

# January Newsletter

*For Atkinson news directly to you.*

Happy New Year!

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*



### TOWN OFFICES CLOSED

Town offices will be closed on **Monday, January 2nd** in observance of the New Year Holiday.

Town offices will be closed on **Monday, January 16th** in honor of Martin Luther King, Jr. Day

### GOODBYE 2022 AND HELLO 2023!

Thank you all for a wonderful 2022 and let's make 2023 the best year yet!





## HELP WANTED



The Town of Atkinson is seeking to fill the permanent part-time Assistant Bookkeeper position whose duty will be limited to providing coverage for Bookkeeper up to 300 hours per year. Municipal government experience is preferred but payroll experience and excellent attention to detail is required.

Send a letter of interest and an application to: Town of Atkinson, Selectmen's Office, 19 Academy Avenue, Atkinson, NH 03811, clearly labeled "Assistant Bookkeeper" no later than January 20, 2023. Applications are available at the Town Hall, as well as the Atkinson website [www.town-atkinsonnh.com](http://www.town-atkinsonnh.com). For additional information please contact the Town Administrator at 603-362-1064 or [townadmin@atkinson-nh.gov](mailto:townadmin@atkinson-nh.gov).

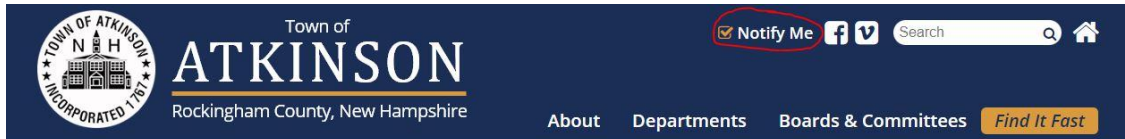
## TOWN WEBSITE

### **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](http://www.town-atkinsonnh.com)) and click



## Subscribe



It will bring you to the screen below where you may select the News & Announcements of any Department, Board, or Committee that you would like to be notified about.

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.**

Your Email

Confirm Email

Select one or more lists from the section below

**Urgent Alert**☐ Urgent Alerts**News or Announcement**☐ Assessor☐ Atkinson Community Television (ACTV)☐ Board of Selectmen☐ Building Inspections & Code Enforcement☐ Community Center☐ Conservation Commission☐ Elder Services☐ Elections☐ Fire Department☐ Highway Department☐ Master Plan Committee (MPC)☐ Municipal Waste☒ News & Announcements☐ Police Department☐ Recreation☐ Tax Collector☐ Town Administration☐ Town Clerk**Bid Updates**☐ Highway Department☐ Town Administration**Free-form Document**☐ Elections

Should you have any questions, please call 603-362-1060 or email  
[AsstTownAdmin@atkinson-nh.gov](mailto:AsstTownAdmin@atkinson-nh.gov).

## TRASH & RECYCLING NEWS

### NEW DUMP HOURS

The Brush & Recycling Dump will no longer be open on Wednesdays starting January 11th.

The Dump will only be open on Saturdays and Sundays from 9 AM to 4 PM.

**NOTE: The Town Hall does NOT have the 2023 Dump Stickers as of yet. We will notify residents when we do. Until then, 2022 Dump passes will be accepted.**

The Town will be picking up Christmas trees again this year. Please have your tree out (at the end of your driveway) by 7:00 AM the week of January 2nd on your normal trash day. This means that if your trash is normally picked up on Tuesdays, have your tree out by 7:00 AM on January 3rd – the same goes for households whose trash is picked up on Wednesdays (January 4th) and Thursdays (January 5th).

**NOTE: REMOVE ALL LIGHTS, BAGS, AND TREE STANDS. IF THE TREE IS NOT NAKED THE TOWN WILL NOT PICK IT UP.**

The Town picks up the trees, not Casella trash company. So, if your trash is picked up and not your tree, do not worry. The Town will not be circling back to pick up trees that were not put out on time. If you missed your pick-up, it is your responsibility to dispose of your tree. You can do this by picking up a dump pass (if you do not already have one) at the Town Hall and bringing the tree to the dump.

If you have any questions, please call the Town Administrator's office at 603-362-1060.

## **TRASH & RECYCLING CARTS**

**Reminder!** Trash & recycling carts should be placed 3 to 5 feet off the edge of pavement and not placed on the shoulder or road to prevent interference with snow operations.

Please view the information listed in the Casella Brochure, which can be found on the [Town website](#).

# CURBSIDE CONTAINER PLACEMENT GUIDE

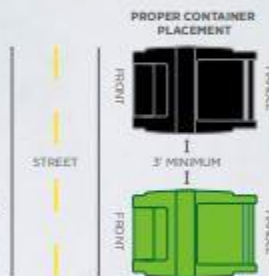
Help us to provide you with the best possible service! This guide illustrates the proper and improper placement of your curbside containers and offers tips to help with the curbside collection of materials.



Place containers at the curb the night before pickup day

## CONTAINER DO'S

- Keep containers on a hard, level surface, clear of snow and other landscaping debris and no more than 5' from edge of pavement.
- Please allow containers a 3' perimeter of clearance from obstructions such as parked cars, trees, mailboxes and utility poles. There must also be a 15' over head clearance from any low hanging tree branches or power lines, etc.
- If you have more than one cart placed at the curb, please set them side by side as indicated in the illustration with at least 3' of clearance between the containers.



## CONTAINER DONT'S



Containers must remain upright for pickup



Keep all materials inside the container



Do not place containers back to back



Keep container clear of all obstructions

## HIGHWAY 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

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.

## TOWN CLERK NEWS

### 2023 ELECTION SCHEDULE

**Candidate Filing Forms and other information available here:**

<https://www.townatkinsonnh.com/elections/pages/town-elections>

**January 10, 2023:** Last day for citizens to petition the Board of Selectmen to include a warrant article in the March 14, 2023, election that does not include a bond (Jan. 6 if bond required). Information found here: <http://atkinsonnh.test-civiccms.acsitefactory.com/elections/pages/citizens-petition-warrant-article>

**January 24, 2023:** Supervisors of the Checklist last meeting to make changes to the voter checklist prior to the February 4th Town Meeting, 7:00-7:30 pm, Atkinson Community Center, 4 Main Street, Atkinson.

**January 25-February 3, 2023:** Filing Period for those declaring their candidacy in the Town Election. Town Clerk's Office during business hours and 3-5pm on Friday, February 3rd. Candidate Filing Forms available on the TOA website/Town Election.

**February 4, 2023:** Town Meeting/Deliberative Session will be held at 10:00 AM in the Dyke Auditorium (upper lot entrance), Atkinson Academy, 17 Academy Ave. (SNOW DATE: Saturday, Feb. 11, 2023)

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

Absentee Ballot Application Requests will be accepted AFTER **January 1, 2023**.

### ANNUAL DOG LICENSE RENEWAL

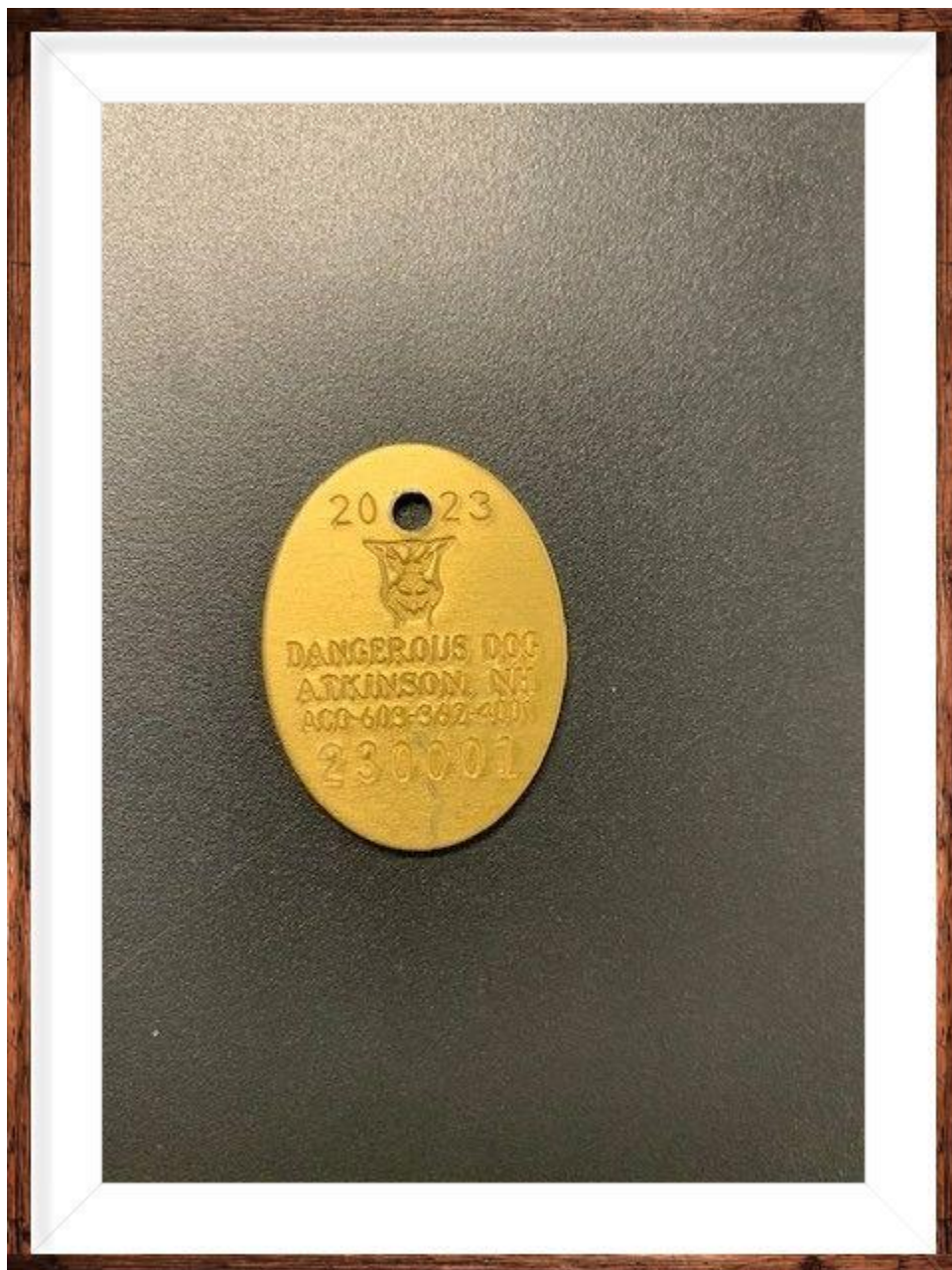
2023 Dog License Tags are in!



the dog resides. Renewals and/or new licenses can be processed on-line through the Town of Atkinson website or in-person at the Town Clerk's Office. We encourage renewing your currently registered dog any time after January 1, 2023. All dogs must have a current rabies vaccination in order to newly register or renew. Please visit this link to renew on-line:

<https://pay.eb2gov.com/Service/DogLicensing/218?towncode=802&source=DL&towncodemasterid=367>.

A special thanks to last year's Atkinson Academy 2nd Grade Class for voting on our 2023 dog license tag: the gold "Dangerous Dog".



## HOLIDAY HOURS

The Library will be closed on **Monday, January 2nd**. Happy New Year!

On **Monday, January 16th** the Library will close in recognition of Martin Luther King Jr Day.

## ADULT PROGRAMS/EVENTS

### **Film Enthusiast Club**

#### ***Feature Film - Woman King ~ Tuesday, January 3 @ 1 PM***

The Woman King is the remarkable story of the Agojie, the all-female unit of warriors who protected the African Kingdom of Dahomey in the 1800s with skills and a fierceness unlike anything the world has ever seen. Inspired by true events. Rated: PG 13 Runtime 2 hours 15 minutes.

Register to receive updates on all the scheduled Tuesday films showing through June 6.

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

#### ***Feature Film - Death on the Nile ~ Tuesday, January 17 @ 1 PM***

In this new Death on the Nile adaptation with Kenneth Branagh, Belgian sleuth Hercule Poirot's Egyptian vacation aboard a glamorous river steamer turns into a terrifying search for a murderer when a picture-perfect couple's idyllic honeymoon is tragically cut short. There are enough wicked twists and turns to leave audiences guessing until the final, shocking denouement. Rated: PG 13

#### ***Feature Film - TILL ~ Tuesday, January 31 @ 1 PM***

Till is a profoundly emotional and cinematic film about the true story of Mamie Till Mobley's relentless pursuit of justice for her 14-year-old son, Emmett Till, who, in 1955, was brutally lynched while visiting his cousins in Mississippi. In Mamie's poignant journey of grief turned to action, we see the universal power of a mother's ability to change the world. Rated: PG 13

### **History and Mystery: A Genealogy Guide**

#### ***Thursday, January 12 @ 6 PM***

Are you interested in family history? Do you have a family mystery? Do you spend a 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

[starter-guide-register/](#)

**(Not So) Elementary, My Dear Watson: The Popularity of Sherlock Holmes**  
**Thursday, January 26 @ 6 PM ~ a NH Humanities Program**

The recent spate of Sherlock Holmes movies, television shows, and literary adaptations indicate the Great Detective is alive and well in the 21st century. Holmes is the most portrayed literary character of all time, with over 230 film versions alone in several different languages. Over the past century, Sherlockians created societies like the Baker Street Irregulars, wrote articles sussing out the "sources" of Doyle's works, and, most recently, developed an entire online world of Holmesian fan fiction. Sherlock Holmes is now a multi-million-dollar industry. Why is Sherlock Holmes so popular? Ann McClellan's presentation explores the origins of Arthur Conan Doyle's famous detective and tracks his incarnations in literature, film, advertising, and modern media in order to crack the case of the most popular detective. This program is sponsored by the NH Humanities and the Friends of the Kimball Library.

Register here: <https://kimballlibrary.assabetinteractive.com/calendar/not-so-elementary-my-dear-watson-the-popularity-of-sherlock-holmes-nh-humanities/>

**Weekly in January:**

***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***

**Community Knitters** - Join us each week as we knit for charity. No need to register, just come!

Are you interested in family history? Do you have a family mystery? Do you spend a 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:

## YOUTH PROGRAMS/EVENTS

### **T/ween Book Club (Gr. 6-12) Wednesday, January 4 @ 6 PM**

Join the most chill t/weens and chat with us about this book! Copies are available for the asking. We serve candy and the coolest conversation. Register yourself and your bestie. The book this month is *I Must Betray You* by Ruta Sepetys. A gut-wrenching, startling window into communist Romania and the citizen spy network that devastated a nation, from the number one New York Times best-selling, award-winning author of *Salt to the Sea* and *Between Shades of Gray*.

Register: <https://kimballlibrary.assabetinteractive.com/calendar/t-ween-book-discussion-19/>

### **Balancing Bear Yoga (Ages 5-10) Tuesday, January 17, @ 5 PM**

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. You and your child will connect with each other, socialize with local families, and have fun! The class will be led by Kelsey Iani, RYT 200. Please dress comfortably and bring water. Feel free to bring your own yoga mat or beach towel.

Register: <https://kimballlibrary.assabetinteractive.com/calendar/balancing-bear-yoga-ages-5-10/>

### **Saturday STEAM (Ages K-3) on January 14 @ 10:30 AM**

Kids in grades K-3 are invited to join us for Saturday STEAM. This month we will be building structures with sugar cubes.

Register: <https://kimballlibrary.assabetinteractive.com/calendar/saturday-steam-gr-k-3-7/>

### **Write It Out! (Gr. 2-8) Wednesday, January 18 @ 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 this class we will be expanding on our discussion of world building.

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

### **Weekly in January:**

#### **Every Monday @ 3:30 PM**

#### **Kindergarten Club (Ages 5-6) Mondays @ 3:30 PM**

Kids ages 5-6 can join us for games, books, and maybe an experiment or 2!

***Every Tuesday @ 10:15 AM*****Bitty Books (Ages 3-6)**

Children ages 3-6 with their caregivers are invited to join us for itty bitty stories, rhymes, finger plays or songs and simple crafts.

Register: <https://kimballlibrary.assabetinteractive.com/calendar/bitty-books-ages-3-to-6-17/>

***Every Wednesday @ 1 PM*****Discovery Storytime (Ages 3-6)**

PreK friends ages 3-6 (and their caregivers) are encouraged to join us for some tactile fun, stories, finger plays or actions songs, and crafts.

Register:

<https://kimballlibrary.assabetinteractive.com/calendar/discovery-storytime-ages-3-6-53/>

**RECREATION NEWS**

Please contact Atkinson's Recreation / Community Center office at 603-362-1098 or [commrec@atkinson-nh.gov](mailto: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>.

**OFFICE HOURS**

The Recreation and Community Center Office will be closed **January 4th - 5th** as staff will be attending the Northern New England Recreation Park Conference.

**GIVING TREE**

THANK YOU for all your support for the *Santa for Seniors* program this December. We were able to assist 28 seniors in our community thanks to your generous gifts.

**SOUTHERN NEW HAMPSHIRE TOUR OF LIGHTS**

Only one (1) house registered in Atkinson this year for the annual Southern New Hampshire Tour of Lights. We would really like to see more residents to get involved next December to show surrounding Towns your beautiful holiday lights.

**WEEKLY WELLNESS PROGRAMS**



**Jacki's Aerobic Dance (Winter Session): Starts January 10th on 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](mailto:Arline.Descheneau@comcast.net) to register.

**Yoga: Thursday Mornings from 10:30 a.m. to 12:00 p.m.**

It is \$10 per class. Begins on January 12th. Contact Mary Krikorian at 978-837-1738 for more information.

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

Begins on January 3rd. Contact Vanessa Underwood at 603-382-7460 or at [fitnessa@aol.com](mailto: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. Begins on January 23rd.

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

It is \$5.00 per class. Begins January 9th.

**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](mailto:commrec@atkinson-nh.gov).

You can register full session or walk-in.

- 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**

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

**Bingo: Mondays 9:45 a.m. - 11:30 a.m. (small fee) on January 23rd**

A minimum of 8 people.

**Foot Clinic: 3rd Wednesday each month (January 18th).**

Clinic is staffed by a Registered nurse. By appointment only, for more information or to schedule an appointment, call (603) 580-6668. There is a cost of \$25.00 per visit.

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

Will take place in the Banquet Room.

## 10-WEEK WINTER WELLNESS CHALLENGE

From January 9th - March 19th - 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](mailto: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  
Pick pieces fruits for lunch  
Cook at home more often  
Drink 6 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  
Make a meatless meal  
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  
Make paper snowflakes  
Read a wellness book  
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  
Watch the sunset  
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](mailto:commrec@atkinson-nh.gov), a chance to win a raffle prize.



| Monday  | Tuesday  | Wednesday  | Thursday   | Friday   | Saturday   | Sunday   |
|---|--|--|--|--|--|--|
| <b>9 - First Day</b><br>_ Fitness<br>_ Nutrition<br>_ Mental Health | <b>10</b><br>_ Fitness<br>_ Nutrition<br>_ Mental Health | <b>11</b><br>_ Fitness<br>_ Nutrition<br>_ Mental Health         | <b>12</b><br>_ Fitness<br>_ Nutrition<br>_ Mental Health | <b>13</b><br>_ Fitness<br>_ Nutrition<br>_ Mental Health | <b>14</b><br>_ Fitness<br>_ Nutrition<br>_ Mental Health | <b>15</b><br>_ Fitness<br>_ Nutrition<br>_ Mental Health |
| <b>16</b><br>_ Fitness<br>_ Nutrition<br>_ Mental Health            | <b>17</b><br>_ Fitness<br>_ Nutrition<br>_ Mental Health | <b>18</b><br>_ Fitness<br>_ Nutrition<br>_ Mental Health         | <b>19</b><br>_ Fitness<br>_ Nutrition<br>_ Mental Health | <b>20</b><br>_ Fitness<br>_ Nutrition<br>_ Mental Health | <b>21</b><br>_ Fitness<br>_ Nutrition<br>_ Mental Health | <b>22</b><br>_ Fitness<br>_ Nutrition<br>_ Mental Health |
| <b>23</b><br>_ Fitness<br>_ Nutrition<br>_ Mental Health            | <b>24</b><br>_ Fitness<br>_ Nutrition<br>_ Mental Health | <b>25</b><br>_ Fitness<br>_ Nutrition<br>_ Mental Health         | <b>26</b><br>_ Fitness<br>_ Nutrition<br>_ Mental Health | <b>27</b><br>_ Fitness<br>_ Nutrition<br>_ Mental Health | <b>28</b><br>_ Fitness<br>_ Nutrition<br>_ Mental Health | <b>29</b><br>_ Fitness<br>_ Nutrition<br>_ Mental Health |
| <b>30</b><br>_ Fitness<br>_ Nutrition<br>_ Mental Health            | <b>31</b><br>_ Fitness<br>_ Nutrition<br>_ Mental Health | <b>February 1</b><br>_ Fitness<br>_ Nutrition<br>_ Mental Health |  |  |  |  |
| <b>1</b><br>_ Fitness<br>_ Nutrition<br>_ Mental Health             | <b>2</b><br>_ Fitness<br>_ Nutrition<br>_ Mental Health  | <b>3</b><br>_ Fitness<br>_ Nutrition<br>_ Mental Health          | <b>4</b><br>_ Fitness<br>_ Nutrition<br>_ Mental Health  | <b>5</b><br>_ Fitness<br>_ Nutrition<br>_ Mental Health  | <b>6</b><br>_ Fitness<br>_ Nutrition<br>_ Mental Health  |  |
| <b>7</b><br>_ Fitness<br>_ Nutrition<br>_ Mental Health             | <b>8</b><br>_ Fitness<br>_ Nutrition<br>_ Mental Health  | <b>9</b><br>_ Fitness<br>_ Nutrition<br>_ Mental Health          | <b>10</b><br>_ Fitness<br>_ Nutrition<br>_ Mental Health | <b>11</b><br>_ Fitness<br>_ Nutrition<br>_ Mental Health | <b>12</b><br>_ Fitness<br>_ Nutrition<br>_ 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](mailto:commrec@atkinson-nh.gov) a chance to win a raffle prize.

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

## ELDER SERVICES NEWS

### OFFICE HOURS

Office will be closed on January 2nd and January 16th.

### STAFFING UPDATE

Please welcome Nancy Louiselle, our new Schedule Coordinator as well as Teresa Gagnon and Peg Lambert our new drivers!

### SUMMARY OF PROGRAMS

- Senior Transportation Service
- Medical Assistive Equipment
- Library Homebound Program
- Referral to Veteran Administration Services
- Referral to Community Resources
- Work Collaboratively with Atkinson Recreation Department

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



or [commrec@atkinson-nh.gov](mailto: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>

## OFFICE HOURS

The Office will be closed January 4th - 6th.

## AMERICAN RED CROSS BLOOD DRIVE

American Red Cross Blood Drive sponsored by the AWCC - Wednesday, 1/4/23 1 pm ~ 6 pm. Register online <https://www.redcrossblood.org/give.html/donation-time?dt=WB:PL:DR:PM>

## 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/vyhlf8101/f/uploads/community\\_center\\_rental\\_application.pdf](https://www.town-atkinsonnh.com/sites/g/files/vyhlf8101/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 you are not on Facebook, be sure to select "Conservation" in the "Notify Me" section of the Town's web site.





## HISTORICAL SOCIETY

Happy New Year from Atkinson Historical Society! We are happy to announce that we are now accepting memberships for this year- 2023. For just \$20.00 you can support this great organization and be a part of the nationwide movement of preserving our history, start local!

Now that we have all opened our Tax bills, let's go back in time to Atkinson in 1939. 7% of our tax liability was for farm animals that were part of our "taxable property". The population was 430 people, 196 cows, and 4,652 chickens. There were 4 gas pumps. The Police Department budget was \$30, and the Fire Department budget was \$150.

There were no Police Station or Fire Station. There were only 4 grammar schools. Three were one room schools: the Center School, the Sawyer School, and the Depot School. The 4th was a rented room from the Atkinson Academy High School.

The School Report noted:

"Motion Pictures and Radio are rapidly taking a place in the school room".

"Hot cocoa was furnished to students at lunch time".

"Cod Liver oil was given to children who were underweight".

How things have changed in our little town.

Talking of Preservation, we are happy to share the new sign that is displayed on the Center School attached is a photo if Academy Ave is not a part of your driving loop. We hope to get support for this project at the polls in March. Remember to stop in any Wednesday 2-4 or the 1st Saturday of the month 10-12.

## MASTER PLAN COMMITTEE NEWS

The Master Plan Committee met on December 17 at Town Hall. The existing conditions of the town continued to be explored. Paul Wainwright of the Conservation Commission described the town's Open Space of over 1,000 acres; some public and some private. It all adds up to more than 15% of the area of the town. The head of the town's recreation department, Noriko Yoshida-Travers told of the many recreation opportunities available as well as shortcomings. For one, it was not surprising to learn that pickleball is stretching the public resources for that sport.

Grant and Historical Commission chair Kate Rochford shared their rich knowledge. The Center School, the Kimball Trust and the Native American Meeting Rock were just a few of the interesting historical items explained. Did you know that Atkinson was once a part of Haverhill? Members of the Water Resources Committee detailed the role of private wells and the Hampstead Area Water Company have in providing the town with its most precious resource.

The committee learned more about future community involvement in the plan. The public forum that will take place this spring (probably in April) will be a highlight. Until then please visit the Master Plan Committee website at <https://bit.ly/whatsnextatkinson>. The next meeting of the committee will be January 19th at 4:30 in Town Hall. You are welcome to attend.

[Follow on Facebook](#)[Website](#)

**Our mailing address is:**

19 Academy Avenue  
Atkinson, NH 03811

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