

# Senior Sizzler

# February 2025

## 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)

### Monthly Bingo game

**Wednesday, February 12, 2025 10 am**

Join us for Bingo and Bagels on the 2<sup>nd</sup> Wednesday of each month from 10:00 AM to Noon at the Town Hall Annex, Recreation Office, 14 Elm Street. Enjoy a morning of fun, excitement, and delicious bagels as we play Bingo with great prizes, plenty of laughter, and fantastic company. Don't miss this perfect midweek treat! For questions or to RSVP, contact Jenn at 603-382-5200 ext. 204 or email [Recreation@Plaistow.com](mailto:Recreation@Plaistow.com).

### Valentines Day Trip to Foxwoods

**February 14, 2025 (day trip)**

The Plaistow and Sandown Recreation Departments invite you to an exciting day at Foxwoods Resort & Casino! Whether you're looking for gaming thrills, relaxation, or retail therapy, this trip has it all. Spend Valentine's Day with friends, fun, and unforgettable experiences. For more information or to RSVP, contact Jenn, 603-382-5200\*204 or email [Recreation@Plaistow.com](mailto:Recreation@Plaistow.com). Spaces may be limited, so reserve your spot today!

### Monthly Craft Workshop

**Wednesday, February 26, 2025 10 am**

Join us for a fun craft workshop on the 4<sup>th</sup> Wednesday of each month from 10:00 AM to Noon at the Town Hall Annex, Recreation Office, 14 Elm Street. Whether you're a seasoned crafter or just starting out, this is the perfect opportunity to create a beautiful keepsake. Supplies will be provided. So, all you need to bring is your enthusiasm! Connect with fellow craft lovers and enjoy a relaxing, creative session. For more information or to RSVP, contact Jenn, 603-382-5200\*204 or email [Recreation@Plaistow.com](mailto:Recreation@Plaistow.com). Spaces may be limited, so reserve your spot today!

### Plaistow Elder Affairs Committee Meeting

**Tuesday, February 18, 2025, 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

## Senior Events at the Plaistow Public Library

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

### January 2025 Plaistow Library Events

#### Mello Monday Evening Yoga

**Mondays at 6:00 PM in the Nelson Room**

New weekly class starting January 6! 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.

**TecHelp with Gary by Appointment****Wednesdays 12:00 PM - 3:00 PM**

Having a technical problem 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. Please note: this free service is to help fix technical problems, not for instruction. An appointment is required and can be made by calling the library at 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**

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.

**Red Cross Blood Drive****February 1, 9:00 AM - 2:00 PM in the Nelson Room**

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

**Adult Cooking Class****February 4 at 6:00 PM in the Nelson Room**

Embark on a culinary journey and master the art of focaccia bread with our cooking class designed for adults. This hands-on experience with Chef Sarah not only enhances your cooking skills but also promises a delightful evening filled with the aromas and tastes of delicious food. Perfect for food enthusiasts and aspiring chefs alike!

**Some Assembly Required - Adult Craft Night****February 5 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 leprechaun.

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

Join us for a lively conversation about our featured title "West with Giraffes" by Lynda Rutledge.

**Get Crafty with Nancy: Adult Craft Workshop****February 7 at 10:45 AM in the Nelson Room**

Get crafty with Nancy! This month we will be making a Valentines Day wall hanging. 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.

**Friday Flicks****February 7 at 1:00 PM in the Nelson Room**

Today's movie will be *The Terminal*. An Eastern European tourist unexpectedly finds himself stranded in JFK airport, and must take up temporary residence there. This film is rated PG-13, and has a runtime of 124 minutes.

**Open Sew****February 8 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!

**Benedict Arnold Patriot, (and traitor)****February 11 at 6:00 PM in the Nelson Room**

We all think we know the story of Benedict Arnold, the American Revolutionary War general who fought for the Continental Army but then defected to the British. Recalled mainly as a traitor for his 1780 defection, Arnold had risked his life and fortune for American freedom in courageous exploits between 1775 and 1778, when the dream of independence was at its most fragile. As an officer in the Continental Army, Arnold ably led American forces in desperate circumstances against impossible odds, in a blinding snowstorm, through a howling wilderness, and against the extraordinary might of the Royal Navy. George Morrison will take you on a journey through New England, Canada, and New York tracing the complex story of this infamous American icon.

This is a Plaistow Historical Society program at the Plaistow Public Library and has been made possible by a grant from New Hampshire Humanities.

**Book Club****February 12 at 10:30 AM in the Nelson Room**

Join us for a lively conversation about our featured title "West with Giraffes" by Lynda Rutledge.

**Friday Flicks****February 14 at 1:00 PM in the Nelson Room**

Today's movie will be *My Big Fat Greek Wedding*. A young Greek woman falls in love with a non-Greek and struggles to get her family to accept him while she comes to terms with her heritage and cultural identity. This film is rated PG and has a runtime of 95 minutes.

**Adult Lit to Go Box****February 19 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](http://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****February 19 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: Silent Movie Special!****February 21 at 1:00 PM in the Nelson Room**

Today's movie will be *The Flying Ace*. This film is not rated, and has a runtime of 65 Minutes. In the Silent Era, black actors couldn't hope for big parts in Hollywood films. To get around this, independent studios produced films with black casts for black audiences, called "race films." *The Flying Ace*, a 1926 film from Norman Studios, is one of the best surviving examples. The film was inspired in part by stunt pilot Bessie Coleman. A black fighter pilot returns from World War I and resumes his job as a railroad detective, where he has to track down stolen payroll money and a missing person. The film culminates in an airplane chase. Local Plaistow musician, Gary McGath will provide live accompaniment at his keyboard.

**Exploring Love and Healing through Tarot - A Valentines' Day Special Session****February 22 at 10:00 AM in the Nelson Room**

Join us for a heart-centered morning workshop where we will explore the powerful connections between love, relationships, and the tarot & oracle cards. February is the month of love and this special session will guide you through intuitive readings designed to illuminate your personal romantic journey, as well as provide insights for deeper connections with others. We'll kick off the session with coffee, donuts, and warm conversation before diving into the cards. Whether you're single, in a relationship, or simply looking to enrich your understanding of love in all its forms, this workshop is for you. You'll learn how to use love-themed tarot and oracle spreads, focusing on key love-related cards and their meanings.

**Songs of Emigration: Storytelling Through Traditional Irish Music February 25 at 6:00 PM in the Nelson Room**

Through traditional music Jordan Tirrell-Wysocki relays some of the adventures, misadventures, and emotions experienced by Irish emigrants. The focus is on songs about leaving Ireland, sometimes focusing on the reasons for leaving (a man who is driven from his land by English persecution), sometimes revealing what happened upon arrival (an immigrant drafted into the Union army during the Civil War), and sometimes exploring the universal feeling of homesickness of a stranger in a strange land (a factory worker in London missing his home in County Clare). The presenter discusses the historical context of these songs, interspersing their stories with tunes from Ireland that made their way into New England's musical repertoire, played on his fiddle or guitar.

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 28 at 1:00 PM in the Nelson Room**

Today's movie will be *Harry and Tonto*. When his apartment building is torn down, a retired lifelong New Yorker goes on a cross-country odyssey with his beloved cat Tonto. This film is rated R and has a runtime of 115 minutes.

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.

**FEBRUARY**

Administrative Office 603-382-9276

2025

18 Greenough Rd., Plaistow, NH 03865

**Vic Geary Drop-In Center  
 Calendar or Activities**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3  *11:30 MOW Lunch	4  9-10 Bone Builders *11:30 MOW Lunch 1-3 Bingo	5  *11:30 MOW Lunch 10:30-11:30 Line Dancing	6  *11:30 MOW Lunch 1-3 Bingo	7  COFFEE 9-10 Bone Builders(D) 9-12 Board & Card Games 9-10:30 Card Making w/Bee Helpful HomeCare 11-12 Chair Yoga (D)
10  *11:30 MOW Lunch 12-1:30 Monthly Birthday/Anniversary Party & Dance - Bring a Friend (Must Register with MOW)	11  9-10 Bone Builders 10-11 Blood Pressure Screening *11:30 MOW Lunch 1-3 Bingo	12  *11:30 MOW Lunch 10:30-11:30 Line Dancing	13  9-11 Valentine Social(U) *11:30 MOW Lunch Valentine Special 1-3 Bingo(U) 1-3 Mahjong, MexicanTrain, Whist(D)	14  COFFEE 9-10 Bone Builders 9-12 Board & Card Games 11-12 Chair Yoga(D)
17  *11:30 MOW Lunch	18  9-10 Bone Builders *11:30 MOW Lunch 1-3 Bingo	19  10:30-11:30 Line Dancing *11:30 MOW Lunch 11:30-1:30 Senior Tea with Friends(D)	20  9-11 Love your Pet Day Contest *11:30 MOW Lunch 1-3 Bingo(U) 1-3 Mahjong, MexicanTrain, Whist(D)	21  COFFEE 9-10 Bone Builder 11-12 Chair Yoga(D)
24  *11:30 MOW Lunch	25  9-10 Bone (D) 10:15-11:30 Plaistow Fire Chief on Ambulance Service(U) *11:30 MOW Lunch 1-3 Bingo(U)	26  *11:30 MOW Lunch 10:30-11:30 Line Dancing	27  9-11 "Blast from the Past Day " Photo Album Day (U) *11:30 MOW Lunch 1-3 Bingo(U) 1-3 Mahjong, Mexican Train, Whist, Games (D)	28  COFFEE 9-10 Bone Builders(D) 9-12 Board & Card Games 11-12 Chair Yoga(D)

\*For Meals on Wheels Lunch Reservation Call Tom O'Sullivan at 603-382-5995. \*\*\*Must register the week before\*\*\*

For Birthday/Anniversary Dance Party Reservations, Ice Cream Social and other events call Joyce at 603-382-9276

Activities Upstairs will have a (U) and downstairs will have (D)