

February Newsletter

For Atkinson news directly to you.

Greetings!

Thank you for being a part of our community. We hope you find this and future newsletters both informative and enjoyable.

Angela Wesson,
Assistant Town Administrator



GENERAL NEWS

TOWN OFFICES CLOSED

Town offices will be closed on **Monday, February 20th**, in celebration of President's Day.

Do not miss important announcements!

The Town website is updated throughout each month with current news and events. To receive notifications, simply go to the Town website (www.town-atkinsonnh.com) and click on "Notify Me" in the upper right-hand corner of the screen, and then follow the instructions below.

Subscribe

Simply enter your email address, check off as many topics as you would like, check "I am not a robot", and click "Subscribe Me".

Should you no longer want to receive emails about a particular Department, Board, or Committee, simply repeat the steps above, but instead of clicking "Subscribe Me", click "Unsubscribe Me".

NOTE: If you would like to receive notifications regarding holiday hours and other miscellaneous items typically listed under "General News" in this Newsletter, make sure to check off "News & Announcements" checked in red below. This is information that will be posted to the main page of the website.

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☐ Town Administration

Free-form Document
☐ Elections

AsstTownAdmin@atkinson-nh.gov.

DELIBERATIVE SESSION

Deliberative session will be held on **Saturday, February 4th at 10:00 AM** at Atkinson Academy's Dyke Auditorium. *The event will also be streamed on the Town Facebook page.*

The purpose of the Deliberative Session is to explain, discuss, debate and amend the proposed operating budget and warrant articles for 2023.

All warrant articles have been posted on the [Election page](#) of the Town website.

Note: If you are planning to attend Deliberative Session, dress warm as the temperature is going to drop and Dyke Auditorium is often cold.

FIRE DEPARTMENT NEWS

CPR & FIRST AID CLASSES

Are you a resident of Atkinson or a business owner that wants their employees trained to save a life? The Atkinson Firefighters Association has resumed in-person CPR, First Aid, and Bloodborne/Airborne Pathogens classes. Classes can be scheduled for individuals or large groups. Day and evening courses are available to meet your schedule. Contact Director of EMS Paula Holigan at 603-490-1301 or pholigan@atkinson-nh.gov for more information or to sign up for a class today.



CPR & First Aid Training Class

PUBLIC WORKS DEPARTMENT NEWS

PARKING & SNOW OBSTRUCTION ORDINANCES

Now that we are heading into the winter seasons, I want to remind all residents of the Winter Parking Ban and Snow Obstruction ordinances.

Parking: Per the Snow Removal Policy, the Town has enacted a winter parking ban, which prohibits parking in or on all public ways and town streets between the hours of 12:00 AM and 7:00 AM from November 1 through April 1. Further, it is unlawful at any time of day to park any vehicle on any street during snow removal operations in any way that hinders snow removal. Violators will be fined \$20.00 for each occurrence.

Snow Obstruction: During or after a snow storm, any person who shall put or place snow or ice upon the right of way of any town road... shall be subject to a fine of not less than \$50.00 as provided in RSA 236:20 and the Town Ordinance.

SOLID WASTE NEWS

BRUSH & RECYCLING DUMP PASSES

Brush Dump passes are available as of today (February 1st). You can now pick them up at the Brush Dump during normal hours (Saturdays & Sundays from 9 AM - 4 PM).

(NOTE): The passes are no longer available at the Town Hall.

To receive a Dump Pass, please bring your driver's license (or something that proves your Atkinson residency) and show it to staff at the Dump. They will place the sticker on your vehicle.

(NOTE): If you would like other members of your household to have a sticker on their vehicle, they must come to the dump in their vehicle with proof of residency.

WASTE COLLECTION CALENDAR

2022-2023 CURBSIDE RECYCLING COLLECTION CALENDAR

Your pickup day is either Tuesday, Wednesday or Thursday.
Place containers at the curb the night before pickup.

MAY 2022							JUNE 2022							JULY 2022							AUGUST 2022						
SUN	MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7				1	2	3	4						1	2		1	2	3	4	5	6
8	9	10	11	12	13	14	5	6	7	8	9	10	11	3	4	5	6	7	8	9	7	8	9	10	11	12	13
15	16	17	18	19	20	21	12	13	14	15	16	17	18	10	11	12	13	14	15	16	14	15	16	17	18	19	20
22	23	24	25	26	27	28	19	20	21	22	23	24	25	17	18	19	20	21	22	23	21	22	23	24	25	26	27
29	30	31					26	27	28	29	30			24	25	26	27	28	29	30	28	29	30	31			

SEPTEMBER 2022							OCTOBER 2022							NOVEMBER 2022							DECEMBER 2022						
SUN	MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3							1			1	2	3	4	5				1	2	3	
4	5	6	7	8	9	10	2	3	4	5	6	7	8	6	7	8	9	10	11	12	4	5	6	7	8	9	10
11	12	13	14	15	16	17	9	10	11	12	13	14	15	13	14	15	16	17	18	19	11	12	13	14	15	16	17
18	19	20	21	22	23	24	16	17	18	19	20	21	22	20	21	22	23	24	25	26	18	19	20	21	22	23	24
25	26	27	28	29	30		23	24	25	26	27	28	29	27	28	29	30				25	26	27	28	29	30	31

JANUARY 2023							FEBRUARY 2023							MARCH 2023							APRIL 2023						
SUN	MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7				1	2	3	4				1	2	3	4							1
8	9	10	11	12	13	14	5	6	7	8	9	10	11	5	6	7	8	9	10	11	2	3	4	5	6	7	8
15	16	17	18	19	20	21	12	13	14	15	16	17	18	12	13	14	15	16	17	18	9	10	11	12	13	14	15
22	23	24	25	26	27	28	19	20	21	22	23	24	25	19	20	21	22	23	24	25	16	17	18	19	20	21	22
29	30	31					26	27	28					26	27	28	29	30	31		23	24	25	26	27	28	29

KEY: ■ = Trash pickup ■ = Recycle & trash pickup ■ = Holiday ■ = Bulk Waste Day ■ = HHW Day



RECYCLING • SOLUTIONS • ORGANICS • COLLECTION • ENERGY • LANDFILLS

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TOWN CLERK NEWS

2023 ELECTION SCHEDULE

This information and more can be found on the [Town of Atkinson website Election page](#).

Candidate Filing Period underway. Last day to file is Friday, February 3, 2023, 8:00am-Noon and 3pm-5pm. More information can be found [HERE](#).

February 4, 2023 - the Deliberative Session will be held at 10:00 AM in the Dyke

February 9, 2023 - the Timberlane Regional School District Deliberative Session will take place at 7:00 pm, Timberlane Performing Arts Center, 40 Greenough Rd, Plaistow, NH.

March 4, 2023 - the Supervisors of the Checklist will meet, 11am-11:30am, Atkinson Community Center, 4 Main St. The supervisors will be meeting to update the voter checklist and to accept new voter registrations or Atkinson resident changes.

- Current registered voters to bring photo ID and proof of domicile to change address.
- Newly registering voters to bring proof of residence, proof of citizenship and age as well as a photo ID.
- This will be the last opportunity to register to vote prior to the March 14th Town Election. Same day registration will be available at the polls. Questions? Please email the Supervisors of the Checklist at supervisors@atkinson-nh.gov.

March 5 - March 13, 2023 - New Voter Registration black-out period at Clerk's Office.

March 7, 2023 - Candidates Night will be held at Atkinson Community Center from 7pm to 9pm. This event is sponsored by The Atkinson Women's Civic Club and will take place in-person and livestreamed.

March 14, 2023 - Town Election will be held from 7:00 AM to 8:00 PM at the Community Center, 4 Main St, Atkinson.

2023 Absentee Ballot Application Request Forms are now available on the Town Clerk Office and [website](#).

VEHICLE REGISTRATION TIPS

If you're renewing a vehicle registration in-person for someone other than yourself, you must bring either the registrants signed registration or their signed renewal notice.

If you bought out a leased vehicle, you need to visit the Town Clerk's office to transfer the registration to your name and process a new title in your name as soon as possible.

LIBRARY NEWS

ADULT PROGRAMS/EVENTS

PM

The Stono Rebellion has been called the most important slave revolt in North American history. In this lecture, Damian Costello examines the events and the deep African roots of the 1739 uprising in South Carolina.

Register here: <https://kimballlibrary.assabetinteractive.com/calendar/the-stono-rebellion-nh-humanities-program/>

Understanding Bobcats in New Hampshire, Monday, February 13 @ 6 PM

New Hampshire Fish and Wildlife Steward shares information (history, habitat and population status) about bobcats in the state.

Register here: <https://kimballlibrary.assabetinteractive.com/calendar/understanding-bobcats-in-new-hampshire-nh-fish-and-wildlife-stewards/>

Boating Safety Course, Tuesday and Thursday, February 14 and 16 from 6 – 9:30 PM

The NH Boating Safety Classroom Course covers a variety of topics including boat navigation, boating safety equipment, invasive aquatic species and laws and rules. This instructor-led class incorporates a range of learning methods consisting of lecture, videos, and student discussion. *Individuals must attend both evening classes.

Register with NH Marine Patrol at: <https://register-ed.com/programs/newhampshire/174>

Q&A with TV Writer, Dan Hamamura via ZOOM, Wednesday, February 15 @ 7 PM

Dan Hamamura, a Los Angeles-based TV writer is a Writer/Producer on the CW's Kung Fu. Dan will be going to go over writing tips, share examples of pages from scripts that he's written versus how they ended up on the screen, and take questions. *This program is sponsored through the Nashua Public Library in collaboration with libraries throughout Massachusetts and New Hampshire.

Register for your ZOOM link here:

https://us02web.zoom.us/webinar/register/1016744826604/WN_MJ_qsmVgTRCcAaalm_d8mtw

Evening Book Club, Tuesday, February 21 @ 6 PM

The Evening Book Club will be discussing The Many Wives of Afong Moy by Jamie Ford. All are invited to attend.

Register here: <https://kimballlibrary.assabetinteractive.com/calendar/evening-book-club-22/>

Morning Book Group, Wednesday, February 22 @ 10:15 AM

Register here: <https://kimballlibrary.assabetinteractive.com/calendar/morning-book-group-14/>

Television: The Art & Ethics of Manipulation ~ a NH Humanities Program, Thursday, February 23 @ 6 PM

John Gfroerer explores the power of television as a communication medium and the ethical implications of manipulating the viewer by means of the choices made behind the camera through the final editing process. By examining the artistic techniques used to persuade, induce, and entice us, Gfroerer considers the extent to which television teaches or simply tantalizes us.

Register here: <https://kimballlibrary.assabetinteractive.com/calendar/television-the-art-ethics-of-manipulation-nh-humanities-program/>

Film Enthusiast

The Good House, Tuesday, February 14 @ 1 PM

Life for New England realtor Hildy Good begins to unravel when she hooks up with an old flame of hers from New York. Based on Ann Leary's 'The Good House. Starring Sigourney Weaver and Kevin Kline.

Lyle, Lyle, Crocodile, Tuesday, February 28 @ 1 PM

After moving to New York City, the Primm family's life changes when they discover, Lyle, a singing crocodile. Rated: PG Runtime 1 hr. 46 min

WEEKLY IN FEBRUARY

Every Wednesday @ 10:30

Needle Crafters - Whether you enjoy knitting, crocheting, rug braiding, quilting or another form of needle work come join us for Needle Crafters. Each Wednesday, this informal gathering is a fun meet-up for those who are currently working on projects or who wish to start one. Are you stuck on a stitch or confused by a pattern? Most likely someone in the group can help. It is a great group to get some ideas for beginning new projects as well. This weekly meet and greet group enjoy conversation and laughs all while stitching away. REGISTER HERE WE WOULD LOVE TO HAVE YOU JOIN.

<https://kimballlibrary.assabetinteractive.com/calendar/needle-crafters-105/>

Every Thursday @ 10 AM

lot of time in graveyards wondering about the names behind the stones? Then you just might be a genealogy enthusiast! Join us as we discuss methods for research planning that will make you an active participant in your own ancestral journey. Register here:

<https://kimballlibrary.assabetinteractive.com/calendar/history-and-mystery-a-genealogy-starter-guide-register/>

YOUTH PROGRAMS/EVENTS

T/ween Book Club (Gr. 6-12) Wednesday, February 1 @ 6 PM

Join the most chill t/weens and chat with us about *The Running Dream* by Wendelin Van Draanen! Copies are available for the asking. We serve candy and the coolest conversation.

Jessica thinks her life is over when she loses a leg in a car accident. She's not comforted by the news that she'll be able to walk with the help of a prosthetic leg. Who cares about walking when you live to run?

Register: <https://kimballlibrary.assabetinteractive.com/calendar/t-ween-book-discussion-20/>

Write It Out! (Gr. 2-8) Wednesday, February 15 @ 6 PM

Kids in grades 2-6 are invited to join us to write it out! We'll start off with a prompt or two to read to the class and then free write. In February- We'll be working on our stories, characterization, and setting.

Register: <https://kimballlibrary.assabetinteractive.com/calendar/write-it-out-gr-2-8-3/>

Preschool Playtime Mondays @ 11:00 AM

Why organize a gathering time 'just' to play? Play improves the cognitive, physical, social, and emotional well-being of children and young people. Through play, children learn about the world and themselves. They also learn skills they need for study, work and relationships such as confidence.

Caregivers also need time to connect and form relationships with other adults who are caring for similar aged children. If a time is organized, we can be assured that the littles have someone to play with and the adults have someone to visit with.

Drop in on Mondays from 11-12. Building toys for toddlers will be out in the meeting room as well as our other toys in the Children's Room such as coloring, Lego table, train table, kitchen set and more! Registration is not required.

Curious Kids (Toddlers-Preschool) Wednesdays @ 10:15 AM

guided by caregivers. The Library will set the stage for curious minds. Toddlers and preschool children are welcome with their caregivers and siblings. Come when you can, leave when you must!

**Adult supervision is necessary. Registration is not required.*

Toddler Time (Toddlers-Preschool) Thursdays @ 11:30 AM

Play improves the cognitive, physical, social, and emotional well-being of children and young people. Through play, children learn about the world and themselves.

Drop into the Children's Room on Thursdays anytime from 11:30-1:30 and play with the stations we've set up for you. We'll have building toys, sensory bins and bags, and more!

**Adult supervision is necessary. Registration is not required.*

TIMBERLANE VACATION WEEK AT THE LIBRARY

Balancing Bear Yoga (Ages 3-6) Monday, February 27 @ 11:15 AM

Join Balancing Bear Yoga for a 45-minute yoga class for you and your child to discover the magic of yoga through games, music, movement, breathing, and more. All are welcome – moms, dads, or other caregivers! The class content is geared toward children ages 3 to 6. It is best to have a one-to-one adult/child ratio. We will consider 'mature' older two-year-olds who listen well and can follow directions with focus. NO experience necessary for adult or child. Please bring one yoga/exercise mat for you and your child to share or a beach towel. Dress comfortably. Water is also recommended. The class will be led by Kelsey Iani, RYT 200. Register: <https://kimballlibrary.assabetinteractive.com/calendar/balancing-bear-yoga-ages-3-6-with-an-adult/>

Lindsay and Her Puppet Pals (Preschool & UP) Monday, February 27 @ 6:00 PM

Lindsay's funny, fast-paced, and highly interactive variety show delights the young and the young at heart! Kids will meet several larger-than-life, hand-crafted puppets... Perhaps a goofy moose, a heroic tiger, or a lovable bear. Oh my! Maybe a dancing robot or flamingo, an adorable mouse, a stubborn goat, a shy dragon, or a singing dinosaur! Come find out who's making an appearance this time! This program is a great fit for ages 3-8 and families. Register here: <https://kimballlibrary.assabetinteractive.com/calendar/lindsays-puppet-pals-preschool/>

Stories & Crafts (Preschool) Tuesday, February 28 @ 10:15 AM

Start your day right by making something special! Get your hands ready to work and have fun too. No sign-ups, so just walk right in!

singing crocodile. Rated: PG Runtime 1 hr. 46 min Register here:

<https://kimballlibrary.assabetinteractive.com/calendar/winter-film-enthusiast-club-5/>

Be ZEN (All Youth) Tuesday, February 28 @ 3:00 PM

Stay-cations are for relaxing, and we have that in mind. Ages 10+ will gather between 3-5 PM to work on adult coloring, try Zentangle, or use some of our self-soothing items in the Atkinson Room.

Preschool to age 9 will gather in the Craft Barn where we will have some select soothing activities out such as coloring and sensory play. Come when you can and leave when you must. As always, bring a friend because the more, the merrier! Registration is not required.

You Scream, We Scream for Subzero Ice Cream! (Gr. K-12) Wednesday, March 1 @ 6:00 PM

Subzero Nitrogen is back! By demonstrating how liquid nitrogen can be used to freeze fresh ingredients into fresh ice cream, we keep the children amused, and give them a lesson on the properties of liquid nitrogen, gas laws, and the application of science to food. SubZero Nitrogen staff from Nashua, NH will be our teachers. Each registrant will receive ice cream at the end of the program. They bring a non-dairy option for those who may need it. Everything they bring is nut, gluten and egg free. They bring chocolate, vanilla, and bubble gum options. You can choose!

The science behind this event is for youth in kindergarten and up and their parents or grandparents. Because this is a 'family' event, we ask that adults come accompanied by a child in kindergarten through high school. Register here:

<https://kimballlibrary.assabetinteractive.com/calendar/you-scream-we-scream-for-subzero-nitrogen-ice-cream-grades-k-12/>

T/ween Book Discussion (Gr. 6-12) Wednesday, March 1 @ 7:00 PM

Join the most chill t/weens and chat with us about Bruiser by Neal Shusterman. Copies are available for the asking. We serve candy and the coolest conversation. Register yourself and your bestie. ***NOTE, this month only, we meet at 7 PM.**

"There's a reason why Brewster can't have friends – why he can't care about too many people. Because when he cares about you, things start to happen. Impossible things that can't be explained. What at first seems like good fortune turns out to be more than anyone bargained for...much more. Register here:

<https://kimballlibrary.assabetinteractive.com/calendar/t-ween-book-discussion-21/>

Make two crafts today, not just one! Have you made a dancing princess before? Or a straw rocket that works? Kids love to craft, and we aim to please. Registration is not required.

Reader's Theater (Gr. 1-5) Thursday, March 2 @ 6:00 PM

Do you like to read? Want to read a play? Come take a part in the reading night at the Kimball Theater. Everything is ready for the theater magic but we need you! Register here: <https://kimballlibrary.assabetinteractive.com/calendar/readers-theater-grade-1-5/>

Gotta Find 'em All Pokemon Scavenger Hunt (All Ages) Friday, March 3 @ 9:30 AM

Can you find 'em all? Stop by the Children's Room between 9:30 AM-4:30 PM to pick up your Pokedex and see how many you can find hiding in the Library. When you've found them all, turn it in for a special prize! Come when you can, leave when you must. Registration is not required.

Winter Slime (Gr. K-5) Friday, March 3 @ 1:00 PM

Join us to make your very own Winter Slime. Add glitter, color, and other things to make it your own. Please be advised that we will probably get messy, so dress accordingly! Register here: <https://kimballlibrary.assabetinteractive.com/calendar/winter-slime-gr-k-5/>

RECREATION NEWS

Please contact Atkinson's Recreation / Community Center office at 603-362-1098 or commrec@atkinson-nh.gov for any questions, additional information, or if you wish to register for any of the available programs.

Online registrations are also available at <https://atkinson.recdesk.com/Community/Home>.

WEEKLY WELLNESS PROGRAMS

Jacki's Aerobic Dance (Winter Session): Mondays and Wednesdays from 6:00 p.m. - 7:00 p.m.

Jacki's Aerobic Dance is holding in-person classes at the Atkinson Community Center. All the routines are choreographed by Jacki Sorensen through VERTIFIRM (Weight Training for all muscle groups), core work, cardio dance, and stretch. Complete fitness in one hour. 25 classes \$175 (\$10 per class). Contact Arline Descheneau at 603-401-1514 or Arline.Descheneau@comcast.net to register. Banquet Room

Room

Fusion Fitness: Tuesdays and Thursdays from 8:30 a.m. - 9:15 a.m.

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

Temple Exercise (Tai Chi): Mondays from 9:00 a.m. - 9:30 a.m.

Donation \$1.00 for local food pantries / class. Banquet Room

Line Dancing: Mondays from 9:45 a.m. - 11:15 a.m.

It is \$5.00 per class. Banquet Room

TAI CHI WINTER PROGRAMS (10-WEEK SESSION)

This program will be offered for mature adults. The classes will be held on Tuesdays from 11:30 am - 12:30 pm starting on Tuesday, January 10, 2023, ending on March 21, 2023, and no class on March 14th - Town's Election Day. Snow Day is scheduled for March 28th.

Please note, when Timberlane School District cancels schools, and /or Town of Atkinson Town Hall is closed, all the programs at the Atkinson Community Center will be cancelled, unless you hear differently from the Recreation Department

You can register for a full session online and also make payment at <https://atkinson.recdesk.com/Community/Program> - choose 2023 Winter Tai Chi class or contact Noriko at Atkinson Recreation office at 603 362-1098 or commrec@atkinson-nh.gov.

You can register full session or walk-in.

Costs:

- Atkinson Residents: \$70 for a full session or \$9 per class
- Non-Residents: \$90 for a full session or \$ 12 per class

Full session payments are due upon registration. No refunds exceptional for medical and emergency reasons.

Sponsored by the Atkinson Recreation



TAI CHI WINTER Session 2023

10-week Winter session:

Tuesdays, 11:00 am ~ 12:00 pm

Starts January 10th and

Ends March 21st

**(No class on March 14th and makeup day
March 28th.)**

At Atkinson Community Center

—4 Main Street Atkinson NH 03811

You can register full session or walk-in.

Costs:

Atkinson Residents : \$ 70 for a full session or \$9 per class

Non-Residents: \$90 for a full session or \$ 12 per class

Full session payments are due upon registration.

- No refunds exceptional for medical and emergency reasons.

Register online at

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

or contact Noriko at

MONTHLY/BI-MONTHLY WELLNESS PROGRAMS

**Bereavement Support Group for parents: 1st Tuesday of each month
(February 7th)**

To be hosted by Beth Hendershot (603) 887-4302.

Bingo: Mondays 9:45 a.m. - 11:30 a.m. (small fee) on February 27th

A minimum of 8 people.

Foot Clinic: 3rd Wednesday each month (February 15th)

Veterans Club: 1st Tuesday each month 9:00 a.m. - 10:00 a.m. (Due to the Holiday, it is on the second Tuesday - February 7th)

Will take place in the Banquet Room.

10-WEEK WINTER WELLNESS CHALLENGE

From January 9th - March 19th - We hope you are having fun with this challenge. We challenge you to move 30 minutes or more every day!

- Check off all lines on each day! Use the suggested activity list from page 1. Track your activities on calendars page 2 and 3.
- Send pictures of your activity to share any time and take a picture of your calendar after the challenge to commrec@atkinson-nh.gov.

Online registrations are also available at <https://atkinson.recdesk.com/Community/Home>

Atkinson Recreation
10-WEEK (January 9th ~ March 19th)
WINTER WELLNESS CHALLENGE
FITNESS, NUTRITION, AND MENTAL HEALTH

We challenge you to move 30 minutes or more each day and check off at least one on nutrition and mental health!

Here are some suggested list of activities.
Please see second page for activity calendar.

FITNESS


- Move 30 minutes every day
- Go for a walk or run
- Walk 5000+ steps today
- Take the stairs
- Calculate your BMI
- Try a new fitness class
- Do 10 squats during TV
- Turn on a radio and dance
- Build a snow fort or igloo
- Do sit-ups during TV
- Visit a NH State Park
- Park far away from store
- Walk at the Mall
- Walk on treadmill
- Build a snowman
- Go skiing / snowboarding
- Go sledding
- Go ice skate
- Take a snowshoe walk
- Go cross country skiing
- Try indoor rock climbing
- Take a winter hike
- Play pickle ball
- Play ping pong
- Take a dance class
- Take a yoga class

NUTRITION

- Pack lunch
- Pack pieces fruits for lunch
- Cook at home more often
- Drink 8 glasses of water
- Cook with a new vegetable
- Take a healthy cooking class
- Eat 5 servings of fruits & veggies
- Start a gratitude journal
- Try a whole grain food
- Visit a winter farmer's market
- Make soup from scratch
- Make salad
- Stir fry a veggie meal
- Increase plant foods
- Eat nuts and seeds
- Eat oily fish
- Eat probiotic foods (yogurt)
- Use Extra Virgin Olive Oil
- Omit sugar for a day
- Don't eat anything after 7pm
- Try new herbs & spices
- Try sparkling water
- Read food labels today
- Eat dark greens (spinach)
- Avoid processed foods


MENTAL HEALTH

- Laugh often
- Take up a new hobby
- Learn a new language
- Play an instrument
- Go to a sports game
- Visit a museum
- Play a new board game
- Try a craft project
- Make a winter bird feeder
- Read a wellness book
- Make paper snowflakes
- Volunteer
- Attend a workshop
- Try a meditation app
- Take an art class
- Play a brain game or puzzle
- Paint a kindness rock
- Join a local book club
- Take a nap
- Sleep 7-8 hours
- Watch the sunrise
- Treat yourself to a facial
- Offer a kind word
- Invite friend for a walk




Atkinson Recreation
10-WEEK WINTER WELLNESS CHALLENGE
JANUARY 9TH~ MARCH 19 2023
FITNESS, NUTRITION, AND MENTAL HEALTH
PAGE 1 (JAN. 9 ~ FEB. 12)

✓ We challenge you to move 30 minutes or more every day!
✓ Check off all lines on each day! Use the suggested activity list from page 1.
✓ Send pictures of your activity to share any time and take a picture of your calendar after the challenge to commrec@atkinson-nh.gov a chance to win a raffle prize.



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9 - First Day Fitness Nutrition Mental Health	10 Fitness Nutrition Mental Health	11 Fitness Nutrition Mental Health	12 Fitness Nutrition Mental Health	13 Fitness Nutrition Mental Health	14 Fitness Nutrition Mental Health	15 Fitness Nutrition Mental Health
16 Fitness Nutrition Mental Health	17 Fitness Nutrition Mental Health	18 Fitness Nutrition Mental Health	19 Fitness Nutrition Mental Health	20 Fitness Nutrition Mental Health	21 Fitness Nutrition Mental Health	22 Fitness Nutrition Mental Health
23 Fitness Nutrition Mental Health	24 Fitness Nutrition Mental Health	25 Fitness Nutrition Mental Health	26 Fitness Nutrition Mental Health	27 Fitness Nutrition Mental Health	28 Fitness Nutrition Mental Health	29 Fitness Nutrition Mental Health
30 Fitness Nutrition Mental Health	31 Fitness Nutrition Mental Health	February 1 Fitness Nutrition Mental Health	2 Fitness Nutrition Mental Health	3 Fitness Nutrition Mental Health	4 Fitness Nutrition Mental Health	5 Fitness Nutrition Mental Health
6 Fitness Nutrition Mental Health	7 Fitness Nutrition Mental Health	8 Fitness Nutrition Mental Health	9 Fitness Nutrition Mental Health	10 Fitness Nutrition Mental Health	11 Fitness Nutrition Mental Health	12 Fitness Nutrition Mental Health




**FITNESS, NUTRITION, AND MENTAL HEALTH
PAGE 2 (FEB. 13 ~ MARCH 19)**

✓ We challenge you to move 30 minutes or more every day!
 ✓ Check off all lines on each day! Use the suggested activity list from page 1.
 ✓ Send pictures of your activity to share any time and take a picture of your calendar after the challenge to commrec@atkinson-nh.gov a chance to win a raffle prize.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
13 _ Fitness _ Nutrition _ Mental Health	14 _ Fitness _ Nutrition _ Mental Health	15 _ Fitness _ Nutrition _ Mental Health	16 _ Fitness _ Nutrition _ Mental Health	17 _ Fitness _ Nutrition _ Mental Health	18 _ Fitness _ Nutrition _ Mental Health	19 _ Fitness _ Nutrition _ Mental Health
20 _ Fitness _ Nutrition _ Mental Health	21 _ Fitness _ Nutrition _ Mental Health	22 _ Fitness _ Nutrition _ Mental Health	23 _ Fitness _ Nutrition _ Mental Health	24 _ Fitness _ Nutrition _ Mental Health	25 _ Fitness _ Nutrition _ Mental Health	26 _ Fitness _ Nutrition _ Mental Health
27 _ Fitness _ Nutrition _ Mental Health	28 _ Fitness _ Nutrition _ Mental Health	March 1 _ Fitness _ Nutrition _ Mental Health	2 _ Fitness _ Nutrition _ Mental Health	3 _ Fitness _ Nutrition _ Mental Health	4 _ Fitness _ Nutrition _ Mental Health	5 _ Fitness _ Nutrition _ Mental Health
6 _ Fitness _ Nutrition _ Mental Health	7 _ Fitness _ Nutrition _ Mental Health	8 _ Fitness _ Nutrition _ Mental Health	9 _ Fitness _ Nutrition _ Mental Health	10 _ Fitness _ Nutrition _ Mental Health	11 _ Fitness _ Nutrition _ Mental Health	12 _ Fitness _ Nutrition _ Mental Health
13 _ Fitness _ Nutrition _ Mental Health	14 _ Fitness _ Nutrition _ Mental Health	15 _ Fitness _ Nutrition _ Mental Health	16 _ Fitness _ Nutrition _ Mental Health	17 _ Fitness _ Nutrition _ Mental Health	18 _ Fitness _ Nutrition _ Mental Health	19—Last day _ Fitness _ Nutrition _ Mental Health



Sponsored by the Atkinson Recreation

**10-week WINTER
WELLNESS CHALLENGE**
JANUARY 9, 2023 ~ MARCH 19, 2023
FITNESS, NUTRITION, AND MENTAL HEALTH



We challenge you to move 30 minutes or more each day and check off at least one activity on nutrition and mental health

Participants may register online and more information at <https://atkinson.recdesk.com/Community/Program>.

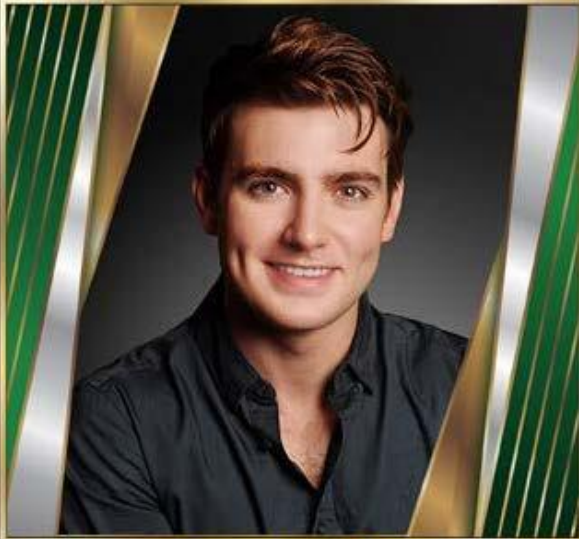
DAY TRIPS

Encore Casino Trip - Save the date. 3/21/23. More information to come.

Emmet Cahill Show - Celebrate St. Patrick's Day at Danversport Yacht Club in Danvers, MA – organized by Best of Time's Travel. The cost is \$118 which includes: show, transportation, lunch, meal tax, and meal gratuity.

EMMET CAHILL

SUPERSTAR OF "CELTIC THUNDER"



Location: Danversport - Danvers, MA
Wednesday March 8th, 2023
Luncheon & Show

CELEBRATE ST. PATRICK'S DAY

With

EMMET CAHILL

Ireland's Most Exciting Young Tenor

STAR OF
PBS PHENOMENON
CELTIC THUNDER

Emmet Cahill, Star of PBS Phenomenon Celtic Thunder, has been widely hailed as Ireland's Most Exciting Young Tenor. News of his sold out debut concert at New York's Carnegie Hall turned heads with audiences throughout North America and he has built a reputation for being the golden voice of this generation. His performances of the Irish classics, in particular, have likened him with great Irish Tenor John McCormack. He signed a major recording deal with Sony Music in 2017, and his debut album release went straight to #1 on the World music Billboard charts, Amazon Charts and iTunes World Music. Emmet takes audiences on a musical journey, allowing them to connect with their most cherished memories through beautiful songs like Danny Boy, When Irish Eyes Are Smiling and My Wild Irish Rose, to name but a few. His powerful classical voice really comes to the fore when performing Broadway hits such as Bring Him Home and Music Of The Night as well as tender nostalgic favorites such as Moon River and Some Enchanted Evening. This show has everything a St. Patrick's Celebration calls for!

<p style="text-align: center;"><u>Price: \$119pp -</u></p> <p>Includes Transportation, Plated Luncheon, Meal Tax, Meal Gratuity & Show Ticket</p> <p style="text-align: center;">Payment due upon registration. No Refunds will be issued after registration.</p> <p style="text-align: center;">Contact Noriko at: Atkinson Recreation Office at Community Center (603)362-1098/ commrec@atkinson-nh.gov</p>	<p style="text-align: center;"><u>Plated Luncheon Meal Choice:</u></p> <p style="text-align: center;">Corned Beef and Cabbage or Baked Schrod</p> <p style="text-align: center;">Also Included: Salad, Vegetables, Breads, Dessert, Coffee and Tea</p>
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Cut Here **** Emmet Cahill's Ireland Wednesday March 8th, 2023 **** Cut Here

Name: _____ Telephone: _____ Meal Choice: ☐ Corned Beef ☐ Fish

ELDER SERVICES NEWS

SUMMARY OF PROGRAMS

- Senior Transportation Service
- Medical Assistive Equipment
- Library Homebound Program
- Referral to Veteran Administration Services

Are you a resident that utilizes Elder Services Transportation? If yes, please consider providing your emergency contact information to us. We have a form for that. Call the office, 603-362-9582, or the [Elder Services Department page](#) on the Town website.

COMMUNITY CENTER NEWS

The Community Center will be open Mon ~ Fri 8:30 am ~ 12 pm for classes and programs, but the Office will be closed 1/26 ~ 2/3.

Please leave message at Atkinson's Recreation/Community Center Office at 603-362-1098 or commrec@atkinson-nh.gov for any questions, additional information, or if you wish to register for any of the available programs. Online registrations are also available at <https://atkinson.recdesk.com/Community/Home>

DONATION BINS

There are three donation bins at the Community Center parking area. Accepted donations include clothing and shoes ONLY. 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 donations will help the Atkinson Women's Civic Club's charitable funding and keep our environment cleaner.

RENTAL INFORMATION

Residents can rent out our Banquet room for their special gathering at a reasonable price. Please check out our rental application for policy and guidelines https://www.town-atkinsonnh.com/sites/g/files/vyhli8101/f/uploads/community_center_rental_application.pdf

CONSERVATION COMMISSION NEWS

With winter now upon us, residents are reminded that the trails on Atkinson's conservation lands are open for passive recreation such as hiking, snowshoeing, and cross-country skiing. However, snowmobiles and other motorized vehicles are not permitted.

Also, as weather permits, we may have a few impromptu wildlife tracking events which will be announced on the Town's web site and on our Atkinson Conservation Facebook page. If



HISTORICAL SOCIETY NEWS

We will be closed on Saturday, February 4th due to the deliberative session that will be held at the Dyke Auditorium at Atkinson Academy. In the meantime we hope to see you on a Wednesday 2-4 PM or March 4th.

EXCITING PROGRAM TO BE OFFERED

AHS Ancestry Roadshow: February 15th, 3-5 PM and 6-8PM

Working on a family tree? Trying to break down a brick wall? Applying for Italian Dual Citizenship?

As a fundraising event, AHS will have a local, experienced genealogist on hand Wednesday, February 15th from 3-5p and 6-8pm. For a \$20 donation to AHS, our local genealogist, and AHS member, will offer a consultation for up to 30 minutes, to analyze your work and may provide you with advice or a different option to navigate and continue your search. Appointments can be made by calling AHS at 603-362-9317.

Inclement weather date: Wednesday, March 1, 2023

MASTER PLAN COMMITTEE NEWS

The Master Plan Committee met on January 19 at Town Hall. Jim Garrity of the Energy and Sustainability Commission was there to share some of their good work. In spite of the current high cost of electricity, the town is spending much less on street lighting than previous years. That is done by changing to more efficient street light bulbs. We also learned that there is a house in town that pays only a few dollars a month for their electric bill. That is done by installing solar panels. Our discussion turned to the economy of the town where one of the things we learned is that there are still 10 working farms in town.

Save the date, Tuesday April 11. The forum for the Master Plan will be held at the Community Center. This will be your chance for face-to-face input into the Master Plan. There will be two sessions on that day, one from 1:00-3:00, another from 6:00-8:00. You

WATER RESOURCE COMMITTEE NEWS

The Atkinson Water Resource Committee hosted a December seminar at Kimball Library presented by **New Hampshire Department of Environment Services** on water quality of private wells.

Several topics were discussed including:

- Private wells in New Hampshire
- Common contaminate
- Testing recommendations
- Water conservation
- Considerations for treatment options

The DES has recommended that private wells be tested every 3-5 years and when buying a home. Some areas of concern in private wells that include: chlorine copper, fluoride, hardness, lead, iron, magnesium, nitrates, radon, sodium and uranium, among others.

Ecoli and Coliform well testing is recommended yearly. NHDES Drinking Water and Groundwater Bureau des.nh.gov/water

The Atkinson Water Resource Committee is working to coordinate, with a local lab to provide private well owners the opportunity of having their well water tested. More details on this program will be available soon.

The Atkinson Water Resource Committee will be periodically sharing articles and information on topics related to our town drinking water, where do we get our water, water conservation, clean vs contaminated water, pond algae/bloom, treatment options, and others. Information will be found in the monthly newsletter, website and Carriage Towne News. Look for our updates.

The Atkinson Water committee serves as an advisory and educational resource to the Town of Atkinson on issues concerning environmental sustainability. We focus on water access, quality, conservation, economics, education, and regulation.

The committee welcomes volunteer members who have a stake in the health of our town and want to find a meaningful way of becoming involved. For new neighbors, this is a great way to meet some of us. If interested, you can contact Mike Trasatti

@ mtrasatti698@gmail.com.

Subscribe	Past Issues		Translate ▼
Assessor	603-362-1060	Thurs: 9am-3pm	
Atkinson Community TV (ACTV)	603-362-4549	By Appointment	
Brush & Recycling Center	603-362-4010	Sat & Sun: 9am-4pm	
Building & Code Enforcement	603-362-5761	Tues-Thurs: 9am-2pm	
Cemetery	603-362-4665	By Appointment	
Community Center	603-362-1098	Mon-Fri: 8:30am-3:30pm	
Elder Services	603-362-9582	Mon-Fri: 8:30am-12pm	
Fire	603-362-5611; EMERGENCY: 911		
Kimball Library	603-898-3680	Mon-Fri: 10am-8pm & Sat: 10am-3pm	
Police	603-362-4001; EMERGENCY: 911		
Public Works	603-362-4010	Mon-Fri: 8am-3pm	
Recreation	603-362-1098	Mon-Fri: 8:30am-3:30pm	
Tax Collector	603-362-5357	Mon-Thurs: 5pm-8pm; Wed: 9am-12pm; Fri: 9am-12pm & 12pm-3pm (By Appointment)	
Town Administrator	603-362-1064	Mon-Thurs: 8am-4pm; Fri: 8am-12pm	
Town Clerk	603-362-4920	Mon: 8:30am-7pm; Tues-Thurs: 8:30am-5pm; Fri: 8am-12pm	



Follow on Facebook



Website

Our mailing address is:

19 Academy Avenue
Atkinson, NH 03811

Want to change how you receive these emails?
You can [update your preferences](#) or [unsubscribe from this list](#).