

# Senior Sizzler

# September 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)

### **Yoga on Town Green**

**Tuesdays from 6-7pm**

Miss Liz is a certified yoga instructor at Iron Cactus in Kingston and one of our incredible Assistant Summer Camp Directors at Plaistow Summer Rec! She loves yoga so much that she's offering this class for just **\$5.00 per family**, what a gift to the community! Bring a mat, a water bottle, and the whole family. All ages and experience levels are welcome. **No registration needed—just show up and enjoy!**

### **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. 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](mailto: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!

### **Bike Rodeo at PARC**

**Friday September 5th 5-7pm**

The Plaistow Recreation Department, together with the Plaistow Police Department, invites young cyclists to join us at the PARC for a fun and educational evening. This event is perfect for children who are just learning to ride or those who want to brush up on safety skills, helping them gain the confidence and knowledge needed to ride safely. Officers from the Plaistow Police Department will be passing out a limited number of helmets (first-come, first-served), ensuring riders are well protected. Riders can also visit a creative craft station at the pavilion to personalize their helmets and bicycles, adding a unique touch of their own. There will also be a small obstacle course set up where riders can test their abilities in a safe and supportive environment.

No registration is required, just bring your bike, join the fun, and get ready to ride!

### **Bingo and Bagels - FREE**

**Wednesday, September 10<sup>th</sup>, 10 am**

Join us on the 2<sup>nd</sup> 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

**Annual Fall Town-Wide Yard Sale****Saturday, September 20th, 8-2 pm    Rain or Shine**

Get ready to treasure hunt across Plaistow! The Recreation Department is excited to host the Annual Fall Town-Wide Yard Sale on Saturday, September 20, 2025, from 8:00 AM to 2:00 PM, rain or shine. Residents who register will be featured on a printable yard sale map, making it easy for shoppers to plan their route. Maps will be available for pickup at the Plaistow Library beginning September 18, 2025, and can also be found online at [plaistow.com/recreation](http://plaistow.com/recreation) and across Plaistow Recreation's social media pages. Best of all, proceeds from this event will help offset the cost of additional recreation programs and events, giving more opportunities for our community to come together and enjoy activities throughout the year. Don't miss this fun, town-wide event, so whether you're shopping or selling, there's something for everyone! To host a yard sale and be added to the map, register online at [PlaistowNH.MyRec.com](http://PlaistowNH.MyRec.com).

**Senior Craft Workshop****Wednesday, September 24<sup>th</sup>, at 9:30 AM**

Join us for a fun and creative craft workshop on the 4<sup>th</sup> 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

**Community Trip – Cranberry Bog****Wednesday October 22nd**

The Plaistow and Sandown Recreation Departments are excited to invite community members to their 2025 Fall Trip on Wednesday, October 22. This year's outing features a guided tour of the scenic cranberry bogs at Benson's Pond, offering a unique opportunity to experience the beauty of autumn in New England. Following the tour, participants will enjoy a delicious lunch at Benson's Pond, a charming local restaurant known for its warm atmosphere and flavorful menu. The day begins with a 7:30 AM departure from PARC in Plaistow and concludes with an approximate return at 5:30 PM. The full trip, including tour and lunch, is priced at \$65 per person. Spaces are limited, so early registration is encouraged through [PlaistowNH.MyRec.com](http://PlaistowNH.MyRec.com) for Plaistow residents or via the Sandown Recreation website for Sandown residents. Please note the tour involves walking on uneven terrain; attendees should wear appropriate footwear and contact Benson's Pond in advance if accommodations are needed. This rain-or-shine event promises a memorable fall experience for all.

**\*\* Plaistow Elder Affairs\*\***

For more information, please contact Sue Sherman at 603-531-5017 or email [susherm@hotmail.com](mailto:susherm@hotmail.com)

September 12 Service and Health fair, sponsored by Elder Affairs, held at Vic Geary Center, 10-2.

October 8 Apple pie Social at First Baptist Church. 11:30-2. Registration by calling Sue Sherman at 6035315017.

Pie, ice cream, coffee, games and door prizes.

November 15 Vic Geary Craft fair 10-3.

## **\*\* Plaistow Public Library\*\***

For more information, please contact the Plaistow Public Library.  
85 Main Street, Plaistow, NH. 603-382-6011, Website: [Plaistowlibrary.com](http://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.

### **Fantasy Football Draft**

**September 2 at 7:00 PM in the Nelson Room**

Are you ready for some football?!! It's that time again, the 7th annual Plaistow Library Fantasy League draft will take place in person in the Nelson Room! Pizza will be provided. This year's league winner will receive a prize and have their name permanently engraved on the PPL Fantasy Football trophy! Don't miss out! Register a team before 5PM Tues. 9/2 here: <https://tinyurl.com/yeefpmxf>, or by emailing [programming@plaistowlibrary.com](mailto:programming@plaistowlibrary.com)

### **Some Assembly Required - Adult Craft Night**

**September 3 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 iris paper folded pumpkins.

**Book Club****September 4 at 6:00 PM in the Living Room**

Join us for a lively conversation about our featured title "Daisy Jones and the Six" by Taylor Jenkins Reid.

**Friday Flicks****September 5 at 1:00 PM in the Nelson Room**

Today's movie will be "Sabrina". A chauffeur's daughter falls in love with the estate playboy, who views her as a kid...until she returns from two years in Paris a sophisticated woman. This film is rated PG and has a runtime of 112 minutes.

**Open Sew****September 6 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!

**Old and Rare Books with Ken Gloss****September 9 at 6:00 PM in the Nelson Room**

Join Kenneth Gloss, proprietor of the internationally known Brattle Book Shop in Boston's Downtown Crossing section, as he discusses the value of old and rare books! Ken, a rare book specialist and appraiser who is frequently seen on national TV, will talk in part about the history of his historic bookshop, which goes back to circa 1825. Ken will discuss growing up in the book business, show some of his favorite finds while enjoying "the thrill of the hunt," and explain how he appraises books and manuscripts. He has many fascinating anecdotes to share about private and institutional collecting as well as guidelines for building and maintaining a significant collection. Following the talk, Ken will answer questions and will appraise books brought by attendees. This is a Plaistow Historical Society program taking place at the Plaistow Library.

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

Join us for a lively conversation about our featured title "Daisy Jones and the Six" by Taylor Jenkins Reid.

**Estate Planning Workshop****September 10 at 6:00 PM in the Nelson Room**

In this lecture, you will learn how to choose a lawyer, protect your assets, avoid probate court, medicaid strategies and much more! Presented by Attorney Gerald L. Shyavitz who has over 50 years of experience practicing in both Massachusetts and New Hampshire.

**Friday Flicks****September 12 at 1:00 PM in the Nelson Room**

Today's movie will be "Friday Night Lights". Based on H.G. Bissinger's book, which profiled the economically depressed town of Odessa, Texas and their heroic high school football team, The Permian High Panthers. This film is rated PG-13 and has a runtime of 118 minutes.

**Coffeehouse Open Mic Night****September 12 at 6:00 PM in the Nelson Room**

Join us for a family friendly evening of creativity and connection at our Coffeehouse Open Mic Night! A stage for seasoned performers and first-timers alike, this event is all about expressing yourself and celebrating local talent. Whether you're here to share your music, poetry, comedy, storytelling, or simply to enjoy a warm beverage while soaking in the atmosphere, there's a place for you.

**Who Are These People?****September 16 at 6:00 PM in the Nelson Room****Organizing Your Photos and Paperwork**

Do you have a box filled with old photos, documents, and mementos that feels too overwhelming to tackle? This program is designed to guide you step-by-step through the process of organizing, protecting, and making sense of your treasured keepsakes. Whether you want to create a meaningful family archive or simply bring order to the chaos, this program is here to help. In this workshop, you will learn:

- Sorting Made Simple: Techniques for categorizing photos, paperwork, and memorabilia efficiently.
- Home Storage Basics: Tips for safely storing your items in an easy to find, organized way.
- Who's Who?: Strategies for identifying people and places in photos, including using family interviews, online tools, and visual clues.
- Creative Projects: Ideas for turning your collection into albums, scrapbooks, or digital stories.

By the end of this program, you'll transform that overwhelming box into an organized and meaningful archive, ready to be cherished for generations to come. Let's honor the past and preserve it for the future!

**Sewing and Needle Work Get Together****September 17 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****September 19 at 1:00 PM in the Nelson Room**

Today's movie will be "The Bodyguard". A former Secret Service agent takes on the job of bodyguard to an R&B singer, whose lifestyle is most unlike a President's. This film is rated R and has a runtime of 129 minutes.

**Friends of the Plaistow Public Library Craft Fair September 20 at 9:00 AM on Library Grounds**

Join us on the Plaistow Public Library grounds from 9AM - 3PM for our annual craft fair! Lots of wonderful items will be for sale, including but not limited to: Art - Gourmet Food - Home Goods - Jewelry - Knitted Items - Leather - Make-up & Skin Care - Natural Products - Tie-Dye - Wood Crafts - And much more!

This event has a rain date of Sat., Sept. 27.

**Red Cross Blood Drive****September 23, 1:00 PM - 6:00 PM in the Nelson Room**

Please pre Register at [RedCrossBlood.org](http://RedCrossBlood.org).

**Prepping for the Medicare Annual Enrollment Period (AEP) Workshop****September 24 at 6:00 PM in the Nelson Room**

Join us for this interactive session covering the fundamentals of Medicare, enrollment deadlines, and recent policy changes. This workshop will be led by Christian and Larissa Troy, from Woodpecker Insurance. About the Presenter: Christian and Larissa Troy are independent licensed insurance agents. They opened Woodpecker Insurance with an office located at 30 S Main Street in Concord that is solely focused on Medicare Insurance plans to be central in servicing the New Hampshire senior community. As independent agents they are free to act as a fiduciary for their clients regarding their Medicare healthcare plan needs, and their guidance is unbiased. Christian and Larissa are both graduates of Providence College (Providence, RI)- where they met. They are both Medicare (AHIP) Certified for 2025 and are appointed by almost all of the major carriers for both Medicare Advantage, Medicare Supplement, and Prescription Drug Plans.

**Tarot Training****September 25 at 6:00 PM in the History Room**

Join us for an ongoing tarot training series where we dive deep into the meanings, symbolism, and card combinations of each tarot card. Each session will unpack the unique layers of every card, helping you to fully understand their energy and interpret their messages with confidence. Whether you're a beginner or looking to deepen your practice, this class offers a comprehensive, hands-on approach to mastering the tarot.

**Friday Flicks****September 26 at 1:00 PM in the Nelson Room**

Today's movie will be "The Sixth Sense". After being shot by a resentful former patient whom he failed to help, a Philadelphia child psychologist seeks redemption by treating a young boy with a disturbing secret. This film is rated PG-13 and has a runtime of 107 minutes.

**Roxie Zwicker Presents****September 30 at 6:00 PM in the Nelson Room****"Spirits of the Granite State - The Ghosts of New Hampshire"**

A search of the legends and ghosts of New Hampshire. Follow the peaceful dirt roads to long forgotten ghost stories, you'll hear superstitions from some of the quaint, small towns and learn of unusual occurrences that still can't be explained today. Find out some of the best places to explore spirited happenings. This presentation features tales from the White Mountains to the ghosts of the Seacoast. Journey through haunted woods, find mysterious cemeteries and be captivated by ghostly lighthouses during this virtual journey. New Hampshire has a lot more than just beautiful scenery – and this presentation will take you there.

## **\*\* 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](mailto:Vicgeary@gmail.com)

### **The Vic Geary Drop-In Center**

[www.Vicgearyseniordropincenter.org](http://www.Vicgearyseniordropincenter.org)

● Po Box 40 ● 18 Greenough Road, Plaistow, NH 03865 ● TEL: 603-382-9276 ● Email: [Vicgeary@gmail.com](mailto:Vicgeary@gmail.com)



**Serving the Towns of:**  
**Atkinson, Danville, Hampstead,**  
**Kingston, East Kingston, Newton,**  
**Plaistow, and Sandown.**



#### **NEW THIS MONTH**

**Dance Aerobics**

**Monday 10-11**

**Tai Chi**

**Fridays 10-11**

**Need a Ride to the  
center or store? Call  
TriLink 603-834-  
6010**

**Foot Clinic  
Wednesday  
September 3rd 9-1.  
No walk-ins, you  
must register by  
calling the Foot  
Clinic at: 603-702-  
8203.**

**Peer Support Meetings  
3rd Thursday 6PM**

**Medical Equipment  
Available**

**HALL RENTALS**  
Available for Special  
Events(Weddings, etc.).  
Call 603-382-9276

## **Upcoming Activities**

### **September Special**

**Monthly Special will be on Sept 18 with coffee & breakfast  
goodies, music by Henri, 50/50 and door prizes. Please register  
with the Office @ 603 382 9276**

### **What's Happening in September**

**Sept 8th 9-10:30 Recipe Club. Bring in your favorite Apple Recipe to  
share.**

**Sep 9th 10:30-11 National Teddy Bear Day. Bring in a new or like new  
Teddy bear to be judged for the cutest bear or one with most  
original name. We will donate the teddy bears to the Plaistow Police  
Dept.(Optional)**

**Sep 10th 12-2 Apple Fest Social with Apple Strudel Squares & Ice  
Cream & games**

**Sep 12th 10-2 Plaistow Elder Affairs Health & Services Fair**

**Sep 15th 12-2 Monthly Birthday /Anniversary Party Cake & Ice  
Cream, games, & dance music**

**Sep 16th 10:30 -11:30 Teen Author Hemie Yao presentation about  
writing as a teen author & Chinese Myths & Legends**

**Sep 17 9-10:30 Craft Class taught by Jessica from Silverthorne Adult  
Daycare Center**

**Sep 18th 9-11 Monthly Special**

**Sep 22nd 11:30-1:30 Apple Cider Donut Social & Games**

**Sep 25th 10:30 -11:30 presentation by Community Action  
Partnerships - Fuel Assistance**

**Sep 29th 12-2 Trip to "Get on Board " in Hampstead - Pumpkin craft.  
We will car pool from Vic Geary at 11:30 am. \$20 per person.**





# Plaistow & Sandown Recreation 2025 Fall Trip



## Benson's Pond

Located in Middleboro Massachusetts, Benson's Pond cranberry bog farm offers 80 acres of cranberry bogs and supporting woodlands with stunning vistas, peaceful spaces, and meaningful history that you won't find anywhere else.



### Trip Details

Date: Wednesday, October 22, 2025

Pick-Up Location:

PARC, 51 Old County Road, Plaistow, NH 03865

Departure Time: 7:30 AM sharp

Cranberry Bog Tour: 10:30 AM – 12:00 PM

Lunch at Benson's Pond: 12:00 PM – 1:00 PM

Approximate Return: 5:30 PM

Cost: \$65 per person (includes tour and lunch).



Register via

Plaistow residents can sign up at

[PlaistowNH.MyRec.com](https://PlaistowNH.MyRec.com)

or call 603-382-5200\*204

Sandown residents can sign up at

[Sandown Recreation](https://SandownRecreation.com) or call 603-887-1872

Out of town residents can register for the trip after October 7, 2025.

### Mobility & Accessibility Notice

Please be advised that the Cranberry Bog Tour involves walking on uneven terrain and some outdoor paths that may include natural obstacles. Participants should wear comfortable, sturdy footwear suitable for walking outdoors. If you have mobility concerns or require accommodations, please contact Benson's Pond ahead of time so they can assist in making your experience enjoyable and accessible. Event is rain or shine

