10 am ~ 3 pm by Atkinson Women's Civic Club Community Center

Red Cross Blood Drive sponsored by the Atkinson Women's Civic Club—Wed. 6/26 1 ~ 6 pm At Atkinson Community Center. To give blood, register via <https://www.redcrossblood.org>.

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 by calling 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.

