

Senior Sizzler

October 2024

Senior Events with Plaistow Recreation

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

Plaistow Elder Affairs Committee Meeting

October 15, 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 or by calling 603-382-5200 *204

Fall Train Ride

October 23, 2024, \$80 pp

Join Plaistow and Sandown Recreation on our annual Foliage Trip! The first part of our trip will include a scenic bus ride to the Winnepesaukee Scenic Railroad in Meredith, NH where we will enjoy a 2hr train ride along the western shore of Lake Winnepesaukee, all while dining on a delicious Turkey Dinner from New Hampshire's famous Hart's Turkey Farm. After the train ride, we will board the bus for one more adventure before we head back to town. We will be stopping at Carter Hill Orchard in Concord where we will do some shopping at their beautiful country store and bakery. To register, please contact the Plaistow or Sandown Recreation office.

Plaistow: 603-382-5200 X204 / Email Recreation@plaistow.com, Website Plaistow.com/Recreation. Sandown: 603-887-1872 / Email recreation@sandown.us, Website <https://www.sandown.us/recreation>.

Annual Pumpkin Lighting Festival Saturday

October 26, 2024, 4-7 pm

Please join us on the Plaistow Town Green for an afternoon of family fun. Along with our infamous pumpkin carving contest there will be +a DJ, games, corn maze, food trucks, and members of local organizations passing out candy to all the children that arrive in Halloween costumes. This year, we're excited to introduce a Costume Contest! Come dressed in your best Halloween attire. Don't forget to bring carved pumpkin(s) to the Gazebo by 6:00 PM sharp to register for the contest. Pumpkins will be lined up behind along the walkways behind the Town Hall for all to see. Winners of the pumpkin carving contest will be announced at 6:30pm. Prizes will be awarded for the Scariest pumpkin, Most Creative pumpkin, and Overall, Most "Halloweeny" pumpkin. In 2004, the Town of Plaistow held its 1st Annual Pumpkin Lighting Festival and illuminated an impressive 76 pumpkins. Let's see if we can top that number this year! This year, we're excited to introduce a **Costume Contest!** Come dressed in your best Halloween attire. For more information visit Plaistow.com/recreation.

Monthly Senior Craft Class at the Vic Geary

October 28, 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

Toddler Trick or Treat,

October 31, 2024, 10-12pm

We've got all the treats and none of the tricks! Join the Plaistow Recreation department on October 31, 2024, 10-12pm, as we trick or treat at the businesses along Main Street. This event provides a safe and fun opportunity for toddlers to enjoy Halloween without the scary aspects of traditional trick-or-treating. Reservations are essential for this event, and please note that it is exclusively for Plaistow residents. We look forward to celebrating with you and your little ones!

Trick or Treat

Plaistow Trick or Treat will take place on October 31, 2024, from 5-7pm.

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.
- **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 October

Protect yourself from scams, presented by the Plaistow Police Department. October 1st, 10:30-11:30am

BIRTHDAY SOCIAL – October 7th 12:00-1:30p

This is our monthly lunch/ dance party to celebrate birthdays and anniversaries. Refreshments will be served, drinks, and cake with ice cream. Dance music from the golden oldies. Please register with Joyce at 603-382-9276.

YMCA Presentation October 8th 10-11 am

Cookie Decorating with Bee Happy October 15th 10:30 am

Brain health with AARP October 17th 10-11 am

Murder Mystery with Timberlane High School October 22nd 10:30-11:30 am

Halloween Social: October 24th 9am-11:30 am.

Please join us for our social on Thursday August 15th from 9am to 11:30. Breakfast goodies. Breakfast goodies. The entertainment will be by the New Hampshire Ukelele group. 50/50 raffle, and door prizes. Please sign up with Joyce by calling 603-382-9276. A Delicious hot lunch will be served by Meals on Wheels. Please sign up with Ann-Marie @ 603-382-5995.

Craft Class with the Plaistow Recreation department.

October 28th 9:30-11 am.

Spooktacular Sing Along

October 30th 10:30-11:30

Guess that Tune

October 31st 10:30-11:30

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.

TechHelp with Gary by Appointment

Wednesdays 12:00 PM - 3:00 PM

Need help with your laptop, smart phone, or tablet? Schedule yourself some TechHelp 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.

Adult Cooking Class**October 1 at 6:00 PM in the Nelson Room**

Embark on a culinary journey and master the art of risotto with our cooking class designed for adults. Under the guidance of Chef Sarah, you'll learn the secrets to creating the perfect risotto and including garden veggies to add flavor. This hands-on experience not only enhances your cooking skills but also promises a delightful evening filled with the aromas and tastes of delicious food. Perfect for food enthusiasts and aspiring chefs alike!

Becoming Wolf: Eastern Coyotes in New Hampshire**October 2 at 6:00PM in the Nelson Room**

Myths surround the coyote and cloud our understanding of it. Originating as the smaller western coyote, eastern coyotes share genes with the eastern wolf and Great Lakes Gray Wolf. Its hybrid nature enables its resilience and adaptability to live in farms, forest, or cities. While livestock are not its natural prey, sheep, goat and chicken farmers can coexist and even benefit from their presence. It has rewilded the northeast with its howl and ability to prey on large and small mammals but despite its ecological benefits, it is the most persecuted carnivore in North America. And despite human efforts to eradicate it, it survives and thrives among us. With 40 years of wolf and coyote research and experience, Chris believes "knowledge is power" – if you understand the coyote and are willing to coexist, anyone can live with this creature, whether you garden, farm, or hike.

AI Essentials: Unlocking the Future**October 3 at 6:00 PM in the Nelson Room**

Join Professor Herman T. Tavani, Ph.D. as he answers the question, "What is AI"? We hear the terms AI, ChatGPT and Chatbot but what are they really? In Professor Tavani's presentation we will discuss the ethical and social implications and how they affect the average person.

About the presenter: Herman T. Tavani, Ph.D., is Professor Emeritus of Philosophy at Rivier University and a visiting scholar at the Harvard School of Public Health. The author or editor of more than 100 publications, he has written or edited five books on ethical aspects of information technology, including his textbook *Ethics and Technology* which will soon be available in a fourth edition. Tavani has presented keynote addresses and scholarly papers at institutions throughout Europe and in Japan, as well as at colleges and universities throughout the U.S.

Book Club**October 3 at 6:00 PM in the Living Room**

Join us for a lively conversation about our featured title "Tuesday Mooney Talks to Ghosts" by Kate Racculia.

Friday Flicks**October 4 at 1:00 PM in the Nelson Room**

Today's movie will be *The Boys in the Boat*. A 1930s-set story centered on the University of Washington's rowing team, from their Depression-era beginnings. This film is rated PG-13, and has a runtime of 123 Minutes.

Sewing for Charity: Creating Fabric Trees**October 5 at 10:00 AM in the Nelson Room**

Join us as we make fabric Christmas trees! We will make two trees, one to keep, the other to be donated to the St Luke's Christmas Fair to be sold at the St Vincent DePaul Society table. Proceeds from the sale will benefit the St. Lukes Food Pantry. Basic sewing knowledge recommended but not required. Bring your own sewing machine or use ours! Irons, rotary cutters & mats, scissors and pins will all be provided for your use. Bring a lunch and have a fun day enjoying the company of other sewers! materials list will be emailed out one week before the event.

Robert Frost on the Farm: New Hampshire Farming in 1900**October 8 at 6:00 PM in the Nelson Room**

While it makes spoken words sing like sauntering music, Robert Frost's poetry can also help us appreciate the rigor of life on a New England farm in the early 20th century. In an exploration of both N.H. history and Frost's poetry, author and poet Jeffrey Zygmunt recites a selection of Frost's poems about farming. Alongside each recitation, he provides background on Frost's life, offering insight into the poems' origins, and commentary on the works' artistic

beauty, as well as the experiences and emotions it expresses. Participants will join a lively discussion celebrating Robert Frosts unique gift for capturing farm life in poetry. This is a Plaistow Historical Society program at the Plaistow Public Library and has been made possible by a grant from New Hampshire Humanities.

Book Club

October 9 at 10:30 AM in the History Room

Join us for a lively conversation about our featured title "Tuesday Mooney Talks to Ghosts" by Kate Racculia.

Getting Crafty with Nancy

October 11 at 10:30 AM in the Nelson Room

Get crafty with Nancy! This month we will be making a pumpkin and fall 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.

Friday Flicks: Silent Movie Special!

October 11 at 1:00 PM in the Nelson Room

Today's movie will be *The Cabinet of Doctor Caligari*. In a town of surrealistic landscapes, a carnival showman uses his main exhibit — a sleepwalker who never wakes — to commit murders. Will he be caught before he claims more victims? Or is everything not quite as it seems? This film is not rated. and has a runtime of 1hr, 17min. Local Plaistow musician, Gary McGath will provide live accompaniment at his keyboard.

Open Sew

October 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!

Some Assembly Required - Adult Craft Night

October 14 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 book page witch.

Author Audrey Peck's Guide to Self-Publishing

October 16 at 4:00 PM in the Craft Room

Venturing into the world of self-publishing can be an exhilarating journey, offering complete creative control and the potential to reach readers directly. It can also be a little overwhelming. Audrey Peck, author of two self-published children's books, will break down the steps involved in self-publishing, and share her experiences on this exciting journey.

Sewing and Needle Work Get Together

October 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.

Friday Flicks

October 18 at 1:00 PM in the Nelson Room

Today's movie will be *Waking Ned Devine*. When a lottery winner dies of shock, his fellow townsfolk attempt to claim the money. This film is rated PG and has a runtime of 91 Minutes.

Antique Rodeo **October 19 at 10:00 AM in the Nelson Room**

Join us for an antique appraisal day brought to you by the Friends of the Plaistow Public Library! "Round-up" your treasures and family heirlooms and bring them to the Plaistow Library where antique appraiser, Ron Wackowski will evaluate its monetary value. If you can carry it, Ron can appraise it! Limit 3 items per person, please. Sign up is not required and this event is first come, first served. The cost is: \$10 for 1 item and \$25 for 3. All funds raised at this 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.

Red Cross Blood Drive **October 22, 1:00 PM - 6:00 PM in the Nelson Room**

Please pre-register at RedCrossBlood.org. We are always looking for volunteer greeters! Please contact the library (603-382-6011) if you are interested in helping out.

Intro to Tarot/Oracle Card Workshop **October 23 at 6:00 PM in the Nelson Room**

Embark on a mystical journey and unlock the secrets of intuition with our Tarot/Oracle Card Workshop. This beginner-friendly workshop is designed to guide you through the basics of tarot and oracle cards, helping you to tap into your inner wisdom and gain clarity on life's questions. Discover the differences between these two divinatory tools, and start your path towards spiritual self-care and insight. Whether you're seeking personal guidance or simply curious about the art of card reading, this workshop is the perfect starting point.

Friday Flicks **October 25 at 1:00 PM in the Nelson Room**

Today's movie will be *Beetlejuice*. The spirits of a deceased couple are harassed by an unbearable family that has moved into their home, and hire a malicious spirit to drive them out. This film is rated PG and has a runtime of 93 minutes.

LIVE: Lessons in Violence Evasion **October 26 at 1:00 PM in the Nelson Room**

LIVE: Lessons In Violence Evasion is an alternative to the punch-kick self-defense programs you've seen before. LIVE is not fighting. LIVE is about evading and escaping so that you're not forced to fight. This program was designed to be experiential learning. Your natural gut feelings can save you when your thoughts shut down. Our training uses principles and laws of nature like instinct and gravity to escape violence. These ideas are presented through games and exercises that you experience. Even though the games and exercises often don't look like they have anything to do with escaping a violent situation, the feelings and sensations created through this experiential process transmit directly to your body and make it more likely that you'll remember the principles in a potentially threatening situation. This workshop will be led by the professionals at Shinobi Martial Arts, and has a \$20 workshop fee which must be paid in advance to hold your spot.

Domestic Violence Awareness Workshop **October 30 at 6:00 PM in the Nelson Room**

Presented by the YWCA, in this workshop you will learn how to recognize Domestic Violence and how to support a friend or colleague who may be experiencing it.