

Senior Sizzler

July 2024

Senior Events with Plaistow Recreation

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

Senior Cookout hosted by the Plaistow Elder Affairs Committee July 9, 2024, 11:30am

Plaistow Elder Affairs is hosting a Senior Cookout on Tuesday, July 9, 2024 at the Plaistow Town Green. Doors will "open" at 11:30 am, with lunch being served at noon. Grab your favorite Hawaiian Shirt and join us at the Town Green for a delightful afternoon filled with excitement. Indulge in hamburgers, hotdogs, salads, and chips. Experience the tropical delight of Hawaiian Shaved Ice from Kona Ice and enjoy musical entertainment by J Daggett. RSVP's are reserved exclusively for Plaistow Residents until July 1st. After July 1st non-residents are welcome to join in. Reserve your spot with Jenn in the Plaistow Recreation Department, Email Recreation@plaistow.com or call 603-382-5200 *204 .

Whale Watch with Plaistow and Sandown Recreation

Monday, July 15th, 1:30-5:30 pm

Join Plaistow and Sandown Recreation on a Whale Watch. Monday, July 15th, 1:30-5:30 pm, \$45 per person. We will set out to sea in search of Humpback Whales, Finback Whales, and Minke Whales. Along the way, we may also spot seals, porpoises, sharks, ocean sunfish, and a variety of seabirds. Our journey will be aboard the luxurious new 106-foot ship, Captain's Lady III. This vessel is the largest and fastest passenger boat in the area, equipped with state-of-the-art electronics and life-saving equipment. Powered by three Caterpillar diesel engines producing a total of 3600 horsepower, it can cruise at speeds exceeding 20 knots. The Lady III features a spacious, climate-controlled cabin with three flat-screen satellite TVs, a large cash galley serving breakfast, lunch, beverages, and a selection of beers and wines. The cabin comfortably seats 100 people. Our Whale Watch is scheduled to depart from the dock at the Newburyport Boardwalk, at 54 Merrimac Street, in Newburyport Massachusetts, promptly at 1:30pm. Please arrive at least 15 minutes early to check in with your Recreation Director, Jenn from Plaistow or Becky from Sandown. Busses will not be provided.

Plaistow Elder Affairs Committee Meeting

July 16, 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

Monthly Senior Craft Class at the Vic Geary:

Canceled for the Month of July

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. *Classes to resume August 26, 2024

Plaistow Summer Concerts on the Green

Wednesdays from 6-8pm, June 26th through August 14th.

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.

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Concert Line Up:

- **6/26/2024 Stone Temple Posers** are a local band based right 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>.
- **7/03/2024 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!
- **7/10/2024 Knock on Wood** is a high-energy acoustic folk-rock duo, featuring singer songwriter Howie Newman on guitar, lead vocals and harmonica. The duo performs Classic Rock covers (list below) and funny original songs (suitable for all ages). It's a very lively show with great musicianship, nice vocal harmonies and a little humor here and there.
- **7/17/2024 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).
- **7/24/2024 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.
- **7/31/2024 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.
- **8/7/2024 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.
- **08/14/2024 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.

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.

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

New weekly class beginning July 12! 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.

Puzzle Challenge

July 1- Aug. 3 take-and-make kit

Check out one of our pre-selected puzzles, complete it by Aug. 3 and be entered to win a special prize! Please see our website for a complete set of challenge rules.

Spice Club

July 1, take-and-make kit

Add a little spice to your life! This month we will be sampling *celery 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.

Red Cross Blood Drive

July 2, 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.

Some Assembly Required - Adult Craft Night

July 8 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 Triskele Paper Globes.

Plaistow at 275 - A Night to Reminisce**July 9 at 6:00 PM in the Nelson Room**

New Date! Join us with elder statesman, the Honorable Norman Major as he recalls how our town has evolved in the past half century. During this time, we have changed from an agrarian community to a suburb of the greater Massachusetts region. But Plaistow clings to a Live Free or Die mentality. Come hear the story of how we've changed and preserved.

This program is brought to you by the Plaistow Historical Society.

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

Join us for a lively conversation about our featured title "Small Mercies" by Dennis Lehane.

Book Club**July 11 at 6:00 PM in the Living Room**

Join us for a lively conversation about our featured title "Small Mercies" by Dennis Lehane.

Friday Flicks**July 12 at 1:00 PM in the Nelson Room**

Today's movie will be *Ordinary Angels*. Inspired by the incredible true story of a hairdresser who single-handedly rallies an entire community to help a widowed father save the life of his critically ill young daughter. This film is rated PG, and has a runtime of 118 minutes.

Sewing and Needle Work Get Together**July 17 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**July 19 at 1:00 PM in the Nelson Room**

Today's movie will be *One Life*. Sir Nicholas 'Nicky' Winton, a young London broker who, in the months leading up to World War II, rescued over 600 children from Nazi-occupied Czechoslovakia. This film is rated PG and has a runtime of 109 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.

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.
- **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!!
- **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

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

BLOOD PRESSURE SCREENINGS: Plaistow fire department will be here at the Center to do blood pressure screenings every second Tuesday of the month. The date for July is Tuesday 9th from 10am to 11am. Walk-ins welcome.

SPECIAL VISITOR

July 11, 2024, 10 am

On July 11th at 10am a representative from New Hampshire 911 cares will be here at the center to inform is about a program, which allows individual to register specific medical conditions under their phone number. That way the 911 dispatcher can relay all the info to the first responders before they arrive on the scene. A question-and-answer session will take place after the presentation. Please sign up with Joyce @ 603-382-9276.

SENIOR SOCIAL

July 18, 2024 9-11:30 am

Please join us on Thursday July 18th for a summer picnic special. Start time 9am to 11:30am. There will be music, breakfast snacks, dancing, raffles and door prizes. Please sign up with Joyce @ 603-382-9276. Delicious hot lunch will be served by Meals on Wheels @ 11:45 sign up with Ann-Marie @ 603-382-5995.

CRAFT CLASS:

***July Class is Canceled**

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. Please sign up @ 603-382-9276. **Date change due to Recreation Schedule.*

CASINO NIGHTS - ALL-IN FOR CHARITY

FILOTIMO CASINO AND RESTAURANT @ DOVER BOWL

Help support the Vic Geary Drop-in Center. We are involved with the Filotimo Casino @ Dover Bowl for charitable gaming and have ten days where we can get 35% of the proceeds. Our dates are July 4th thru July 8th.