

Senior Sizzler

December 2024

Senior Events with Plaistow Recreation

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

Christmas Tree Lighting

December 1st 5pm

Plaistow's Annual Tree Lighting will take place on December 1st at 5 p.m. on the Town Green at the Town Hall. Santa will arrive with the Plaistow Fire Department in a festive convoy of fire trucks to light up the tree. Once the lights sparkle, join in for caroling, holiday music, and a chance to take photos with Santa.

Letters to Santa

December 1st

Bring the magic of the season to life! Stop by the Town Hall gazebo and drop off your letter to Santa – no postage required! Letters will be collected and sent to the North Pole every few days between December 1st and December 19th. For more details, email Recreation@plaistow.com.

Hey Plaistow, Show Us Your Lights!

December 1st

Plaistow Recreation is creating a Holiday Lights Map to feature the town's most festive outdoor displays! If you'd like your home to be included, email recreation@plaistow.com by December 11, 2024. Maps will be posted on social media by December 12, with printed copies at the Town Hall, Town Hall Annex, and Plaistow Library. Plus, all participants will be entered into a raffle to win a \$25 Market Basket gift card, with the winner announced on December 16. Let's light up Plaistow for the holidays!

Wreath Making workshop

December 4th 9 am – 12 pm

Plaistow Recreation will be hosting our annual Wreath Making workshop at the Vic Geary Drop-in Center on Wednesday, December 4th from 9:30-11:30 am. The cost to attend is \$10 for a 10-inch wreath or \$15 for a 14-inch wreath. Our workshop includes fresh greenery, wire, decorations, and ribbon. Reserve your spot at Plaistow.com/Recreation or call the office at 603-382-5200 *204.

Monthly Senior Craft Class at the Vic Geary

December 11th, 9:30-11 am

Join us for a fun and festive experience! We will be decorating Gingerbread houses. This creative session takes place at the Vic Geary Drop-in Center, running from 9:30 AM to 11:00 AM. You can sign up with Joyce at the Vic Geary, 603-382-9276

Holiday Trip Yankee Candle Factory

December 10th 8-6pm

See attached flyer for details.

Plaistow Elder Affairs Senior Holiday Tea

Join us for the Plaistow Elder Affairs Senior Holiday Tea on December 16, 2024, from 12 PM to 2 PM in the Nelson Room at the Plaistow Library. The Plaistow Elder Affairs committee will be hosting a tea party to celebrate the holidays. Join us as we gather for a light lunch filled with great conversations and entertainment. Space in the Nelson room is limited and registration is open exclusively for Plaistow Residents until December 1st. Guests can register online at plaistow.com/recreation or call the Recreation Department, 603-382-5200*204, to reserve your spot today. *Holiday Tea will be dedicated to our dear friend Rita Sampson.

Plaistow Elder Affairs Committee Meeting

December 17, 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

Sandown Rec and Plaistow Rec presents

HOLIDAY TRIP 2024

DECEMBER 10, 2024
8 AM TO 6 PM

Sandown and Plaistow Recreation are teaming up once again for our annual Holiday Trip!

Join us for a delightful holiday outing to the enchanting Yankee Candle Village in Deerfield, MA, on December 10th! This magical destination offers something for everyone, from unique shopping experiences to festive seasonal activities. Create your own custom candle, explore Santa's Workshop, and stroll through the Bavarian Christmas Village, where snow falls indoors every four minutes! Indulge your sweet tooth at the Fudge Shop and discover 125 varieties of candy at Yankee Candy. Don't miss out on this fun-filled holiday adventure!

After enjoying all that Yankee Candle Village has to offer, we'll gather for a delicious buffet lunch at the historic Deerfield Inn. It's the perfect way to kick off the holiday season with friends, fun, and festive cheer!

Cost: \$45 for residents

Exclusive registration for Sandown and Plaistow residents is available prior to November 15, 2024. Contact your Recreation department today so you don't miss out on this magical holiday adventure!



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, Coloring, 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 and Coloring, 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.
- **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!!
- **BLOOD PRESSURE SCREENINGS:** Plaistow fire department will be here at the Center to do blood pressure screenings every second Tuesday of the month from 10-11 am. Walk-ins welcome.
- **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.
- **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

Special events for December

Please join us for our Christmas Social on Thursday December 19th 9am to 11:30 Breakfast goodies , door prizes, music by Henri,50/50 raffle and a visit with Santa and his elves. Please register @ 603-382-9276

Monday Dec 2nd Pot luck, B/D Anniversary party and Yankee swap. Must register with name and phone number and select main dish or side dish. Yankee swap, bring wrapped gift bag, value \$10.00 Sign up 603-382-9276

Tuesday Dec 3rd. Coffee and book signing with local author Rebecca Rule. Enjoy coffee and Christmas sweets, book signing and door prize. Made possible by a grant from New Hampshire Humanities. 10:30 to 11:30

Dec 4th Wreath making with Plaistow Recreation, 9am to 11am. Please register at 603-382-9276

Dec 5th 10am to 11am Southern New Hampshire Ukelele Group.

Dec.11th We are making gingerbread houses with Plaistow Recreation at 9:30 to 11:30 Please sign up @ 603-382-9276

Dec 16th noon to 2pm Plaistow Elder Affairs tea at the library. Please sign up with Jen @ 603-382-5200

Dec 18 11:30 to 1:30 Country Kitchen luncheon and dance, also ugly sweater contest. Music by Linda Simard. Register with Joyce @603-382-9276

Dec 19th 9:am to 11:30am Christmas special. Music by Henri. Breakfast goodies, raffle, door prizes and visit from Santa. Please sign up with Joyce @ 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 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.

TechHelp with Gary by Appointment

Wednesdays 12:00 PM - 3:00 PM

Need help with your laptop, smart phone, or tablet? Schedule yourself some TechHelp 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! 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.

Spice Club

December 2 , take-and-make kit

Add a little spice to your life! This month we will be sampling mustard seed. 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.

Cookies and Cards Tarot Workshop December 2 at 6:00 PM in the Nelson Room
Round table Q/A Session with tips and tricks to take your readings to another level. Bring your favorite decks, ask questions, connect with like minded individuals & practice your skills - all skill levels are welcome.

Scrap Wool Wreath Ornament Workshop December 3 at 6:00 PM in the Nelson Room
Join us to create a scrap wool wreath for your holiday decorating or gift giving! This workshop has a fee of \$10 which includes all supplies.

Holiday Boxwood Tree Workshop December 4 at 6:00 PM in the Nelson Room
Back by popular demand! Felicia Motherway is back for a festive evening of pruning and decorating a holiday boxwood tree to adorn your home this season. Each participant will be guided through the process of creating a one of a kind boxwood tree. Materials fee of \$50 must be paid in advance to hold your place. Presented by Felicia Motherway. If paying by check, please make it payable to Felicia Motherway. All checks will be collected at the front desk. This is an adult only event. Thank you for your understanding.

Book Club December 5 at 6:00 PM in the Living Room
Join us for a lively conversation about our featured title "The Lost Bookshop" by Evie Woods.

Friday Flicks December 6 at 1:00 PM in the Nelson Room
Today's movie will be *Twisters*. Kate Carter, a retired tornado-chaser and meteorologist, is persuaded to return to Oklahoma to work with a new team and new technologies. This film is rated PG-13 and has a runtime of 122 minutes.

Open Sew December 7 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!

Some Assembly Required - Adult Craft Night December 9 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 a winter themed craft.

Book Club December 1 at 10:30 AM in the Nelson Room
Join us for a lively conversation about our featured title "The Lost Bookshop" by Evie Woods.

Friday Flicks December 13 at 1:00 PM in the Nelson Room
Today's movie will be *Family Man*. A fast-lane investment broker, offered the opportunity to see how the other half lives, wakes up to find that his sports car and girlfriend have become a mini-van and wife. This film is rated PG-13 and has a runtime of 122 minutes.

Red Cross Blood Drive December 14, 9:00 AM - 2:00 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.

Adult Lit to Go Box

December 18 Book Care Package

Do you find yourself asking "what should I read next?" Let us pick for you! Fill out our questionnaire (found under the event at plaistowlibrary.com) and we will put together a personalized box just for you! Each box will contain two books, yummy snacks and a fun surprise gift. Return the box and the books, the rest is yours to keep. *Must be a Plaistow Library card holder to participate.*

Sewing and Needle Work Get Together

December 18 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

December 20 at 1:00 PM in the Nelson Room

Today's movie will be *A Christmas Story*. In the 1940s, a young boy named Ralphie Parker attempts to convince his parents, teacher, and Santa Claus that a Red Ryder Range 200 Shot BB gun really is the perfect Christmas gift. This film is rated PG and has a runtime of 93 minutes.

Friday Flicks

December 27 at 1:00 PM in the Nelson Room

Today's movie will be *Sleepless in Seattle*. A recently widowed man's son calls a radio talk-show in an attempt to find his father a partner. This film is rated PG and has a runtime of 105 Minutes.