

# Senior Sizzler

# April 2024

## Senior Events with Plaistow Recreation

For more information, please contact the Plaistow Recreation department at 603-382-5200\*204.

Website: [Plaistow.com/Recreation](http://Plaistow.com/Recreation)

### Coffee Talk

Wednesdays

10-11:30 am

Back by popular demand, the Recreation Department is bringing back our "Coffee Talk" program. We will meet every Wednesday from 10-11:30 am inside the Town Hall Annex, 14 Elm Street, Plaistow. Be sure to the office for a mid-morning coffee break filled with games, crafts, and lively conversation.

### Plaistow Elder Affairs Committee Meeting

April 16, 2024,

10 am

If you're interested in volunteering, we highly encourage you to consider Plaistow Elder Affairs. Volunteering with Plaistow Elder Affairs provides a wonderful opportunity to make a positive impact on the lives of seniors in our community. Your involvement will be greatly appreciated and cherished by both the organization and the individuals you'll be serving. For more information you can reach us via email at [Recreation@Plaistow.com](mailto:Recreation@Plaistow.com) or by calling 603-382-5200 \*204

### Lasermania by Prismatic Magic

April 25, 2024,

4pm- 5pm

Friends of Plaistow Recreation presents Lasermania by Prismatic Magic at the Timberlane Performing Arts Center, 40 Greenough Rd Plaistow, NH. Dive into the wonderful world of lasers! It's the perfect introduction to the wonders of a dazzling laser light show set to a compilation of current hits. This is a great family-friendly event to enjoy during April school vacation! Buy tickets online for 8.00 or \$10.00 at the door. To Register call the Recreation office at 603-382-5200 X204 or Email [Recreation@plaistow.com](mailto:Recreation@plaistow.com) Website [Plaistow.com/Recreation](http://Plaistow.com/Recreation)  
\*This event is hosted by Friends of Plaistow Recreation not the Town of Plaistow Recreation Department.

### Community Trip – NEW ENGLAND AQUARIUM, BOSTON

April 26, 2024,

8:30 AM - 3:00 pm

Embark on an unforgettable family adventure to the New England Aquarium in Boston, MA, on April 26th, hosted by Sandown Parks and Recreation, and Plaistow Recreation! Dive into a day filled with wonder and discovery as we explore the wonders of the deep. Our journey begins bright and early, with a coach bus picking up Plaistow residents at 8:30 am from 51 Old Country Road, Plaistow NH. Sandown residents will be picked up shortly after at 8:45 am from the Ed Garvey Recreation Center. Relax and enjoy the scenic ride as we make our way to one of Boston's most iconic attractions. The cost of the trip is \$50 per adult and \$40 per child, your ticket includes transportation to and from the aquarium, as well as admission to the Aquarium. Payment is due upon registration and space is limited. To Register call the Recreation office at 603-382-5200 X204 or Email [Recreation@plaistow.com](mailto:Recreation@plaistow.com) Website [Plaistow.com/Recreation](http://Plaistow.com/Recreation)

### Monthly Senior Craft Class at the Vic Geary:

April 29, 2024,

9:30am

Plaistow Recreation offers a monthly craft class that's completely free for participants. This creative session takes place at the Vic Geary Drop-in Center on the last Monday of each month, running from 9:30 AM to 11:00 AM. Join us for a fun and artistic experience! You can sign up with Joyce @ 603-382-9276.

### Elder Affairs Spring Tea Social

May 1, 2024,

11:30-1:30 pm

Plaistow Elder Affairs will be hosting a Tea Party to celebrate the arrival of Spring. Join us as we sip aromatic tea and enjoy a light lunch with friends. Doors open at 11:20 am. The Timberlane Regional Middle School Chorus will be performing prior to lunch. Space in the Nelson room is limited, call the Recreation office, 603-382-5200\*204, to reserve your spot today.

## Senior Events at Vic Geary Drop in Center

For more information, please contact the Vic Geary Drop-in Center at 603-382-9276  
The Center is open Monday thru Friday 7:30am to 2pm and closed on Saturdays and Sundays.

### DAILY ACTIVITIES:

MONDAY: Cards cribbage and games 8 am-12 pm.

TUESDAY: Cards, Knitting, Puzzles. Bone builders' class. 9-10am and Bingo 1pm to 3pm.

WEDNESDAY: Cards, Board games, 8 am-12 pm. Line Dancing – 10:30-11:30am

THURSDAY: Cards, knitting, puzzles, 8 am-12 pm, Bingo 1-3 pm

FRIDAY: Cards, 8 am-12 pm, Bone Builders class 9-10am.

- **BONE BUILDERS CLASS** is free to everyone, just walk in and sign up. Donations are welcome. Classes are on Tuesdays and Fridays, 9-10 am.
- **FOOT CLINIC** is held on the first Wednesday of the month starting at 9am. Please Call for an appointment at 603-580-6668. The cost is \$25.00.
- **MEDICAL EQUIPMENT:** The Center has donated medical equipment for use to any-one who may need a walker, wheelchair, cane, or crutches. Please call the office @ 603-380-9276 for information on availability.
- **PEER SUPPORT GROUP:** Meetings will be held on the 3rd Thursday of every month here at the Vic Geary Center, start at 6:30pm. Topics include but are not limited to Depression, Anxiety and suicide. Maybe it is just time to talk or to listen to others share their stories. By sharing your stories, it may help others with similar struggles and change their life forever. If you would like to attend or have questions, please call Dana Charest @ 603-303-3539. Supported by the Plaistow Lions. For all meetings and cancellations, please visit vicgearyseniordropincenter.org.
- **PLASTIC COLLECTION:** The plastic recycling program is available again. If the bins are full, please do not leave plastic on the ground. They are emptied Monday through Friday. Thank you for donating.
- **LINE DANCING:** The line dancing class is scheduled for Wednesday mornings 10:30am to 11:30am. Please sign up with Joyce @ 603-382-9276. The cost is \$5.00 a class. Come join the fun and great exercise!!
- **RENTAL SPACE:** If you are interested in renting out the Vic Geary Drop-in Center for a private event, please contact Joyce at 603-382-9276

### Need a lift? If you are aged 60 or over, here's how we can help:

Rockingham Nutrition & Meals on Wheels offers Senior Shuttle Services for residents age 60+ who live in Atkinson, Danville, East Kingston, Hampstead, Kingston, Newton, Plaistow and Sandown. Schedule: On Mondays, we offer rides to medical appointments in Exeter and doctors' offices within the towns listed above. On Tuesdays and Thursdays, we offer rides to the Vic Geary Center for activities and/or lunch. On Wednesdays, we offer a group shopping trip to local stores. Our shuttle is wheelchair accessible and there is a suggested donation of only \$3.00 per ride. Our hours of operation are Monday-Thursday 8a.m.to 3 p.m. For more information and scheduling a ride, please call TripLink at 603-834-6010

### SENIOR SOCIAL

April 18, 2024,

9-11:30 am

Please join us to celebrate Spring on Thursday the 18th of April. Start time 9am to 11:30am. We will have continental breakfast, entertainment, raffle, and door prizes. Sign -up with Joyce @ 603-382-9276. Meals on Wheels will be serving a delicious hot lunch at 11:45. Please sign up with Ann-Marie @ 603-382-5995.

### CRAFT CLASS:

April 29, 2024,

9:30am

Free, monthly, craft class with the Plaistow Recreation department. Classes will be held at the Center on the last Monday of the month 9:30-11 am. This month we will be making gingerbread houses for the holidays. Please sign up @ 603-382-9276.

## Senior Events at the Plaistow Public Library

For more information, please contact the Plaistow Library at 603-382-6011

### Chair Yoga with Linda

**Tuesdays at 10:30 AM in the Nelson Room**

Please join us for our new yoga series, Chair Yoga with Linda! Chair Yoga is a fun and supportive class. It is a safe way to stretch, to increase strength and to improve flexibility. This class is appropriate for all levels of ability. It is especially beneficial for those with physical challenges. Linda is a graduate of Yoga Life Institute's 200-hour Classical Yoga Teacher Training. She also holds certifications in Chair Yoga and Chair Yoga Dance. Please be sure to wear comfortable clothing and bring water. \*This class has a \$5 fee.

### TecHelp with Gary by Appointment

**Wednesdays 12:00 PM - 3:00 PM**

Need help with your laptop, smart phone, or tablet? Schedule yourself some TecHelp with tech savvy Gary! Bring in your device, any necessary account information, device cords and your questions for personalized one-on-one help. You may also use a library laptop but best to learn on your own device if possible. This is a free service; however, an appointment is required. Please call the library to make your appointment: 603-382-6011.

### Yoga for Everyone

**Thursdays at 9:45 AM in the Nelson Room**

Gentle yoga features a focus on slow, steady movements and conscious breathing. Participants should wear comfortable clothing and be sure to bring a mat and some water. \*This workshop has a \$5 fee.

### Spice Club

**April 1, take-and-make kit**

Add a little spice to your life! This month we will be sampling *sage*. Please register in advance for your kit. Each kit will include: Sample of the month's featured spice, Information and history about the spice, two-three recipes to try.

### Book Club

**April 4 at 6:00 PM in the Living Room**

Join us for a lively conversation about our featured title "The Last Thing He Told Me" by Laura Dave.

### Getting Crafty with Nancy

**April 5 at 10:30 AM in the Nelson Room**

Get crafty with Nancy! This month we will be making a wooden "Hello Spring" wall or door sign. Nancy Ruddock is a retired school-teacher from Haverhill and has been leading arts & crafts classes on cruise ships all over the world. These crafts are fun and easy. PLEASE NOTE: This class has a materials fee of \$5.00 which must be paid in advance to hold your spot. Thank you for your understanding.

### Friday Flicks

**April 5 at 1:00 PM in the Nelson Room**

Today's movie will be *Dave*. An uncanny Presidential lookalike named Dave is recruited by the Secret Service to become a momentary stand-in for the President of the United States. This film is rated PG, and has a runtime of 110 minutes.

### Open Sew

**April 6 at 10:00 AM in the Nelson Room**

Join us for open sew! A project pattern will be provided if you would like to start something new (a materials list will be sent out 1 week before), or bring your own project to work on. Bring your own sewing machine or use ours! Irons, rotary cutters & mats, scissors and pins will all be provided for your use. Bring a lunch and have a fun day enjoying the company of other sewers!

### Solar Eclipse Party!

**April 8 3:00 PM - 5:00 PM**

Join us and watch the eclipse here at the library! We'll have moon pies, music, and a drop in craft for the kids!

### Some Assembly Required - Adult Craft Night

**April 8 at 6:00 PM in the Nelson Room**

Are you looking for a fun and creative way to express yourself? Join our adult craft class and unleash your inner artist! No experience or skills are required, just bring your enthusiasm and curiosity. Our class is suitable for all levels, and we provide all the tools and supplies you need. This month we will be making button flowers.

**Friday Flicks: Silent Movie Special****April 12 at 1:00 PM in the Nelson Room**

Today's movie will be the 1927 silent movie *Metropolis*. Fritz Lang's science fiction spectacular *Metropolis*, released in 1927, was one of the most ambitious films made to date. It introduced or expanded on genre staples such as the city of the future, the mad scientist, and the evil robot. Highlights include the robot's wild dance and the flooding of the underground city. At its core, this is a movie of labor vs. management and the need for mediation, a theme still relevant today. Maria still stands out as a strong female character. A movie like this calls for dramatic music, and Gary McGath will provide live accompaniment at his keyboard. The movie shown will be the most complete version available, running nearly 2 1/2 hours. There will be an intermission for the accompanist's sake.

**Learn to be an Active Bystander****April 16 at 6:00 PM in the Nelson Room**

Be an active bystander, break the silence. A Bystander is a person who observes a conflict or unacceptable behavior. It might be something serious or minor, one-time or repeated, but the Bystander knows that the behavior is destructive or likely to make a bad situation worse. Presented by the YWCA, participants will learn to become more comfortable responding to and acting upon disclosures of domestic violence and sexual assault while also learning to become aware of how best to prevent future acts of violence.

**Sewing and Needle Work Get Together****April 17 at 5:30 PM in the Nelson Room**

Bring your current sewing or needle work project and join us in the Nelson Room! Working on a large project and need space to spread out? Do you have a sewing project you're working on and would like some company and conversation while you do it? If so, this time is for you! Bring your own sewing machine, or borrow ours and basic sewing notions will be available for use.

**Friday Flicks****April 19 at 1:00 PM in the Nelson Room**

Today's movie will be *Wonka*. With dreams of opening a shop in a city renowned for its chocolate, a young and poor Willy Wonka discovers that the industry is run by a cartel of greedy chocolatiers. Rated PG, 116 Minutes.

**Red Cross Blood Drive****April 20, 9:00 AM - 2:00 PM in the Nelson Room**

Please pre-Register at [RedCrossBlood.org](http://RedCrossBlood.org)

**Sweet Hill Farms Presents Tips for the Backyard Gardener****April 22 at 6:00 PM in the Nelson Room**

Join us Earth Day for Dan Kane of Sweet Hill Farm's presentation on tips for the area's backyard gardeners. Planting season is upon us and Dan will help us decipher the code of what should be planted and when, fertilizing and other care for a bountiful garden. Whether you are a beginner or a long-time grower there is sure to be something for everyone! This is a Plaistow Historical Society program, at the Plaistow Library.

**Viking Knit Bracelet Workshop****April 24 at 6:00 PM in the Nelson Room**

Join us as we create a Viking Knit bracelet! This is an easy technique with minimal tools and really opens up a lot of options in jewelry making. A kit will be provided to make a simple finished bracelet with a draw plate to take home to create more. This is a forgiving and rewarding technique, perfect for beginners. This workshop has a \$15 fee and is a fundraiser for the Friends of the Library.

**Friday Flicks: Documentary Edition****April 26 at 1:00 PM in the Nelson Room**

Today's movie will be *The Anthropologist*. This film considers the fate of the planet from the perspective of an American teenager. Over five years, she travels alongside her mother, an anthropologist studying the impact of climate change on indigenous communities. This film is rated TV-14, and has a runtime of 78 Minutes.

**Poetry and Pastries****April 27 at 11:00 AM in the Nelson Room**

Join us for a fun and relaxing morning of poetry reading and pastries eating! Local poet Ian Davidson will share some of his whimsical poetry set in nature. No deep thinking required! Whether you are looking for inspiration or relaxation, this program will help you connect with nature through poetry while indulging in your sweet tooth.