

Senior Sizzler

May 2024

Senior Events with Plaistow Recreation

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

Website: Plaistow.com/Recreation

Coffee Talk

Wednesdays

10-11:30 am

Back by popular demand, the Recreation Department is bringing back our "Coffee Talk" program. We will meet every Wednesday from 10-11:30 am inside the Town Hall Annex, 14 Elm Street, Plaistow. Be sure to stop by the office for a mid-morning coffee break filled with games, crafts, and lively conversation.

Plaistow Town Wide Yard Sale

May 11, 2024,

8:00 AM to 2:00 PM

Plaistow Recreation is excited to host our Annual Spring Town Wide Yard Sale on Saturday, May 11, 2024, from 8:00 AM to 2:00 PM, rain or shine. All registered participants will be included on a map, available for printing or pickup at the Plaistow Library on May 9, 2024. You can also find the map on Plaistow.com/recreation and our social media channels. There's a registration fee of \$20.00, which will help support future recreation events for all ages. For more details, please reach out to Jenn at the Recreation office, 603-382-5200*204, or email recreation@plaistow.com.

Plaistow Elder Affairs Committee Meeting

May 14, 2024,

10 am

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:

May 20, 2024,

9:30am

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. **Date change due to Memorial Day Holiday*

Senior Health and Service Fair

May 22, 2024,

10-3p

Join us for a day dedicated to senior health and well-being! Date: May 22, 2024, Time: 10:00 AM - 3:00 PM, Location: Plaistow Fish & Game, 18 Mayray Ave. Plaistow, NH. The Plaistow Elder Affairs Committee is excited to invite you to our Senior Health and Service Fair. This event is designed to provide valuable information and resources to our senior community members. Event Highlights: Educational Presentations by Health Professionals, Vendor Booths Offering a Variety of Services, Networking Opportunities, Free Admission for All. Don't miss this opportunity to learn about the diverse range of services available to seniors in our community. Whether you're interested in health screenings, home care services, or simply want to connect with fellow seniors, this event has something for everyone. For more information, email recreation@plaistow.com or call 603-382-5200 *204. We look forward to seeing you there! This event is proudly sponsored by the Plaistow Elder Affairs Committee.

Senior Events at 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

SENIOR SOCIAL

May 9, 2024,

9-11:30 am

Our special event for May is a Mother's Day celebration. Please join us on Thursday May 9th start time 9am to 11:30am. Entertainment provided by Henri boy, breakfast snacks, dancing, raffles and door prizes will follow. 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:

May 20, 2024,

9:30am

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. This month we will be making gingerbread houses for the holidays. Please sign up @ 603-382-9276. **Date change due to Memorial Day Holiday*

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 5th May thru May 9th.

Senior Events at the Plaistow Public Library
For more information, please contact the Plaistow Library at 603-382-6011

Chair Yoga with Linda

Tuesdays at 10:30 AM in the Nelson Room

Please join us for our new 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.

Cardinals and Coneflowers: Garden Designs with Birds in Mind **May 1 at 6:00 PM in the Nelson Room**

If you find joy in watching our local birds flit and flutter about the yard, consider planting some specific botanicals to meet the basic needs of our feathered friends. In this lecture will not only discuss a variety of plants guaranteed to attract a diverse crowd of avian gems, but some additional actions you can take to entice them to linger longer before landing on your yard and garden for their habitat home.

About the presenter: Willa Coroka (C as in cinnamon) is a nature gal, her heart at its fullest while flitting through the New England forests amidst the hemlocks, birches and pines. Willa graduated with her MS in Environmental Studies in 2015 after several years of seasonal jobs that took her from the coast of Chile to the mountains of Andalucia and myriad locations in between. Her deep commitment for preserving wild spaces and knack for evoking excitement in people's perception of the natural world led her to create The Magpies Apprentice, a learning platform offering eco-centered lectures, presentations, and workshops. Willa's spare time is spent propagating plants, designing curriculum, hiking, traveling, reading, and spying on birds.

Book Club

May 2 at 6:00 PM in the Living Room

Join us for a lively conversation about our featured title "The Word is Murder" by Anthony Horowitz.

Getting Crafty with Nancy

May 3 at 10:30 AM in the Nelson Room

Get crafty with Nancy! This month we will be making our very own greeting cards. 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. Thank you for your understanding.

Friday Flicks

May 3 at 1:00 PM in the Nelson Room

Today's movie will be *Anyone But You*. After an amazing first date, Bea and Ben's fiery attraction turns ice-cold--until they find themselves unexpectedly reunited at a wedding in Australia. So they do what any two mature adults would do: pretend to be a couple. This film is rated, R and has a runtime of 103 minutes.

Spice Club**May 6 at take-and-make kit**

Add a little spice to your life! This month we will be sampling *Chinese five spice*. Please register in advance for your kit. Each kit will include a sample of the month's featured spice, Information and history about the spice, two-three recipes to try.

Book Club**May 8 at 10:30 AM in the History Room**

Join us for a lively conversation about our featured title "The Word is Murder" by Anthony Horowitz.

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

Today's movie will be *O Brother Where Art Thou*. In the deep south during the 1930s, three escaped convicts search for hidden treasure while a relentless lawman pursues them. This film is rated PG-13, with a runtime of 107 Minutes.

The Maryan Sullivan Memorial Plant Sale**May 11 at 9:00 AM - 1:00 PM at Library**

Spring has sprung and our annual plant sale is back! We will have a wide variety of plants to choose from including annuals and perennials. Raffles! Held in honor of former friend and fellow librarian Maryan Sullivan, this event is a fundraiser for the Friends of the Plaistow Public Library, a 501c3 organization. While you're out for the plant sale, check out the town-wide yard sale ... and vice versa! Watch our Facebook, newsletter, website for updates and further details.

Some Assembly Required - Adult Craft Night**May 13 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 wildflower seed bombs.

Granite Fizz: A Rich Story of Bottled Soda in NH**May 14 at 6:00 PM in the Nelson Room**

Learn the fascinating story of Plaistow's role in bringing soda - or tonic - to the masses. Plaistow was a major player in this industry - companies like Granite State/Hi-Brow off Wentworth, Walker Beverage on Hale Spring, and the 7-Up plant near Holy Angels. This talk will also note the Coca-Cola factory in Salem, and Nashua's Lucky Strike toincs as well as the nationally known Londonderry Lithia Water. This talk will be delivered by Dennis Sasseville, the author of 2023's "Granite Fizz: The Untold Story of Spring Water and Flavored Tonic in New Hampshire." This program is brought to you by the Plaistow Historical Society.

Sewing and Needle Work Get Together**May 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.

Viking Knit Bracelet Workshop**May 16 at 6:30 PM in the Nelson Room**

Join us as we create a Viking Knit bracelet! This is an easy technique with minimal tools and really opens up a lot of options in jewelry making. A kit will be provided to make a simple finished bracelet with a draw plate to take home to create more. This is a forgiving and rewarding technique, perfect for beginners. This workshop has a \$15 fee and is a fundraiser for the Friends of the Library.

Friday Flicks**May 17 at 1:00 PM in the Nelson Room**

Today's movie will be *An Officer and a Gentleman*. A young man must complete his work at a Navy Officer Candidate School to become an aviator, with the help of a tough Gunnery Sergeant and his new girlfriend. This film is rated R and has a runtime of 124 Minutes.

Open Sew**May 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**May 20, 12PM – 5 PM in the Nelson Room**

Please pre Register at RedCrossBlood.org

Summer Essential Oil Workshop**May 21 at 6:00 PM in the Nelson Room**

Join us for an essential oils workshop just in time for summer! In this workshop, we will be making insect repellent and after sun spray.

Behind the Pictures - The Stories Behind Amanda Osborne's Nature Photography**May 23 at 5:30 PM in the Library**

Capturing the essence of nature through photography is not just about the image itself, but also the story it tells. Each photo is a blend of art, science, and storytelling that brings the natural world closer to us. Join nature photographer and Plaistow Library Artist of the Month, Amanda Osborne, as we walk around the library exploring the techniques and challenges that were involved in her exhibited wildlife photography, as well as the captivating narratives that each photo holds.

Friday Flicks: Documentary Edition**May 24 at 1:00 PM in the Nelson Room**

Today's movie will be *GMO, OMG*. A father examines the relationship between genetically modified food and his three young children. This film is not rated and has a runtime of 84 Minutes.

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

Today's movie will be *Fried Green Tomatoes*. A neglected housewife makes an unexpected friend at a nursing home, where she hears a true tale about an independent woman in 1920s Alabama, who ran the town diner, served food to people of color and protected her sister-in-law from an abusive spouse. This film is rated PG-13, and has a runtime of 130 Minutes.