

Senior Sizzler

August 2025

**** Plaistow Recreation ****

For more information, please contact the Plaistow Recreation Department.

Located inside the Norman L. Major Building, 14 Elm Street, Plaistow NH

603-382-5200*204, Website: Plaistow.com/Recreation

Yoga on Town Green

Tuesdays from 6-7pm

Miss Liz is a certified yoga instructor at Iron Cactus in Kingston and one of our incredible Assistant Summer Camp Directors at Plaistow Summer Rec! She loves yoga so much that she's offering this class for just **\$5.00 per family**, what a gift to the community! Bring a mat, a water bottle, and the whole family. All ages and experience levels are welcome. **No registration needed—just show up and enjoy!**

Plaistow Summer Concerts on the Green, June 25th through August 13th.

Wednesdays from 6-8pm,

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.

Plaistow Mom's Village!

Thursdays at 11 am

This exciting program will take place on Thursdays at 11am and will be held at the Norman L. Major Building, 14 Elm Street. The cost is pay-what-you-can, with a suggested fee of \$10. Pre-registration is preferred, but you can also join whenever works best for you. For more information, contact Jen at jenkppdoula@gmail.com. Join Plaistow Mom's Village and become part of a supportive community that's here to help you every step of the way!

Senior Craft Workshop

Wednesday, August 27th, at 9:30 AM

Join us for a fun and creative craft workshop on the 4th Wednesday of each month! Whether you're an experienced crafter or just starting out, this is a wonderful opportunity to create a beautiful keepsake. All supplies are provided at no cost—just bring your enthusiasm! Relax, get creative, and connect with fellow craft lovers. Registration Required

Annual Fall Town-Wide Yard Sale

Saturday, September 20th, 8-2 pm Rain or Shine

Get ready to treasure hunt across town! Plaistow Recreation is excited to host the Annual Town-Wide Fall Yard Sale on Saturday, September 20, 2025, from 8:00 AM to 2:00 PM, rain or shine. Residents participating in the event will be featured on a printable yard sale map, making it easy for shoppers to plan their route. Maps will be available for pickup at the Plaistow Library beginning September 18, 2025, and can also be found online at plaistow.com/recreation and across Plaistow Recreation's social media channels. Don't miss this fun, town-wide event—whether you're shopping or selling, there's something for everyone! If you would like to host a yard sale and be added to the map register online at PlaistowNH.Myrec.com

Community Trip – Cranberry Bog

Wednesday October 22nd

The Plaistow and Sandown Recreation Departments are excited to invite community members to their 2025 Fall Trip on Wednesday, October 22. This year's outing features a guided tour of the scenic cranberry bogs at

Benson's Pond, offering a unique opportunity to experience the beauty of autumn in New England. Following the tour, participants will enjoy a delicious lunch at Benson's Pond, a charming local restaurant known for its warm atmosphere and flavorful menu. The day begins with a 7:30 AM departure from PARC in Plaistow and concludes with an approximate return at 5:30 PM. The full trip, including tour and lunch, is priced at \$65 per person. Spaces are limited, so early registration is encouraged through PlaistowNH.MyRec.com for Plaistow residents or via the Sandown Recreation website for Sandown residents. Please note the tour involves walking on uneven terrain; attendees should wear appropriate footwear and contact Benson's Pond in advance if accommodations are needed. This rain-or-shine event promises a memorable fall experience for all.

**** Plaistow Public Library****

For more information, please contact the Plaistow Public Library.
85 Main Street, Plaistow, NH. 603-382-6011, Website: Plaistowlibrary.com

Mello Monday Evening Yoga

Mondays at 6:00 PM in the Nelson Room

This yoga series is a gentle yoga featuring 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 program is for adults (ages 18+) and childcare is not provided. We apologize for the inconvenience.

*This workshop has a \$5 fee.

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.

Yarn Crafters for Charity

Wednesdays at 1:00 PM in the History Room

Knitting and crocheting are wonderful hobbies, especially when you make items to comfort others. There is great camaraderie amongst our crafters as we gather to make shawls, lap blankets, baby items, hats and scarves (just to name a few) for local charities. We meet every Wednesday - join us!

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

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.

Friday Flicks

August 1 at 1:00 PM in the Nelson Room

Today's feature is "The Unbreakable Boy". A young boy with both a rare brittle-bone disease and autism transforms everyone around him with his joyous, funny, and life-affirming world view. This film is rated PG and has a runtime of 109 minutes.

Book Club**August 7 at 6:00 PM in the Living Room**

Join us for a lively conversation about our featured title "The Handmaid's Tale" by Margaret Atwood.

Friday Flicks**August 8 at 1:00 PM in the Nelson Room**

Today's movie is "Hugo". In 1931 Paris, an orphan living in the walls of a train station gets wrapped up in a mystery involving his late father and an automaton. This film is rated PG and has a runtime of 126 minutes.

How to Buy Made in the USA Products**August 12 at 6:00 PM in the Nelson Room**

Come join Dianna Huff for a fun and interactive presentation on how to find and buy Made in USA products from local businesses and online. Dianna has been buying Made in USA products since 2015 and has been featured in the WSJ. Her presentation includes a product showcase, games, and a raffle of a 100% Made in USA product. To learn more about Dianna Huff, visit her website at www.huffindustrialmarketing.com or connect with her on LinkedIn: <https://www.linkedin.com/in/diannahuff>

Book Club**August 13 at 10:30 AM in the History Room**

Join us for a lively conversation about our featured title "The Handmaid's Tale" by Margaret Atwood.

Advanced Tarot Training**Thursday, July 14 at 6:00 PM in the Nelson Room**

This workshop builds upon basic tarot knowledge, guiding participants deeper into the world of tarot reading, interpretation, and intuitive connection. If you've grasped the fundamentals and are ready to enhance your understanding, this session will help you refine your skills and develop greater confidence in reading the cards.

*Please bring an original tarot deck with you to this workshop. This program is for adults (ages 18+) and childcare is not provided. We apologize for any inconvenience.

Friday Flicks**August 15 at 1:00 PM in the Nelson Room**

Today's movie is "Jaws". An enormous great white shark terrorizes a summer resort town, where a police chief, a grizzled fisherman and an intrepid marine biologist realize they're "gonna need a bigger boat" to battle the bloodthirsty beast. This film is rated PG and has a runtime of 124 minutes.

Open Sew**August 16 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!

Empowering the Midlife Woman: Navigating Menopause and Metabolic Health August 19 at 6:00 PM in the Nelson Room

Presented by Katelin Cashman PA-C, MSCP, CFNIP founder of Journey Health LLC, this program is designed to support and empower midlife women as they navigate the transformative journey of menopause and the evolving dynamics of metabolic health. Through insightful discussions and expert guidance, participants will gain a deeper understanding of hormonal changes, common symptoms, and strategies for maintaining well-being during this pivotal stage of life. Whether you're experiencing menopause firsthand or preparing for the journey, Empowering the Midlife Woman offers essential knowledge and tools to help you take control of your health and well-being with grace and strength.

Sewing and Needle Work Get Together**August 20 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

August 22 at 1:00 PM in the Nelson Room

Today's film will be "Dirty Rotten Scoundrels". Con men, both working the Riviera, trample on each other's turf; they make a bet that will force one of them to leave. This film is rated PG and has a runtime of 110 minutes.

Red Cross Blood Drive

Aug 26, 1:00 PM - 6:00 PM in the Nelson Room

Please pre Register at RedCrossBlood.org.

Some Assembly Required - Adult Craft Night

August 27 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 fruit painted

Friday Flicks

August 29 at 1:00 PM in the Nelson Room

Today's film will be "The Full Monty". Downtrodden British steelworkers start their own male exotic-dancing troupe to help make ends meet after seeing the success of the Chippendale Dancers, but the local talent leaves much to be desired. This film is rated R and has a runtime of 91 minutes.

**** Plaistow Elder Affairs****

For more information, please contact Sue Sherman at 603-531-5017 or email susherm@hotmail.com

Elder affairs meeting May 20 10 am at First Baptist Church. Planning Spring tea for June 4.
We are always looking for new members to join us.

**** Vic Geary Drop-in Center****

For more information, please contact the Vic Geary Drop-in Center at 603-382-9276
18 Greenough Road, Plaistow NH. Email Vicgeary@gmail.com

The Vic Geary Drop-In Center

www.Vicgearyseniordropincenter.org

● Po Box 40 ● 18 Greenough Road, Plaistow, NH 03865 ● TEL: 603-382-9276 ● Email: Vicgeary@gmail.com



Serving the Towns of:
Atkinson, Danville, Hampstead,
Kingston, East Kingston, Newton,
Plaistow, and Sandown.



NEW THIS MONTH

Dance Aerobics
Wednesdays 9-10
Tai Chi starting
August 11, 11-12

Need a Ride to the
center or store? Call
TripLink 603-834-
6010

Foot Clinic
Wednesday August
6th 9-1.
No walk-ins, you
must register by
calling the Foot
Clinic at: 603-702-
8203.

Peer Support Meetings
3rd Thursday 6PM

Medical Equipment
Available

HALL RENTALS
Available for Special
Events(Weddings, etc.).
Call 603-382-9276

Upcoming Activities

August Special

Join us on August 21st 9-11 for our Monthly Special. Enjoy coffee & donuts, Music by Henri, 50/50 Raffle & door prizes Register @ 603 382 9276

What's Happening in August

NEW.....WE NOW SERVE LUNCH 5 DAYS A WEEK! Why eat lunch alone? Meet friends at Vic Geary for lunch & friendship. Please call 603 382 9276 to reserve a lunch.

August 11th 12-2 Join us for Lunch & our Monthly Birthday/ Anniversary Party, enjoy a boxed lunch & cake & ice cream, gift for those celebrating their July birthday or Anniversary, dance to the oldies and join in the electric slide, the twist, the hokey pokey, and the Macarena. Lots of fun!

August 12th 10-11 Blood Pressure Check (U)

August 14th 10:30 - 11:30 Presentation by Granite State Modelers Club

August 15th 12-2 Ice Cream Cake Social & Summer Bingo

August 16th 12-2 Annual Summer Cookout, please register with the Office.

August 25th 9-11 Breakfast & Black Jack

August 19th 10:30-11:30 Presentation by Silver Shield (U)

Every Tuesday 8:30-11 Yarn Club. All levels welcome.

Bingo Every Tuesday & Thursday 1-3

Every Wednesday 9-10 Dance Aerobics

Every Friday 11-12 Chair Yoga \$5



Summer Concerts on the Green

June 25, 2025 through August 13, 2025
Wednesdays from 6-8pm

Our beautiful Town Green is located at 145 Main St, Plaistow, NH, and offers plenty of space for families to spread out and enjoy the sweet sounds of summer.

6/25/2025 Stone Temple Posers

The Stone Temple Posers are an STP Tribute band based out of Plaistow, New Hampshire. If you like Stone Temple Pilots, you will just love the Stone Temple Posers. The aim of the Stone Temple Posers is to re-create the awesome music that STP is known for. Check out their website <https://stonetempleposers.com>.

7/02/2025 Key Elements

Key Elements is a top-notch 4 piece NH-based cover band. Siblings Mike and Liz Comeau grew up in Plaistow and attribute their musical talents to being in the Timberlane Band. Groove, dance and sing along to nostalgic favorites from the 70's, 80's and beyond from artists like The Eagles, James Taylor, Bob Seger, Carole King, Linda Ronstadt, Jimmy Buffet and other great bands. Be sure to pick up one of the hand percussion instruments they bring and play along with the band! Let's have fun!

7/09/2025 JRFM/Pizzastock presents Glue & Ambivalence

Glue - is a classic rock band made up of five friends from Derry, NH, all students at Pinkerton Academy. Formed in 2021, the group thrives on the fun and energy they bring to both practice and performance. Glue is especially proud to have played at Pizzastock events, where they support the Jason R. Flood Memorial's mission of healing through music and building community connections. Check them out on Instagram: @glue_official_1

Ambivalence - is a four-piece rock band composed of 4 students from Windham High School. Influenced by artists like Paramore, Green Day, and Van Halen, they rehearse regularly

and perform whenever they can. The band is excited to continue growing and evolving on their musical journey.

7/16/2025 Timberlane Jazz Band

We are the Timberlane Community Jazz Band, under the direction of John Mainella. We play a variety of music in the Big Band style, (5 saxes, 4 trombones, 4 trumpets, Bass, Piano, Drums, Guitar, vocalists).

7/23/2025 Timberlane Community Band

Timberlane Community Band is a non-professional, 50+-piece adult concert band based in Plaistow, NH and serving the Southern NH and Merrimack Valley MA areas. The band was formed many years ago by Mr. Anthony DiBartolomeo. The band is presently under the direction of Gil LaPointe. To find out more about the band and where they are playing next, visit them at TCMAMusic.org.

7/30/2025 North River Music

North River Music has an Americana sound with strong harmonies and expressive musicianship. Playing folk, rock and country songs, a North River set is fun to listen to with something familiar for everyone. From Crosby Stills and Nash, The Eagles and Dylan to the Dixie Chix and Indigo Girls come to dance, come to listen - you'll like what you hear! To find out more about the band and where they are playing next, visit northrivermusic.com or on Facebook @[northrivermusicnh](https://www.facebook.com/northrivermusicnh).

8/06/2025 Relative Soul

Made up of a Father-Daughter duo Eric and Kacie and some dear family friends Al and Reid, we are devoted to bringing the right energy to parties, restaurants, and venues of all kinds. We have a love for performing along with a stellar cross-generational repertoire, and our size scalability makes us the ideal entertainment for events of all types.

08/13/2025 Time Bandits

The members of TIME BANDITS have been bringing their talents to venues all over New England for decades and have now come together to present a pop/rock experience spanning from the 60-s through the 80's and MORE, with a penchant toward the 80's. To find out more about the band and where they are playing next, visit them on Facebook @TimeBanditsNewEngland.



Plaistow & Sandown Recreation 2025 Fall Trip



Benson's Pond

Located in Middleboro Massachusetts, Benson's Pond cranberry bog farm offers 80 acres of cranberry bogs and supporting woodlands with stunning vistas, peaceful spaces, and meaningful history that you won't find anywhere else.



Trip Details

Date: Wednesday, October 22, 2025

Pick-Up Location:

PARC, 51 Old County Road, Plaistow, NH 03865

Departure Time: 7:30 AM sharp

Cranberry Bog Tour: 10:30 AM – 12:00 PM

Lunch at Benson's Pond: 12:00 PM – 1:00 PM

Approximate Return: 5:30 PM

Cost: \$65 per person (includes tour and lunch).



Register via

Plaistow residents can sign up at

PlaistowNH.MyRec.com

or call 603-382-5200*204

Sandown residents can sign up at

[Sandown Recreation](https://SandownRecreation.com) or call 603-887-1872

Out of town residents can register for the trip after October 7, 2025.

Mobility & Accessibility Notice

Please be advised that the Cranberry Bog Tour involves walking on uneven terrain and some outdoor paths that may include natural obstacles. Participants should wear comfortable, sturdy footwear suitable for walking outdoors. If you have mobility concerns or require accommodations, please contact Benson's Pond ahead of time so they can assist in making your experience enjoyable and accessible. Event is rain or shine

