

Senior Sizzler

June 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

Homeschool Explorers Club!

Tuesdays from 10-12 PM

Only a few classes left this June for the **Homeschool Explorers Club**—a weekly adventure designed for homeschoolers ages 5–10! Join us on Tuesdays (6/3, 6/10, and 6/17) from 10 AM to 12 PM at the PARC, 51 Old County Road. Led by Recreation Director Miss Jenn, each session features hands-on STEM experiments, creative art projects, movement games, and brain-boosting puzzles. It's a fun way to learn, explore, and make new friends!

Plaistow Walking Club –

Thursdays at 10 am

Lace up your sneakers and enjoy the fresh spring air! This free, informal walking club is open to all, regardless of pace or experience. Whether you're looking to improve your fitness, enjoy the outdoors, or meet new people, the Spring Walking Group is a great way to explore the Plaistow Village District—a charming area rich in history and small-town New England character. No registration is required—just show up ready to walk! Maps will be provided, and participants can choose their own walking path through the heart of Plaistow.

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. Classes will run from **May 8th through June 12th (6 weeks)**. 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. Join Plaistow Mom's Village and become part of a supportive community that's here to help you every step of the way! Led by Jen Keohane, a certified lactation consultant and postpartum doula. This group is designed to offer a supportive community where new moms can share experiences, gain advice, and build lasting friendships. Whether you're navigating the early days of motherhood or expecting your first, this group creates a judgment-free space to connect with other moms who understand the journey. You'll receive practical guidance on feeding, baby care, self-care, and more, while also finding emotional reassurance from others who can relate to your experiences. The group is open to all moms with newborns or infants, no matter if its baby 1,2, or 3 and expectant moms preparing for their new arrival. Everyone agrees that it takes a village. Come meet yours!

Strength in Motion with Mary –

Thursdays at 5:30 pm

Only two classes left this June! Don't miss your chance to join us for a fun and energizing Cardio and Strength workout on Thursday, June 5 and Thursday, June 12 from 5:30 to 6:30 PM. This energizing class combines strength training, heart-boosting cardio, and yoga exercises, all while fostering a fun and social atmosphere. This class is designed to support adults of all ages and abilities in enhancing their well-being through movement and mindfulness. Participants should wear comfortable clothing, supportive shoes, and bring a smile! The class meets weekly at the Recreation Office in the Norman L.

Major Building at 14 Elm Street. Space is limited and registration is required. The cost is just \$5.00 per class.

Monthly Bingo game

Wednesday, June 11th, 10 am

Join us on the 2nd 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

Summer Rec Begins at the PARC

Monday-Friday 7 am - 4:30 pm

June 23rd- August 8th

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. Our program runs Monday through Friday, 7:00 AM to 4:30 PM, for 7 weeks — from June 23rd through August 8th. 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!

Senior Craft Workshop

Wednesday, June 25th, at 9:30 AM

Join us for a fun and creative craft workshop on the 4th 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

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 or check out our Facebook page, Plaistow Recreation.

**** Plaistow Elder Affairs****

For more information, please contact Sue Sherman at 603-531-5017 or email susherm@hotmail.com

June 4 12- 2 senior Spring tea at First Baptist Church light refreshments and a great social time. Call Sue at 6035315017 to reserve a seat.

June 17 10 am Elder Affairs Committee meeting at First Baptist church. Join us to plan senior events and socialize.

**** Plaistow Public Library****

For more information, please contact the Plaistow Public Library.
85 Main Street, Plaistow, NH. 603-382-6011, Website: 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.

Tiny Art Show Canvas Pick-Up

June 2 - June 19

Display your artistic talents in our Tiny Art Show! We provide the 3x3 canvas, you provide the art! Use paint, markers, pastels, decoupage, whatever you can imagine to create your piece! Artwork should be turned in by July 1st and will be displayed in the Library round case July 1st - July 31. This event is open to all ages and is for Plaistow Library patrons only, please.

An Evening of Jazz with The Perry Smith Jazz Quartet

June 4 at 6:00 PM in the Nelson Room

Prepare to be enchanted by the captivating sounds of The Perry Smith Jazz Quartet! Experience the magic of live music with intricate melodies, soulful improvisations, and rhythms that will have you tapping your toes. Whether you're a lifelong fan or new to the genre, this is your chance to immerse yourself in an unforgettable musical journey. Come and feel the groove!

Book Club

June 5 at 6:00 PM in the Living Room

Join us for a lively conversation about our featured title "The Berry Pickers" by Amanda Peters.

Get Crafty with Nancy: Adult Craft Workshop June 6 at 10:45 AM in the Nelson Room

Get crafty with Nancy! This month we will be making a "Hello Summer" door sign. 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

June 6 at 1:00 PM in the Nelson Room

Today's film is "Conclave". When Cardinal Lawrence is tasked with leading one of the world's most secretive and ancient events, selecting a new Pope, he finds himself at the center of a web of conspiracies and intrigue that could shake the very foundation of the Catholic Church. This film is rated PG and has a runtime of 120 minutes.

Mystery Solved: The History of Nancy Drew June 10 at 6:00 PM in the Nelson Room

Come learn about the history of the beloved sleuth Nancy Drew. At this presentation you will learn about the many different editions of Nancy Drew that have been printed since Nancy Drew came out in the 1930s. You will learn facts that you may not know and be able to ask questions and reminisce about your childhood. You can also bring Nancy Drew books from your collections to share with the group and learn about what year your books are from as well as a value. Feel free to bring any items you have related to Nancy Drew that you would like to show the group. The presenter Alicia Mello has been collecting Nancy Drew items for 21 years and loves to talk about the history. This is a Plaistow Public Library and Plaistow Historical Society event.

Book Club

June 11 at 10:30 AM in the History Room

Join us for a lively conversation about our featured title "The Berry Pickers" by Amanda Peters.

Some Assembly Required - Adult Craft Night

June 11 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 decoupage candle holder.

Friday Flicks

June 13 at 1:00 PM in the Nelson Room

Today's movie will be "The Birdcage". A gay cabaret owner and his drag queen companion agree to put up a false straight front so that their son can introduce them to his fiancée's right-wing, conservative parents. This film is rated R and has a runtime of 117 minutes.

Red Cross Blood Drive

June 17, 1:00 PM - 6:00 PM in the Nelson Room

Please pre Register at RedCrossBlood.org.

Adult Lit to Go Box

June 18 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

June 18 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**June 20 at 1:00 PM in the Nelson Room**

Today's film will be "A Complete Unknown". A young Bob Dylan shakes up the folk music scene when he plugs in his electric guitar at the Newport Folk Festival in 1965. This film is rated R and has a runtime of 140 minutes.

Open Sew**June 21 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!

Socialists of Shoe City Film Screening & Book Signing**June 24 at 6:00 PM in the Nelson Room**

Join author, documentary filmmaker and Haverhill historian, E. Philip Brown for a screening of his new documentary "The Socialists of Shoe City: The Socialist Movement in Haverhill, Massachusetts". Books will be available for purchase at the event. The film features former Massachusetts governor and presidential candidate Michael Dukakis and world-renowned luxury shoe designer Stuart Weitzman. "The Socialists of Shoe City" was inspired by the fascinating stories recounted by E. Philip's grandmother about her time working in the shoe factories in the 1880s beginning when she was just 12 years old. This little-known history of the roots of America's progressive movement is produced and told with spunk and scrappy heart by the colorful citizens of Haverhill themselves.

Adult Lego Challenge Night**June 25 at 6:00 PM in the Nelson Room**

Unleash your creativity with the Adult Lego Challenge! The theme is "Disaster Island". Participants will be tasked with building an island, picking a "disaster card" and then fixing the problem! All attending will be given a raffle ticket for a chance to win a Lego themed prize at the end of the event.

Friday Flicks**June 27 at 1:00 PM in the Nelson Room**

Today's film is "Schindler's List". The true story of German businessman Oskar Schindler, whose efforts saved the lives of more than 1000 Jews during the Holocaust. This film is rated R and has a runtime of 195 minutes.

Friends of the Plaistow Library Shredding Event **June 28 at 9:00 AM on the library grounds**

Do you have old papers, documents, account statements, etc. stored in the basement, closet, or desk drawers? Bring them to the Library to be shredded for a small fee which will benefit the Friends of the Plaistow Library! This event is open to the public and all material will be shredded on site by a professional data shredding company while you wait. Cost is \$10 per medium size storage box. Three boxes for \$25.00. Cash or checks only please. Checks to be made payable to The Friends of the Plaistow Public Library. All funds raised at the event will benefit the Friends of the Library which is a non-profit volunteer organization that supports the library with many of its programs and services to the community.

**** 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

VIC – JUNE CALENDAR

June 2. 8-12. Dominoes, Card Games (U)

June 3. 8:30-11 Yarn Club Meet up (U)

9-10 Bone Builders (D)

11:30. MOW

1-3 Bingo (U)

12-3. Scrabble & Board Games (D)

June 4. 10:30-11:30 Line Dancing (U)

June 5. 11:30 MOW

1-3 Bingo (U)

12-3. Yahtzee, & Board Games (D)

June 6. 9-10 Bone Builders (D)

11-12 Chair Yoga. (D)

June 9 8-12 Dominoes, Card Games (U)

12-2. Birthday/Anniversary Party & Dance (U)

June 10. 8:30-11 Yarn Club Meet up (U)

9-10 Bone Builders (D)

10-11 Blood Pressure Checks

11:30 MOW

12-3. Scrabble & board games (D)

1-3 Bingo (U)

June 11 10:30-11:30 Line Dancing (U)

June 12. 9-11 Fathers Day Special (U)

11:30 MOW Lunch

1-3 Bingo (U)

12-3 Yahtzee & board games (D)

June 13. 9-10 Bone Builders (D)

11-12 Chair Yoga (D)

June 16. 8-12 Dominoes, Card Games

9-10:30 Craft Class Tea Cup Garden

June 17. 9-10 Bone Builders (D)

8:30-11 Yarn Club Meet up (U)

10:30-11:30 Presentation Estate Planning (U)

11:30 MOW

12-3. Scrabble & board games (D)

1-3. Bingo (U)

June 18. 10:30-11:30 Line Dancing (U)

June 19 9-10:30 Recipe Club. Spring tea sandwiches (U)

11:30 MOW

12-3 Yahtzee & Board Games (D)

1-3 Bingo (U)

June 20. 9-10 Bone Builders. (D)

11-12 Chair Yoga(D)

June 23. 8-12 Dominoes, Card Games (U)

12-2. UFOs, Spy Planes & Drones Presentation (U)

June 24. 8:30-11 Yarn Club Meet up (U)

9-10 Bone Builders (D)

10:30-11:30 Trivia & Tunes (U)

11:30 MOW

12-3. Scrabble & board games (D)

1-3. Bingo

June 25. 10:30-11:30 Line Dancing (U)

June 26 9-11 4th of July Party & Dance

11:30 MOW

12-3. Yahtzee & Board Games (D)

1-3 Bingo (U)

June 27. 9-10 Bone Builders (D)

11-12 Chair Yoga (D)

June 30 8-12 Dominoes, Card Games (U)