

Senior Events with Plaistow Recreation

For more information, please contact the Plaistow Recreation department at 603-382-5200*204, Website: Plaistow.com/Recreation

Plaistow Elder Affairs Committee Meeting

August 20, 2024, 10 am at the Plaistow Library

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 or by calling 603-382-5200 *204

Monthly Senior Craft Class at the Vic Geary:

August 26, 2024, 9:30 AM to 11:00 AM.

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.

Plaistow Summer Concerts on the Green

Wednesdays from 6-8pm, June 26th through August 14th.

Come and enjoy the Summer Concerts on the Green at the charming Plaistow Town Green, conveniently located at 145 Main St. Experience the vibrant sounds of our local music scene with our 8-week concert series. Don't forget to bring your chair and a picnic dinner for a delightful evening under the stars. For any weather-related updates, visit our website at Plaistow.com/Recreation or check out our Facebook page, Plaistow Recreation.

Senior Events at the 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.
- **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

BLOOD PRESSURE SCREENINGS:

Tuesday August 13th 10-11 am

Plaistow fire department will be here at the Center to do blood pressure screenings every second Tuesday of the month. Tuesday 9th from 10am to 11am. Walk-ins welcome.

AUGUST SOCIAL:

Thursday August 15th from 9am to 11:30.

Please join us for our social on Thursday August 15th from 9am to 11:30. Breakfast goodies. Breakfast goodies. The entertainment will be by the New Hampshire Ukelele group. 50/50 raffle, and door prizes. Please sign up with Joyce by calling 603-382-9276. A Delicious hot lunch will be served by Meals on Wheels. Please sign up with Ann-Marie @ 603-382-5995.

CRAFT CLASS:

August 26, 2024, 9:30-11am

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. Please sign up @ 603-382-9276.

NEW ACTIVITY –

August 5, 2024, 11-2p

Starting on Monday August 5th the Vic Geary Drop-In Center will be offering a fun social every first Monday of the month starting from 11am to 2pm. This is our lunch and dance party, come celebrate your friends' birthdays and anniversaries. Refreshments will be served, drinks, and cake with ice cream. Dance music from the golden oldies. Please register with Joyce at 603-382-9276.

Senior Events at the Plaistow Public Library

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

Senior Events at Vic Geary Drop in Center

Chair Yoga with Linda

Tuesdays at 10:30 AM in the Nelson Room

Please join us for our 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.

Chair Yoga with Linda

Fridays at 9:30 AM in the Nelson Room

New weekly class beginning July 12! 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.

Book Club

August 1 at 6:00 PM in the Living Room

Join us for a lively conversation about our featured title "Lottery" by Patricia Wood.

Friday Flicks

August 2 at 1:00 PM in the Nelson Room

Today's movie will be *Unsung Hero*. Based on a remarkable true story, a mom's faith stands against all odds and inspires her husband and children to hold on to theirs. This film is rated PG, and has a runtime of 113 minutes.

Open Sew

August 3 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 lunch and have a fun day enjoying the company of other sewers!

Spice Club

August 5, take-and-make kit

Add a little spice to your life! This month we will be sampling *sumac*. 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.

Red Cross Blood Drive

August 6, 1:00 PM - 6:00 PM in the Nelson Room

Please pre Register at RedCrossBlood.org. We are always looking for volunteer greeters! Please contact the library (603-382-6011) if you are interested in helping out.

Friday Flicks**August 9 at 1:00 PM in the Nelson Room**

Today's movie will be *Missouri Breaks*. Tom Logan is a horse thief. Rancher David Braxton has horses, and a daughter, worth stealing. But Braxton has just hired Lee Clayton, an infamous "regulator", to hunt down the horse thieves; one at a time. This film is rated PG, with a runtime of 126 Minutes.

Some Assembly Required - Adult Craft Night**August 12 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 an egg carton wreath.

Yes I can! Preserving fruits and Veggies in NH**August 13 at 6:00 PM in the Nelson Room**

Learn simple skills on how to preserve the abundance of your garden. Too many cukes? Learn how to pickle. Canning was a mainstay of our forebears. Nothing went to waste. Apples can become apple sauce. Berries can become jelly. The list is ongoing. Sean O'Brien of the UNH Co-Operative Extension will lead a talk and canning demonstration geared toward beginners and lend tips to experienced preservers. This is a Plaistow Historical Society program being held at the Plaistow Public Library.

Book Club**August 14 at 10:30 AM in the History Room**

Join us for a lively conversation about our featured title "Lottery" by Patricia Wood.

Friday Flicks**August 16 at 1:00 PM in the Nelson Room**

Today's movie will be *Fall Guy*. A down-and-out stuntman must find the missing star of his ex-girlfriend's blockbuster film. This film is rated PG-13 and has a runtime of 126 Minutes.

Author Talk: Albert Waitt**August 19 at 6:00 PM in the Nelson Room**

Join us for an engaging evening with local author Albert Waitt as he talks about his new book "Flood Tide", shares his experiences on the journey to write, edit and get published, as well as a behind-the-scenes look at his writing process. Copies of his latest book will be available for purchase. About the author: Former resident of Plaistow and Timberlane graduate, author Albert Waitt (now a resident of Kennebunkport Maine) is currently writing a mystery fiction series for noted mystery publisher Level Best Books. The second book in the series, "Flood Tide", came out this spring, while the first book in the series, "The Ruins of Woodman's Village", was published in 2023. A third book will be released in spring of 2025. The Maine Sunday Telegram summed up their review of Ruins by stating: "Maine writer Waitt reveals a great talent for crafting a provocative, compelling mystery in 'The Ruins of Woodman's Village.' He exhibits masterful confidence in pacing, taking time to lay out all the pieces, then deeply setting the hook to reel in the ending without a snag. It is a story with social substance, making it all the more engaging."

Drawing Community**August 20 at 6:00 PM in the Nelson Room**

From the simplest stick figures to the flashiest modern manga, cartooning and comics have long offered us powerful ways to look at and define ourselves and our communities. What does it mean to draw together in community, and how does the act of creating art help us move from MY story and YOUR story to OUR story? Join New Hampshire cartoonist Marek Bennett as he shares lessons from his award-winning work on graphic novels and webcomics like *The Most Costly Journey (El viaje ms caro)*, the long-running series *The Civil War Diary of Freeman Colby*, and more. Through sample artwork, historical source materials, and live cartooning demonstrations, this program looks at how collaborative cartooning drawing together helps us explore identities, share perspectives, and deepen connections in our communities. This program has been made possible by a grant from New Hampshire Humanities.

Sewing and Needle Work Get Together**August 21 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: Documentary Edition**August 23 at 1:00 PM in the Nelson Room**

Today's movie will be *Calendar Girls*. Florida's most dedicated dance team for women over 60, shaking up the outdated image of "the little old lady," and calling for everyone to dance their hearts out, while they still can. This film is not rated and has a runtime of 84 minutes.

Yes I can! Preserving fruits and Veggies in NH**August 27 at 6:00 PM in the Nelson Room**

Newly added workshop date due to popular demand! Learn simple skills on how to preserve the abundance of your garden. Too many cukes? Learn how to pickle. Canning was a mainstay of our forebears. Nothing went to waste. Apples can become apple sauce. Berries can become jelly. The list is ongoing. Sean O'Brien of the UNH Co-Operative Extension will lead a talk and canning demonstration geared toward beginners and lend tips to experienced preservers. This is a Plaistow Historical Society program being held at the Plaistow Public Library.

Friday Flicks**August 30 at 1:00 PM in the Nelson Room**

Today's movie will be *Next Stop Wonderland*. An unlucky in love nurse finds her life taking a detour when her mother places a personals ad in the paper, while on the other side of Boston, a plumber is trying to change careers. This film is rated R and has a runtime of 104 Minutes.