

Happy New Year

Senior Sizzler

January 2025

Senior Events with Plaistow Recreation

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

Bingo and Bagels

Wednesday, January 8, 2025

Join us for Bingo and Bagels on Wednesday, January 8, 2025, 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.

Scrapbooking and Card-Making Craft

Wednesday, January 22nd

Join us for a Scrapbooking and Card-Making Craft Event on Wednesday, January 22nd, 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 beautiful keepsakes and custom cards. Supplies will be provided, so all you need to bring are your photos, ideas, and 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. Spaces may be limited, so reserve your spot today!

Plaistow Elder Affairs Committee Meeting

January 21, 2024, 10 am at the First Baptist Church

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

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

What's Happening in January

- Jan 6th 10:15AM -11:30AM Coffee Talk with Peter Bealo from AARP Tax Aide. Sign up 603- 382-9276.
- Jan 9 9:30AM -11:30AM National Bubble Bath Day Learn to make Bath Bombs and sugar scrubs.
- Jan 13th 12PM-1:30PM Monthly Birthday/Anniversary Party & Dance
- Jan 14th 10:30AM-11:30AM Creative Relaxation Class with Sandy Herbal Tea Social
- Jan 17th 11:30AM-1:30PM Pizza party, tunes & trivia game & prizes
- Jan 24th 9AM-11:30AM Scrabble Tournament, Snacks & card games with prizes
- Jan 27th 9:30AM-11AM Craft with Chris- Learn to make a mini journal
- Jan 30th 10AM-11:30AM Visit from Timberland High School Student Council Social
- Jan 31st 10AM-11:30AM National Hot Chocolate Day Hot Chocolate & Cinnamon Roll Social

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

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**

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**

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**January 2 at 6:00 PM in the Living Room**

Join us for a lively conversation about our featured title "The World According to Bob" by James Bowen.

Get Crafty with Nancy: Adult Craft Workshop **January 3 at 10:45 AM in the Nelson Room**

Get crafty with Nancy! This month we will be making a decorative, winter plate. 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**January 3 at 1:00 PM in the Nelson Room**

Today's movie will be *Reagam*. A drama based on the life of Ronald Reagan, from his childhood to his time in the oval office. This film is rated PG-13 and has a runtime of 132 minutes.

Book Club**January 8 at 10:30 AM in the Nelson Room**

Join us for a lively conversation about our featured title "The World According to Bob" by James Bowen.

Friday Flicks**January 10 at 1:00 PM in the Nelson Room**

Today's movie will be *How Green was my Valley*. At the turn of the century in a Welsh mining village, the Morgans, he stern, she gentle, raise coal-mining sons and hope their youngest will find a better life. This film is rated PG-13 and has a runtime of 118 minutes.

Adult Beginner Sewing - Pajama Pants Workshop**January 11 at 10:00 AM in the Nelson Room**

Join us as we learn to make flannel pajama pants using a pattern and a sewing machine! Participants should purchase the pattern "Simplicity easy-to-sew 8022A" as well as flannel fabric (amount needed is listed on the back of the pattern depending on size), coordinating thread, and elastic. Sewing machine and notions will be provided by the library, however participants are welcome to bring their own if they prefer.

Some Assembly Required - Adult Craft Night**January 14 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 decorated dish.

Adult Lit to Go Box**January 15 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**January 15 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**January 17 at 1:00 PM in the Nelson Room**

Today's movie will be *American Graffiti*. A group of teenagers in California's central valley spend one final night after their 1962 high school graduation cruising the strip with their buddies before they pursue their varying goals. This film is rated PG and has a runtime of 110 minutes.

Open Sew**January 18 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!

Red Cross Blood Drive**January 21, 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.

Never Forget a Name Workshop with Neil Kutzen**January 22 at 6:00 PM in the Nelson Room**

Do you struggle to remember names in social or professional settings? Join our interactive workshop designed to teach you the single best skill ever devised, to improve your memory and recall ability. Prepare to use these two principles: 1) Pictures are easier to remember than words; 2) Silly pictures are easier to remember than serious ones. Whether you're looking to enhance your networking abilities, improve your social interactions, or simply want to remember names better, this workshop is for you. By the end of the workshop, you will have learned the memory skill. Practice it and you may never forget a name. This workshop will be led by Neil Kutzen, northern New England's most prominent and successful memory trainer for the last decade. On his website, memorizebest.com, there is a video with a short portion of this class.

Friday Flicks**January 24 at 1:00 PM in the Nelson Room**

Today's movie will be *Eddie the Eagle*. The story of Eddie Edwards, the notoriously tenacious British underdog ski jumper who charmed the world at the 1988 Winter Olympics. This film is rated PG-13 and has a runtime of 105 minutes.

Estate Planning Workshop**January 25 at 10:00 AM in the Nelson Room**

In this lecture, you will learn how to choose a lawyer, protect your assets, avoid probate court, medicaid strategies and much more! Presented by Attorney Gerald L. Shyavitz who has over 50 years of experience practicing in both Massachusetts and New Hampshire.

Friday Flicks**January 31 at 1:00 PM in the Nelson Room**

Today's movie will be *Paper Moon*. During the Great Depression, a con man finds himself saddled with a young girl who may or may not be his daughter, and the two forge an unlikely partnership. This film is rated PG and has a runtime of 102 minutes.