

Senior Sizzler

February 2024

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

February 20, 2024 1pm

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:

February 26, 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.

Senior Trips with the Best of Times Travel

Plaistow Recreation is excited to announce a fantastic collaboration between Plaistow Recreation and Best of Times Travel, offering you a delightful array of tribute shows this year.

If you are interested in attending any of the events and would like more information, please don't hesitate to contact Plaistow Recreation. You can reach us via email at Recreation@Plaistow.com or by calling 603-382-5200 *204. We would be more than happy to provide you with all the details you need and assist you in making your experience truly enjoyable.

3/6/2024	Andy Clooney
4/25/2024	Beach Boys
5/23/2024	Ricky Nelson
6/20/2024	Rolling Stone
7/17/2024	Fosters Buffett
9/19/2024	Happy 2 Gather
10/24/2024	Rod Stewart
11/14/2024	Sicilian Tenors
12/5/2024	Kenny Dolly

Casino Trip

February 21, 2024 8:30 am-3:30 pm

A day at Encore Boston Harbor promises a blend of entertainment, luxury, and indulgence. Whether you're testing your luck on the casino floor, savoring exquisite meals, enjoying spa treatments, or perusing upscale boutiques, the resort offers a grand-scale experience for those seeking glamour and excitement on the Mystic Riverfront. **Tickets are \$27.00 per person.** Tickets include transportation on a motor coach and a \$20 slot play courtesy of the casino when you activate your Wynn Rewards Card. Gratuity for the driver is separate and will be collected as we make our way back to town. Cancellations must be made before 2/14/2024 for a full refund. Register online at Plaistow.com/Recreation or visit Plaistow Recreation Office, 14 Elm Street, email Recreation@plaistow.com, 603-382-5200 *204.

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!!
- **PLASTIC RECYCLING:** 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.
- **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

TRIVIA AND TUNES

February 6, 2024 10 am

This new program combines trivia questions for seniors across a broad variety of categories with musical clues from Sinatra, The Beatles and Elvis. Please sign up @ 603-382-9276.

HOLIDAY SOCIAL

February 8, 2024 9-11:30 am

Please join us to celebrate Valentines Day on Thursday 8th of February. 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.

Alzheimer’s Association Education Program:

February 15, 2024 @ 10am

A representative will be here to talk and answer questions on the causes and treatment of Alzheimer’s and Dementia. Questions call Joyce @ 603-382-9276.

CRAFT CLASS:

February 26, 2024 9:30-11

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.

Book Club

February 1 at 6:00 PM in the Living Room

Join us for a lively conversation about our featured title "The Children Act" by Ian McEwan.

Getting Crafty with Nancy

February 2 at 10:30 AM in the Nelson Room

Get crafty with Nancy! This month we will be making Valentine's Day cards and paper treat boxes. 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 \$3.00 which must be paid in advance to hold your spot. Thank you for your understanding.

Friday Flicks

February 2 at 1:00 PM in the Nelson Room

Today's movie will be *Marty*. A middle-aged butcher and a school teacher who have given up on the idea of love meet at a dance and fall for each other. This film is not rated, and has a runtime of 90 minutes.

Spice Club

February 5, take-and-make kit

Add a little spice to your life! This month we will be sampling Italian seasoning blend. 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

February 7 at 10:30 AM in the History Room

Join us for a lively conversation about our featured title "The Children Act" by Ian McEwan.

Solar-Brate the Great North American Eclipse!

February 7 at 6:00 PM in the Nelson Room

A total solar eclipse will cross Mexico, the United States and Canada on April 8, 2024. Dubbed the Great North American Eclipse, the northern third of New Hampshire is in the path of totality, but (as long as the weather and cloud cover hold out) there will still be some great viewing in our area! Join us as we explore:

- What is an eclipse?
- What we will see in our area
- Where to see more of the eclipse
- How to safely observe and photograph the eclipse.
- What the Plaistow Library is doing to help you observe the eclipse

Friday Flicks

February 9 at 1:00 PM in the Nelson Room

Today's movie will be *A Haunting in Venice*. In post-World War II Venice, Poirot, now retired and living in his own exile, reluctantly attends a seance. But when one of the guests is murdered, it is up to the former detective to once again uncover the killer. This film is rated PG-13 and has a runtime of 104 minutes.

Some Assembly Required - Adult Craft Night

February 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 our own jewelry.

Abby Hutchinson's Sweet Freedom Songs:

February 13 at 6:00 PM in the Nelson Room

Songs and Stories of the Struggle for Abolition and Women's Suffrage

Deborah Anne Goss appears as Abby Hutchinson Patton, recalling mid-19th-century U.S. and New Hampshire history and performing rousing anthems, heartfelt ballads, and humorous ditties sung during anti-slavery and early women's rights struggles. In the 1840s and 1850s the Hutchinson Family Singers strongly influenced the opinions of the era with their popular songs promoting healthy living and social justice—most prominently the abolition of slavery. Participants are encouraged to join in the singing on several choruses or read a poem or political diatribe of the time. This is a Plaistow Historical Society program at the Plaistow Public Library and has been made possible by a grant from New Hampshire Humanities.

Friday Flicks

February 16 at 1:00 PM in the Nelson Room

Today's movie will be *Tombstone*. A successful lawman's plans to retire anonymously in Tombstone, Arizona are disrupted by the kind of outlaws he was famous for eliminating. This film is rated R and has a runtime of 130 minutes.

Sewing and Needle Work Get Together

February 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

January 26 at 1:00 PM in the Nelson Room

Today's movie will be *The Conspirator*. Mary Surratt is the lone female charged as a co-conspirator in the assassination trial of Abraham Lincoln. As the whole nation turns against her, she is forced to rely on her reluctant lawyer to uncover the truth and save her life. This film is rated PG-13, and has a runtime of 122 Minutes.