

# Senior Sizzler

# July 2025

## **\*\* Plaistow Recreation \*\***

For more information, please contact the Plaistow Recreation Department.

Located inside the Norman L. Major Building, 14 Elm Street, Plaistow NH

603-382-5200\*204, Website: [Plaistow.com/Recreation](http://Plaistow.com/Recreation)

### **Family Yoga on Town Green**

**Tuesdays from 6-7pm**

Miss Liz is a certified yoga instructor at Iron Cactus in Kingston and one of our incredible Assistant Summer Camp Directors at Plaistow Summer Rec! She loves yoga so much that she's offering this class for just **\$5.00 per family**, what a gift to the community! Bring a mat, a water bottle, and the whole family. All ages and experience levels are welcome. **No registration needed—just show up and enjoy!**

### **Plaistow Summer Concerts on the Green, June 25th through August 13th.**

**Wednesdays from 6-8pm,**

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](http://Plaistow.com/Recreation) or check out our Facebook page, Plaistow Recreation.

### **Plaistow Mom's Village!**

**Thursdays at 11 am**

This exciting program will take place on Thursdays at 11am and will be held at the Norman L. Major Building, 14 Elm Street. The cost is pay-what-you-can, with a suggested fee of \$10. Pre-registration is preferred, but you can also join whenever works best for you. For more information, contact Jen at [jenkppdoula@gmail.com](mailto:jenkppdoula@gmail.com). Join Plaistow Mom's Village and become part of a supportive community that's here to help you every step of the way!

### **Monthly Bingo game**

**Wednesday, July 9<sup>th</sup>, 10 am**

Join us on the 2<sup>nd</sup> Wednesday of each month at 10:00 AM for a morning full of fun, laughter, and excitement! Enjoy delicious bagels while you play Bingo for fantastic prizes. It's the perfect way to connect with friends, test your luck, and add some joy to your day. Don't miss out on the fun—mark your calendar and join us for a fun time! Registration Required

### **Senior Craft Workshop**

**Wednesday, July 23<sup>rd</sup>, at 9:30 AM**

Join us for a fun and creative craft workshop on the 4<sup>th</sup> Wednesday of each month! Whether you're an experienced crafter or just starting out, this is a wonderful opportunity to create a beautiful keepsake. All supplies are provided at no cost—just bring your enthusiasm! Relax, get creative, and connect with fellow craft lovers. Registration Required

### **Community Trip to the Coastal Maine Botanical Gardens Trip**

**Friday July 25th**

Join Plaistow and Sandown Recreation for a day of natural beauty and outdoor adventure at the Coastal Maine Botanical Gardens in Boothbay, Maine on Friday, July 25, 2025. Departing from Pollard School at 8:30 AM, this community trip includes time to explore over 300 acres of stunning gardens, peaceful forest trails, and the awe-inspiring Guardians of the Seeds—giant wooden troll sculptures hidden throughout the grounds. Visitors can enjoy lunch at the on-site café or bring their own picnic. Tickets are \$50 for adults and \$35 for children under 17.

Please note: the gardens involve lots of walking, potential stairs, and uneven terrain. Advanced registration is required. Plaistow residents can sign up at [PlaistowNH.MyRec.com](http://PlaistowNH.MyRec.com), and Sandown residents can visit [sandown.us/recreation](http://sandown.us/recreation) to reserve their spot.

### **Summer Rec Begins at the PARC**

**Monday-Friday June 23<sup>rd</sup>- August 8<sup>th</sup> 7 am - 4:30 pm**

Just a friendly reminder that the Plaistow Area Recreational Complex (PARC), located at 51 Old County Road, will be closed to the public during our Summer Recreation Program. We understand closing PARC isn't ideal, but it's necessary to ensure the safety and well-being of our campers. The good news? Smith Field, located on Ingalls Terrace, will remain open daily from dawn to dusk, offering another great outdoor option for residents and visitors. Thank you for your understanding and support!

## **\*\* Plaistow Public Library\*\***

For more information, please contact the Plaistow Public Library.  
85 Main Street, Plaistow, NH. 603-382-6011, Website: [Plaistowlibrary.com](http://Plaistowlibrary.com)

### **Mello Monday Evening Yoga**

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

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.

### **Yarn Crafters for Charity**

**Wednesdays at 1:00 PM in the History Room**

Knitting and crocheting are wonderful hobbies, especially when you make items to comfort others. There is great camaraderie amongst our crafters as we gather to make shawls, lap blankets, baby items, hats and scarves (just to name a few) for local charities. We meet every Wednesday - join us!

### **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.

### **Advanced Tarot Training**

**Tuesday, July 1 at 6:00 PM in the Nelson Room**

This workshop builds upon basic tarot knowledge, guiding participants deeper into the world of tarot reading, interpretation, and intuitive connection. If you've grasped the fundamentals and are ready to enhance your

understanding, this session will help you refine your skills and develop greater confidence in reading the cards.  
\*Please bring an original tarot deck with you to this workshop. This program is for adults (ages 18+) and childcare is not provided. We apologize for any inconvenience.

**Adult Fused Glass Workshop**                      **Tuesday, July 8 at 6:00 PM in the Nelson Room**

Join us to learn about glass artwork and create a suncatcher! No special art skills are required and all supplies are included. Your glass creation will be taken to be fired and returned to the library. The cost of the program is \$15 per student. Due to the popularity of this class, the materials fee must be paid in advance to reserve your spot.

**Book Club**    **July 9 at 10:30 AM in the History Room**

Join us for a lively conversation about our featured title "The Lady from the Black Lagoon" by Mallory O'Meara.

**Book Club**    **July 10 at 6:00 PM in the Living Room**

Join us for a lively conversation about our featured title "The Lady from the Black Lagoon" by Mallory O'Meara.

**Friday Flicks**    **July 11 at 1:00 PM in the Nelson Room**

Today's movie will be "Saturday Night Fever". Anxious about his future after high school, a 19-year-old Italian-American from Brooklyn tries to escape the harsh reality of his bleak family life by dominating the dance floor at the local disco. This film is rated R and has a runtime of 119 minutes.

**Open Sew**    **July 12 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!

**Coffeehouse Open Mic Night**                      **July 15 at 6:00 PM in the Nelson Room**

Join us for a family friendly evening of creativity and connection at our Coffeehouse Open Mic Night! A stage for seasoned performers and first-timers alike, this event is all about expressing yourself and celebrating local talent. Whether you're here to share your music, poetry, comedy, storytelling, or simply to enjoy a warm beverage while soaking in the atmosphere, there's a place for you.

**Sewing and Needle Work Get Together**                      **July 16 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.

**Adult Lit to Go Box**    **July 16 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.*

**Friday Flicks**    **July 18 at 1:00 PM in the Nelson Room**

Today's film is "Footloose". A big city teenager moves to a small town where Rock and Roll music and dancing have been banned by backward local parents and his rebellious spirit shakes up the populace. This film is rated PG and has a runtime of 107 minutes.

**Silent Movie Special!**    **July 22 at 6:00 PM in the Nelson Room**

Join us for a silent movie special evening! Gary McGath returns to provide live keyboard accompaniment for his 13th silent film at the Plaistow Library.

### **Some Assembly Required - Adult Craft Night**

**July 23 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 painting a zippered pouch.

### **Friday Flicks**

**July 25 at 1:00 PM in the Nelson Room**

Today's movie is "No Way Out". The Secretary of Defense forces a Pentagon naval aide to lead a spy manhunt. This film is rated R and has a runtime of 114 minutes.

### **Home Goods Exchange**

**July 26, 9:00 AM - 12:00 PM in the Nelson Room**

Give your old treasures a new home and discover new-to-you items to spruce up your space at our FREE home goods exchange! Great opportunity for college students, individuals just starting out or anyone looking to freshen up their décor!

How it works:

1. Collect any gently used home goods or decor items you no longer need or want. This could include items like artwork, vases, lamps, leftover rolls of wallpaper, mirrors, kitchen utensils, pots and pans, small appliances in good working order (toasters, blenders, coffee pots) bedding, curtains, picture frames, small rugs (no more than 5 yrs old and no larger than 5x7) and small, wooden furniture pieces.
2. Please DO NOT drop off anything broken, stained or used consumables (candles, essential oils, etc), no technology, electronics, mattresses, large furniture or upholstered items.
3. Drop off your items at the Library Thursday, July 24 from 5PM – 7PM or Friday, July 25 from 3:00PM – 7:00PM.
4. Come to the Library Saturday, July 26 from 9:00 AM – 12:00 PM to pick out new, FREE items and enjoy your refreshed living space. Don't have anything to donate? That's ok! Feel free to stop by and shop! Any leftover items will be donated to Lazarus House ensuring nothing goes to waste.

### **Red Cross Blood Drive**

**July 29, 1:00 PM - 6:00 PM in the Nelson Room**

Please pre Register at [RedCrossBlood.org](http://RedCrossBlood.org).

## **\*\* Vic Geary Drop-in Center\*\***

For more information, please contact the Vic Geary Drop-in Center at 603-382-9276  
18 Greenough Road, Plaistow NH. Email [Vicgeary@gmail.com](mailto:Vicgeary@gmail.com)

July 7 11:30-2 Join us for Lunch & our Monthly Birthday/ Anniversary Party, enjoy a boxed lunch & cake & ice cream, gift for those celebrating their July birthday or Anniversary, dance to the oldies and join in the electric slide, the twist, the hokey pokey, and the Macarena. Lots of fun!

July 9 9-10:30 Summer Craft with Sandy. Make a fun sand shovel for your wall or door

July 10 10:30-11:30 Visit AmeriCorp's Lemonade Stand and then a presentation about their services for seniors

July 17 9-11 for our Monthly Special. Enjoy coffee & donuts, Music by Henri, 50/50 Raffle & door prizes Register @ 603 382 9276

July 22 10-11" Coffee with a Cop " Social. Enjoy coffee & donuts while visiting with officers of the Plaistow Police Dept

July 29 10:30-11:30 Presentation by Chief Knutson, Plaistow Fire Dept. on the new ambulance services

Every Tuesday 8:30-11 Yarn Club. All levels welcome.

Bingo Every Tuesday & Thursday 1-3

Every Wednesday 10:30-11:30 Line Dancing lessons \$5

Every Friday 11-12 Chair Yoga \$5

There will be no Line Dancing after July 2 . Line Dancing will be back in September!

## Plaistow Recreation Department



# Summer Concerts on the Green

June 25, 2025 through August 13, 2025  
Wednesdays from 6-8pm

Our beautiful Town Green is located at 145 Main St, Plaistow, NH, and offers plenty of space for families to spread out and enjoy the sweet sounds of summer.

### **6/25/2025**      **Stone Temple Posers**

The Stone Temple Posers are an STP Tribute band based 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>.

### **7/02/2025**      **Key Elements**

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!

### **7/09/2025**      **JRFM/Pizzastock presents Glue & Ambivalence**

**Glue** - is a classic rock band made up of five friends from Derry, NH, all students at Pinkerton Academy. Formed in 2021, the group thrives on the fun and energy they bring to both practice and performance. Glue is especially proud to have played at Pizzastock events, where they support the Jason R. Flood Memorial's mission of healing through music and building community connections. Check them out on Instagram: @glue\_official\_1

**Ambivalence** - is a four-piece rock band composed of 4 students from Windham High School. Influenced by artists like Paramore, Green Day, and Van Halen, they rehearse regularly and perform whenever they can. The band is excited to continue growing and evolving on their musical journey.

### **7/16/2025      Timberlane Jazz Band**

We are the 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).

### **7/23/2025      Timberlane Community Band**

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](http://TCMAMusic.org).

### **7/30/2025      North River Music**

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](http://northrivermusic.com) or on Facebook [@northrivermusicnh](https://www.facebook.com/northrivermusicnh).

### **8/06/2025      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.

### **08/13/2025      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](https://www.facebook.com/TimeBanditsNewEngland).





# Plaistow & Sandown Recreation 2025 Summer Trip



## Coastal Maine Botanical Gardens

Boothbay, Maine

Friday, July 25, 2025

### Trip Details

- Pick-Up Location: Pollard School, 120 Main Street, Plaistow, NH
- Departure Time: 8:30 AM sharp from Plaistow
- Garden Visit: 11:30 AM – 3:00 PM
- Return Time: Approximately 5:30 PM

### Cost

- Adults: \$50
- Children (under 17): \$35
- Register via
  - Plaistow residents can sign up at [PlaistowNH.MyRec.com](https://PlaistowNH.MyRec.com) or call 603-382-5200\*204
  - Sandown residents can sign up at [Sandown Recreation](https://SandownRecreation.com) or call 603-887-1872
  - Out of town residents can register for the trip after July 7, 2025.



This community trip includes time to explore over 300 acres of stunning gardens, peaceful forest trails, and the awe-inspiring Guardians of the Seeds—giant wooden troll sculptures hidden throughout the grounds. Visitors can enjoy lunch at the on-site café or bring their own picnic.

Please note: the gardens involve lots of walking, potential stairs, and uneven terrain. Central areas are fully ADA accessible; ramps are in place where needed. For more information on accessibility, visit [mainegardens.org](https://mainegardens.org)