

# Senior Sizzler

# March 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)

### **Forever Fit with Mary Corsetto**

**Mondays in March at 10 AM (3/3, 3/10, 3/17, 3/24, 3/31)**

Forever Fit is a fun and energizing fitness program for adults 55+, designed to improve strength, cardio health, and balance in a supportive environment. Classes focus on strength training, heart-boosting cardio, and stability-enhancing balance exercises, while fostering a social atmosphere. Sessions take place each Mondays in March at 10 AM (3/3, 3/10, 3/17, 3/24, 3/31). Participants should wear comfortable clothing, supportive shoes, and bring a smile! Mary T. Corsetto, RYT 200, is a passionate yoga and fitness instructor with over 25 years of experience, dedicated to helping adults of all ages and abilities enhance their well-being through movement and mindfulness. She specializes in Chair Yoga, Slow Mindful Yoga, and fitness programs designed to build strength, flexibility, balance, and energy. Teaching at The Yoga Room and YMCA locations in Plaistow, NH, and Haverhill, MA, Mary creates a supportive and joyful environment that encourages physical and mental vitality. As a CPR, First Aid, and AED Certified instructor, a Reiki II Practitioner, and an ACE Group Exercise Certified Instructor, she brings expertise, enthusiasm, and compassion to every class, inspiring others to move, breathe, and thrive. **Space is limited - Registration Required - \$5.00 per class fee.**

### **Plaistow Recreation to Host Blanket Making Workshop**

**Tuesday, March 11, 2025, 6 pm**

Looking for a fun and creative way to unwind? This hands-on workshop will guide participants step by step in creating their very own Chunky Knit Throw Blanket. Whether you're looking for a cozy addition to your home or a handmade gift, this experience is perfect for all skill levels. No knitting experience or needles are required—just bring your creativity! For more information and registration details, visit [Plaistow.com/recreation](http://Plaistow.com/recreation). **Registration Required - \$80 fee per person**

### **Monthly Bingo game**

**Wednesday, March 12, 2025, 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 great time! **Registration Required**

### **Floral Arranging Class with Jan Guy**

**Thursday, March 13, 2025**

Join local Plaistow resident Jan Guy on March 13th at 1 PM for a hands-on floral arranging class, where you'll create beautiful arrangements using high-quality artificial flowers in charming 4-inch pots—no experience needed! With over 30 years of floral design experience, Jan has shared her passion through crafting gifts, leading sessions at Nevins Nursing Home, and now bringing her creativity to the community. Don't miss this relaxing and inspiring afternoon of floral design! **Space is limited - Registration Required - \$15.00 per class fee.**

### **Monthly Craft Workshop**

**Wednesday, March 26, 2025 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 great 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 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.

### **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.

### **Adult Sewing with a Pattern**

**March 1 at 10:00 AM in the Nelson Room**

Join us as we sew using a pattern and a sewing machine! A sewing instructor will be available for help and to answer any questions. Participants should bring their own pattern as well as fabric and notions as needed according to pattern. Beginners should look for "quick and easy", "New Look" McCalls or Simplicity patterns. Sewing machine and notions will be provided by the library, however participants are welcome to bring their own if they prefer.

### **Candidates Night at 6:30 PM with a Meet-and-Greet beginning at 6:00 PM**

**March 4 in the Nelson Room**

The Trustees of the Plaistow Public Library cordially invite you to meet the candidates for local office. We will be hosting a moderated panel discussion with audience Q&A. This important annual event is when candidates for local office meet the voters and discuss the future of Plaistow town government. The forum will also be streaming live in the following locations: [Vimeo.com/Plaistow](https://vimeo.com/Plaistow), [YouTube.com/@plaistowaccess](https://www.youtube.com/@plaistowaccess), [Facebook.com/PlaistowAccess](https://www.facebook.com/PlaistowAccess) and available for viewing after the event on Plaistow Access Channel. Don't forget to vote! Voting will take place Tuesday, March 11, 2025 at the Plaistow Fish and Game Club.

### **Local Author, Perry Smith "The God Experience"**

**March 5 at 6:00 PM in the Nelson Room**

Meet local author, Perry Smith as he tells us about writing and publishing his book "The God Experience". About the book: From the innocence of his early childhood, to adolescent drug experimentation and sexual discovery, through adulthood and the challenges of marriage, parenting and aging, Perry shares his own spiritual awakening and subsequent teachings based on his personal life experiences and relationship with God. Written with the seeker in mind, this short but succinct book details the nature of God, what a working relationship with God can

provide and practical techniques on how to find and experience God for one's self. An excellent guide for the young person looking for answers, or for anyone who might be looking to find God for themselves.

**Book Club**

**March 6 at 6:00 PM in the Living Room**

Join us for a lively conversation about our featured title "No Two Persons" by Erica Bauermeister.

**Friday Flicks**

**March 7 at 1:00 PM in the Nelson Room**

Today's movie is *White Bird*. Struggling to fit in at his new school after being expelled for his treatment of Auggie Pullman, Julian is visited by his grandmother and is transformed by the story of her attempts to escape Nazi-occupied France during World War II. This film has a runtime of 121 minutes and is rated PG-13.

**Friends of the Library Bracelet Making Workshop**

**March 8 at 10:00 AM in the Nelson Room**

Join the Friends of the Plaistow Library for a Bracelet Making Workshop! This is an easy adult craft that produces a beautiful and professional looking result. All supplies will be provided. This class has a materials fee of \$22 (extra kits can be purchased at the time of the event for \$12) and proceeds will benefit the Friends of the Library. Due to the popularity of this class, the materials fee must be paid in advance to reserve your spot.

**Book Club**

**March 12 at 10:30 AM in the Nelson Room**

Join us for a lively conversation about our featured title "No Two Persons" by Erica Bauermeister.

**Some Assembly Required - Adult Craft Night**

**March 12 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 an Easter Bunny candy jar and card.

**Friday Flicks**

**March 14 at 1:00 PM in the Nelson Room**

Today's movie will be *Casablanca*. A cynical expatriate American cafe owner struggles to decide whether or not to help his former lover and her fugitive husband escape the Nazis in French Morocco. This film is rated PG and has a runtime of 102 minutes.

**Red Cross Blood Drive**

**March 15, 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.

**The Softer Side of Celtic**

**March 17 at 6:00 PM in the Nelson Room**

The Softer Side of Celtic combines the music, stories and a wee bit of history from Scotland, Ireland and England into a program that will keep audiences on the edge of their seat. There will be singing, laughing, clapping and perhaps a bit of foot stomping. This interactive, lively event includes music on the guitar, bouzouki and autoharp.

**Sewing and Needle Work Get Together**

**March 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**

**March 21 at 1:00 PM in the Nelson Room**

Today's film will be *Killers of the Flower Moon*. When oil is discovered in 1920s Oklahoma under Osage Nation land, the Osage people are murdered one by one - until the FBI steps in to unravel the mystery. This film is rated R and has a runtime of 206 minutes. An intermission will be included with this showing.

**Open Sew****March 22 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!

**Exploring the Night Sky with a Telescope****March 25 at 6:00 PM in the Nelson Room**

Join us for an exciting evening as we learn how to use the Library's telescope and astronomy binoculars to discover the wonders of the spring sky. Whether you're a beginner or an experienced stargazer, this event is perfect for anyone interested in astronomy. We'll guide you through the basics of setting up and using a telescope, and then we'll explore some of the most fascinating celestial objects visible this season. Please wear warm clothing as we will be using the telescope outside, weather permitting.

**Fierce Females: Women in Art****March 26 at 6:00 PM in the Nelson Room**

Women have long been the subject of art, often depicted as nothing more than objects of desire. How do images of women change when women become the creators? This program examines the history of women in art in brief and then explores the lives, careers and works of several major women artists from the Renaissance to the twentieth century. Artemisia Gentileschi, Mary Cassatt, and Frida Kahlo are some of the artists discussed in this program. This program has been made possible by a generous grant from New Hampshire Humanities.

**Get Crafty with Nancy: Adult Craft Workshop****March 28 at 10:45 AM in the Nelson Room**

Get crafty with Nancy! This month we will be making an Easter 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****March 28 at 1:00 PM in the Nelson Room**

Today's movie will be *Ghost*. A psychic facilitates a dead banker's return to protect his girlfriend from the man who murdered him. This film is rated PG-13 and has a runtime of 126 minutes.

## \*\* 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

<b>The Vic Geary Drop-In Center</b> <small>www.Vicgearyseniordropincenter.org</small> <small>● Po Box 40 ● 18 Greenough Road, Plaistow, NH 03865 ● TEL: 603-382-9276 ● Email: Vicgeary@gmail.com</small>				
<b>March Calendar of Activities</b>				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b>  *11:30 MOW Lunch Grab-N-Go	<b>4</b>  9-10 Bone Builders *11:30 MOW Lunch 1-3 Bingo 1-3 Mahjong, Mexican Train, Cribbage, & Card games (D)	<b>5</b>  *11:30 MOW Lunch 10:30-11:30 Line Dancing	<b>6</b>  10:30-11:30 Service Link Presentation (U) *11:30 MOW Lunch 1-3 Bingo 1-3 Mahjong, Mexican Train, Cribbage, & Card games (D)	<b>7</b>  COFFEE 9-10 Bone Builders(D) 9-12 Board & Card Games 11-12 Chair Yoga (D)
<b>10</b>  9-12 Foot Clinic *11:30 MOW Lunch Grab-N-Go 11:30-2 Monthly Birthday/Anniversary Party & Dance - Mardi Gras (Must Register with MOW)	<b>11</b>  9-10 Bone Builders 10-11 Blood Pressure Screening  *11:30 MOW Lunch 1-3 Bingo 1-3 Mahjong, Mexican Train, Cribbage, & Card games (D)	<b>12</b>  9-10:30 Coffee Talk (D) *11:30 MOW Lunch 10:30-11:30 Line Dancing	<b>13</b>  9-11 St Patrick's Day Special (U) *11:30 MOW St Patrick's Day Special 1-3 Bingo(U) 1-3 Mahjong, Mexican Train, Cribbage, & Card games (D)	<b>14</b>  COFFEE 9-10 Bone Builders(D) 9-12 Board & Card Games 11-12 Chair Yoga(D)
<b>17</b>  11-12 Relaxing Meditation Class with Sandy (D) *11:30 MOW Lunch Grab- N-Go 12-2 Leprechaun Shenanigans(U)	<b>18</b>  9-10 Bone Builders *11:30 MOW Lunch 1-3 Bingo 1-3 Mahjong, Mexican Train, Cribbage, & Card games (D)	<b>19</b>  9-10:30 Spring Craft with Chris (U) 10:30-11:30 Line Dancing *11:30 MOW Lunch	<b>20</b>  *11:30 MOW Lunch 1-3 Bingo(U) 1-3 Mahjong, Mexican Train, Cribbage, & Card games (D)	<b>21</b>  COFFEE 9-10 Bone Builders(D) 11-12 Chair Yoga(D)
<b>24</b>  *11:30 MOW Lunch Grab-N-Go	<b>25</b>  9-10 Bone Builders(D) 9:30-10:30 Bank Fraud by M&T Bank (U) *11:30 MOW Lunch 1-3 Bingo(U) 1-3 Mahjong, Mexican Train, Cribbage, & Card games (D)	<b>26</b>  *11:30 MOW Lunch 10:30-11:30 Line Dancing	<b>27</b>  *11:30 MOW Lunch 1-3 Bingo(U) 1-3 Mahjong, Mexican Train, Cribbage, & Card games (D)	<b>28</b>  COFFEE 9-10 Bone Builders(D) 9-12 Board & Card Games 11-12 Chair Yoga(D) 12-2 Potluck Lunch & Musical Bingo
<b>31</b>  *11:30 MOW Lunch Grab-N-Go	*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, Monthly Social and other events call Chris at 603-382-9276 Activities Upstairs will have a (U) and downstairs will have (D)			