

## Senior Events with Plaistow Recreation

For more information, please contact the Plaistow Recreation department at 603-382-5200\*204, Website: [Plaistow.com/Recreation](http://Plaistow.com/Recreation)

### **Card Making and Scrapbooking**

**Every Wednesday in November 10-11:30 am**

Stop by the Recreation Department on Wednesdays from 10-11:30 am inside the Town Hall Annex, 14 Elm Street, Plaistow. Bring your creativity and join us for a morning of crafting fun! Whether you're a seasoned scrapbooker or just getting started, this meetup is perfect for creating memorable pages and beautiful cards. All skill levels welcome!

### **Monthly Senior Craft Class at the Vic Geary**

**November 25, 2024, 9:30-11:00am**

Join us for a fun and artistic experience! Plaistow Recreation offers a monthly craft class. 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. You can sign up with Joyce at the Vic Geary, 603-382-9276

Holiday Trip for Plaistow and Sandown Residents  
See attached flyer for details.

**December 10<sup>th</sup> 8-6pm**

### **Plaistow Elder Affairs Committee Meeting**

**November 19, 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](mailto:Recreation@Plaistow.com) or by calling 603-382-5200 \*204

Sandown Rec and Plaistow Rec presents

# HOLIDAY TRIP 2024

DECEMBER 10, 2024  
8 AM TO 6 PM

Sandown and Plaistow Recreation are teaming up once again for our annual Holiday Trip!

Join us for a delightful holiday outing to the enchanting Yankee Candle Village in Deerfield, MA, on December 10th! This magical destination offers something for everyone, from unique shopping experiences to festive seasonal activities. Create your own custom candle, explore Santa's Workshop, and stroll through the Bavarian Christmas Village, where snow falls indoors every four minutes! Indulge your sweet tooth at the Fudge Shop and discover 125 varieties of candy at Yankee Candy. Don't miss out on this fun-filled holiday adventure!

After enjoying all that Yankee Candle Village has to offer, we'll gather for a delicious buffet lunch at the historic Deerfield Inn. It's the perfect way to kick off the holiday season with friends, fun, and festive cheer!

**Cost: \$45 for residents**

Exclusive registration for Sandown and Plaistow residents is available prior to November 15, 2024. Contact your Recreation department today so you don't miss out on this magical holiday adventure!



## 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, Coloring, 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 and Coloring, 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.
- **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!!
- **BLOOD PRESSURE SCREENINGS:** Plaistow fire department will be here at the Center to do blood pressure screenings every second Tuesday of the month from 10-11 am. Walk-ins welcome.
- **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](http://vicgearyseniordropincenter.org).
- **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

### *Special events for November*

Nov. 4th, 12-1:00pm. Birthday/Anniversary Dance. Special guest, Jeff Warner with songs of New Hampshire from 1:00 to 2:00pm. Sponsored by NH Humanities.

Nov. 7th, 10:30. Presentation by Robert Morris from Hampstead Historical Society.

Nov. 11th, 8:30 to 10:30. Come and enjoy a "Breakfast for Veterans" at the Vic Geary Drop-in Center.

Nov. 14th, 10:30. Meet the Fire Chief for a presentation. Light refreshments will be served.

Nov. 16th, Saturday. Vic Geary Craft Fair. Hand made goods, bake sale, raffles and door prizes.

Nov. 19th, 10:30 to 11:30, Trivia and Tunes by Vin Pisceta. Sponsored by Samantha Pinzone from Fairway Mortgage and Bruce Velize of Skillville.

Nov. 20th, 11:30am to 1:00pm, Pumpkin Pie Social with bingo and prizes. Sponsored by Plaistow Elder Affairs.

Please join us for our Thanksgiving Special on Thursday November 21st, 9:00 to 11:30am. Breakfast goodies, 50/50 raffle, music and door prizes. Register @ 603-382-9276.

Color Me Happy and Crazy for Yarn every Monday, knit and crochet, 9:30 to 11:30am.

Please make reservations with Joyce at 603-382-9276. Limited seating at some activities.

**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 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! 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.

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

Today's movie will be *It Could Happen to You*. A police officer promises to share his lottery ticket with a waitress in lieu of a tip. This film is rated PG and has a runtime of 101 Minutes.

**Spice Club****November 4 , take-and-make kit**

Add a little spice to your life! This month we will be sampling dried basil. 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.

**Holiday Cards for our Military Challenge****November 6 at 5:30 PM in the Living Room**

Join us as we create messages in holiday cards for deployed U.S. troops, Veterans and Military Families. Holiday cards will be provided at the event. The primary goal of Holiday Cards for our Military Challenge is the collection and delivery of personalized, signed expressions of respect, caring and gratitude to deployed U.S. troops, Veterans, & Military Families. Your personalized signed holiday cards and letters reflect your genuine support and appreciation for our military heroes , letting them know that they are not alone during the winter holiday season. Our goals have expanded to sending caring cards of connection throughout the year. Your messages offer a connection to home, a bridge of caring, and a taste of the holidays to our beloved Warriors.

**Book Club****November 7 at 6:00 PM in the Living Room**

Join us for a lively conversation about our featured title "The Boys" by Ron Howard & Clint Howard.

**Friday Flicks****November 8 at 1:00 PM in the Nelson Room**

Today's movie will be *Little Miss Sunshine*. A family determined to get their young daughter into the finals of a beauty pageant take a cross-country trip in their VW bus. This film is rated R and has a runtime of 111 Minutes.

**Book Club****November 13 at 10:30 AM in the History Room**

Join us for a lively conversation about our featured title "The Boys" by Ron Howard & Clint Howard.

**Author Talk: Chris Boucher and "The Original Bucky Lew"****November 13 at 6:00 PM in the Nelson Room**

Join Chris Boucher, author of "The Original Bucky Lew" as he tells us the story of Harry Haskell Lew, known as "Bucky Lew". Born in Lowell Massachusetts in 1884, Bucky Lew burst through pro basketball's color barrier to become the first Black player in an otherwise white league. And playing was just a start. He wanted to dominate in every single role in the game—from player to coach to general manager to owner.

**Mindful Beginnings: An Introduction to Mindfulness and Meditation****November 14 at 11:00 AM**

This program is designed to offer an overview of mindfulness practice and its benefits. Through interactive exercises and a guided session, participants will learn to cultivate awareness, reduce stress, and embrace a more mindful approach to their daily lives.

**Getting Crafty with Nancy****November 15 at 10:30 AM in the Nelson Room**

Get crafty with Nancy! This month we will be making a pumpkin luminary. Nancy Ruddock is a retired school-teacher from Haverhill and has been leading arts & crafts classes on cruise ships all over the world. These adult 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****November 15 at 1:00 PM in the Nelson Room**

Today's movie will be *Fly Me to the Moon*. Marketing maven Kelly Jones wreaks havoc on launch director Cole Davis's already difficult task. When the White House deems the mission too important to fail, the countdown truly begins. This film is rated PG-13 and has a runtime of 132 minutes.

**Open Sew****November 16 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!

**Some Assembly Required - Adult Craft Night  
Room****November 18 at 6:00 PM in the Nelson**

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 pumpkin.

**Red Cross Blood Drive****November 19, 1:00 PM - 6:00 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.

**Sewing and Needle Work Get Together****November 20 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****November 22 at 1:00 PM in the Nelson Room**

Today's movie will be *Grumpy Old Men*. A lifelong feud between two neighbors since childhood only gets worse when a new female neighbor moves across the street. This film is rated PG-13 and has a runtime of 103 minutes.

**Adult Beginner Sewing****November 23 at 10:30 AM in the Nelson Room**

Join us as we learn to make zippered pouches using a sewing machine! In Adult Beginner Sewing, students will make and complete simple projects using a sewing machine. Basic sewing knowledge is helpful but not required. Basic sewing notions and machines will be provided for use. A materials list will be sent via email 1 week before the program.