

Senior Sizzler

May 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

Forever Fit with Mary

Mondays from 10 – 11 AM

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. Participants should wear comfortable clothing, supportive shoes, and bring a smile! Space is limited – Registration Required - \$5.00 per class fee.

Homeschool Explorers Club!

Tuesdays from 10-12 PM

Plaistow Recreation is excited to introduce the Homeschool Explorers Club, a weekly adventure for homeschoolers ages 5-10! Held every Tuesday from 10 AM to 12 PM at the Norman L. Major Building, 14 Elm Street, this engaging program offers hands-on activities designed to inspire creativity, discovery, and fun. Led by our Recreation Director, Miss Jenn, children will explore STEM experiments, creative arts, movement games, and brain-boosting puzzles, all while making new friends and trying new things. Free for residents of Plaistow.

Kickboxing, Youth and Adult classes are available.

Tuesdays from 4:45-7pm

We offer two class options, one for kids and one for adults and teens. The class blends Western boxing, Muay Thai, and martial arts, providing a full-body workout that enhances cardiovascular health, strength, balance, muscle tone, and confidence. Whether you're a beginner or experienced, this class is designed for all skill levels. Kickboxing is a terrific way to cross-train for other sports or simply stay active while learning new techniques in a fun and structured setting. Visit PlaistowNH.Myrec.com for more information. Space is limited – Registration Required. \$55.00 6-wk Session Fee or \$10 drop-in rate.

Plaistow Walking Club – Starting May 1st!

Thursdays at 10 am

Lace up your sneakers and enjoy the fresh spring air! The Plaistow Recreation Department is excited to announce a brand-new Spring Walking Group, beginning Thursday, May 1st at 10:00 AM, meeting weekly at the Norman L. Major Building, located at 14 Elm Street. This free, informal walking club is open to all, regardless of pace or experience. Whether you're looking to improve your fitness, enjoy the outdoors, or meet new people, the Spring Walking Group is a great way to explore the Plaistow Village District—a charming area rich in history and small-town New England character. No registration is required—just show up ready to walk! Maps will be provided, and participants can choose their own walking path through the heart of Plaistow. For more information, contact the Recreation Department at Recreation@plaistow.com or visit www.plaistow.com/recreation.

Plaistow Mom's Village!

Thursdays at 11 am

This exciting new program will take place on Thursdays at 11am and will be held at the Norman L. Major Building, 14 Elm Street. Classes will run from May 8th through June 12th (6 weeks). 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. Join the Plaistow Mom's Village and become part of a supportive community that's here to help you every step of the way! Lead by, Jen Keohane, a certified lactation consultant and postpartum doula. This group is designed to offer a supportive community where new moms can share experiences, gain advice, and build lasting friendships.

Whether you're navigating the early days of motherhood or expecting your first, this group creates a judgment-free space to connect with other moms who understand the journey. You'll receive practical guidance on feeding, baby care, self-care, and more, while also finding emotional reassurance from others who can relate to your experiences. The group is open to all moms with newborns or infants, no matter if its baby 1,2, or 3 and expectant moms preparing for their new arrival. Everyone agrees that it takes a village. Come meet yours!

Strength in Motion with Mary – Starting May 1st!

Thursdays from 5:30-6:30 pm

Join us at the Recreation Office for a brand-new Cardio and Strength class starting Thursday, May 1st, from 5:30 to 6:30 PM. This energizing class combines strength training, heart-boosting cardio, and yoga exercises, all while fostering a fun and social atmosphere. This class is designed to support adults of all ages and abilities in enhancing their well-being through movement and mindfulness. Participants should wear comfortable clothing, supportive shoes, and bring a smile! The class meets weekly at the Recreation Office in the Norman L. Major Building at 14 Elm Street. Space is limited and registration is required. The cost is just \$5.00 per class.

Weekend Warrior: Teen Yoga (Ages 13-18)

Sundays from 11-12 PM

This weekend class focuses on mindfulness, flexibility, and strength—perfect for all experience levels. Led by Liz Hosman, RYT200, an experienced instructor who teaches yoga for adults and children at The Iron Cactus in Kingston, NH. This summer, she will also lead a workshop at the Berkshire Yoga Festival. Registration is required. Visit PlaistowNH.Myrec.com for more information. Space is limited – Registration Required - \$10.00 per class fee.

Middle School Game Night

Friday, May 9th, 5:30-8:30 pm

Middle School Game Night is happening on Friday, May 9th, from 5:30 PM to 8:30 PM at the Plaistow Recreation Office inside the Norman L. Major Building, 14 Elm Street. Open to students ages 11-14, this event features video games like Just Dance and Mario Kart on the Nintendo Switch, along with board games and card games. Participants can bring their own Nintendo Switch consoles, but all games must be rated E, E10, or T. Pizza, water, and cookies will be provided. For questions, contact the Recreation Department.

Annual Spring Town-Wide Yard Sale

Saturday, May 10th, 8-2 pm Rain or Shine

Get ready to treasure hunt across town! Plaistow Recreation is excited to host the Annual Town-Wide Spring Yard Sale on Saturday, May 10, 2025, from 8:00 AM to 2:00 PM, rain or shine. Residents participating in the event 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 May 8, 2025, and can also be found online at plaistow.com/recreation and across Plaistow Recreation's social media channels. Don't miss this fun, town-wide event—whether you're shopping or selling, there's something for everyone!

Blaze the Nature Trail at PARC

Saturday, May 10th at 9am

The Plaistow Recreation Commission is pleased to invite the community to the official reopening of the Nature Trail at PARC on Saturday, May 10, 2025, at 9:00 AM, located at 51 Old County Road, Plaistow, NH. The Nature Trail at PARC, first introduced to the public in the fall of 2024, is a unique space developed by the community, for the community. Thanks to the hard work and dedication of volunteers, this peaceful trail continues to provide a welcoming environment for walking, hiking, and connecting with nature. Residents of all ages are encouraged to attend. Whether you're a regular trail-goer or visiting for the first time, it's a perfect opportunity to explore this local gem and kick off the 2025 season together.

Floral Arranging Class with Jan Guy

Thursday, May 15th at 1pm

Join local Plaistow resident Jan Guy on May 15th at 1 PM for a hands-on floral arranging class, where you will 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 Bingo game**Wednesday, May 14th, 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 fun time! Registration Required

Candy Bar Bingo**Wednesday May 14th 2:00**

Plaistow and Sandown Recreation are teaming up to host Candy Bar Bingo on the next school half-day! Join us at PARC, located at 51 Old County Road in Plaistow, for an afternoon of fun on the field. Bingo begins at 2:00 PM, and admission is one large *nut-free* candy bar per participant. This sweet and simple event is open to all ages—parents are welcome to join in the fun too! Be sure to bring your blanket or lawn chair and get ready for a chance to win some candy prizes. No registration required.

Paint night with Premier Paint Party**Wednesday, May 21st, 6-8 pm**

We are hosting a fun and paint party on Tuesday, May 21st from 6:00 PM to 8:00 PM at the Plaistow Recreation Office, located at 14 Elm Street (Norman L. Major Building). No painting experience is necessary—just bring your creativity! The cost is \$40 per person and includes all materials and step-by-step instruction. This session's featured painting is a dreamy night scene with pink tulips reaching toward a starry sky, complete with a glowing moon and soft, pastel-colored clouds. Space is limited, so be sure to register early. Space is limited – Registration Required - \$40.00 per class fee.

Senior Craft Workshop**Wednesday, May 28th at 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 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

**** Plaistow Elder Affairs ****

For more information, please contact Sue Sherman at 603-531-5017 or email susherm@hotmail.com

Elder affairs meeting May 20 10 am at First Baptist Church. Planning Spring tea for June 4.
We are always looking for new members to join us.

**** 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.

Foster Bag Drive

May 1 to May 23

May is National Foster Care Month. Donate essentials and comfort items at the Library for the NH FAPA from May 1 to May 23.

Book Club

May 1 at 6:00 PM in the Living Room

Join us for a lively conversation about our featured title "Looking for Jane" by Heather Marshall.

Get Crafty with Nancy: Adult Craft Workshop

May 2 at 10:45 AM in the Nelson Room

Get crafty with Nancy! This month we will be making a decorated flower pot. 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.

Friday Flicks

May 2 at 1:00 PM in the Nelson Room

Today's movie will be "September 5". During the 1972 Munich Olympics, an American sports broadcasting crew finds itself thrust into covering the hostage crisis involving Israeli athletes. This film is rated R and has a runtime of 91 minutes.

Local Author Raeann Keeley-Pellerin: "Rising From the Ashes"

May 7 at 6:00 PM in the Nelson Room

Join local author, Raeann Keeley-Pellerin as she tells us about her new book "Rising from the Ashes: Facing Anxiety and Depression After Loss". Drawing from personal experiences, therapeutic techniques, and moments

of self-discovery, Keeley-Pellerin explores the emotional rollercoaster of coping with loss while managing mental health challenges. From learning to embrace vulnerability to uncovering the power of reflection, faith, and community, the book provides insights for anyone facing similar struggles.

Friday Flicks

May 9 at 1:00 PM in the Nelson Room

Today's feature will be "Easy Rider". Set in the '60s, pothead hippie bikers trip from L.A. to New Orleans searching for the meaning of life. On the way, they find comfort in a commune and violence in the South. This film is rated R and has a runtime of 95 minutes.

Adult Lit to Go Box

May 14 Book Care Package

Do you find yourself asking "what should I read next?" Let us pick for you! Fill out our questionnaire (found under the event at plaistowlibrary.com) and we will put together a personalized box just for you! Each box will contain two books, yummy snacks and a fun surprise gift. Return the box and the books, the rest is yours to keep. *Must be a Plaistow Library card holder to participate.*

Book Club

May 14 at 10:30 AM in the History Room

Join us for a lively conversation about our featured title "Looking for Jane" by Heather Marshall.

Friday Flicks

May 16 at 1:00 PM in the Nelson Room

Today's feature will be "Breakfast at Tiffany's". A Manhattan sophisticate escorts wealthy men, taking extravagant gifts and money but not their affections: she has commitment issues. This film is rated G and has a runtime of 115 minutes.

Red Cross Blood Drive

May 20, 9:00 AM - 2:00 PM in the Nelson Room

Please pre Register at RedCrossBlood.org.

Friday Flicks

May 23 at 1:00 PM in the Nelson Room

Today's feature is "Here". A generational story about families and the special place they inhabit, sharing in love, loss, laughter, and life. This film is rated PG-13 and has a runtime of 104 minutes.

S.A.F.E. @ Home: A Plan to Stay Independent **May 27 at 6:00 PM in the Nelson Room**

This is a free seminar helping seniors plan for aging in place. "S.A.F.E. @ Home" is based on the acronym S.A.F.E.—Safety, Access, Fits Needs, and Ease of Use. This seminar is designed to help seniors assess whether their home still supports their needs or if small adjustments could improve their comfort and safety over time. A home's design can either enhance or limit independence, we will provide practical information seniors can use to make informed decisions about their living environment. Presented by, Shirrel Schramm, Seniors Real Estate Specialist and former home health nurse (R.N.).

Some Assembly Required - Adult Craft Night

May 28 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 felt tea cup bookmarks.

Plaistow Library Birthday Party!

May 29 All Day

Join us while we celebrate the Library's 25th birthday at the 85 Main St. location! We will have a fun day full of family events including a puppet show, scavenger hunt, library history slideshow, live music and more!

North River Music

May 29 at 5:00 PM in the Living Room

As part of our 25th Birthday Celebration, North River Music will entertain us with their fun and catchy tunes in the 'living room' of the Library! North River Music has an Americana sound with strong harmonies and expressive musicianship. Playing Americana rock/bluegrass, a North River set is fun to listen to with something familiar for

everyone. From Crosby Stills and Nash, The Eagles and Dylan to traditional American standards come to listen – you'll like what you hear! To find out more about the group and where they are playing next, visit www.northrivermusic.com or on facebook at www.facebook.com/northrivermusicnh

Friday Flicks

May 30 at 1:00 PM in the Nelson Room

Today's film will be "The Soloist" A former violin prodigy has bouts with schizophrenia that land him on the streets after two years of schooling at Juilliard and finds an ally in a disenchanted journalist dealing with a recent divorce. This film is rated PG-13 and has a runtime of 117 minutes.

Open Sew

May 31 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!

**** 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

WHAT IS HAPPENING IN MAY?

May 7 9-10:30 Make a Spring Wreath

Learn to make a beautiful wreath with mesh ribbon . Colors will vary .Free workshop, reserve your spot 603 382 9276 Colors will vary. Free workshop

May 8 9-11 Mothers Day Special

May 10 8-2 Vic Geary Indoor Yard Sales, table space is available, call 603 382 9276 to reserve your table

May 12 12-2 Monthly Birthday/ Anniversary Party

Enjoy Cake & Ice cream & dance to the Oldies. Gift for all that are celebrating their birthday or anniversary during May.

May 13 10:30-11:30 Presentation by NH Aviation Museum "History of Ballooning in NH"

May 14 12-2 Strawberry Shortcake Social and Vic Geary Kentucky Derby horse race game. Enjoy our social time with delicious Strawberry Shortcake and see if your horse will cross the finish line! Free event

May 19 10-11 Presentation by NH Humanities

Having a Fine Time in Manchester.

Vintage postcards & local history Robert Perreault presents a lively and nostalgic adventure through a major industrial center, home to people from around the world New Hampshire Humanities programs are made possible in part by a grant from the National Endowment for the humanities

May 22 10:30-11:30. Presentation by At Home Hearing Healthcare

May 28 9-1 30 Hearing Screenings by At Home Hearing Healthcare Free Screenings. Call 603 382 9276 for appt

VIC - CALENDAR

May 1

11:30 MOW lunch
12-3 Yahtzee, Uno and board games (D)
1-3 Bingo (U)

May 2

9-10 Bone Builders (D)
11-12 Chair Yoga \$5 (D)

May 5

9-12 Mexican Train Dominoes, and board games (U)
11:30 MOW Lunch grab & go

May 6

9-10 Bone Builders (D)
11:30 MOW lunch
12-3 Scrabble (D)
1-3 Bingo (U)

May 7

9-10:30 Make a Spring Wreath with Sandy (U)
10:30-11:30 Line Dancing (U)
11:30 MOW lunch grab & go

May 8

9-11. Mother's Day Special (U)
11:30 MOW lunch
12-3 Yahtzee, Uno & Board Games (D)
1-3 Bingo

May 9

9-10 Bone Builders (D)
11-12 Chair Yoga (D)

May 12

12-2 Birthday/Anniversary Party & Dance (U)

May 13.

9-10 Blood Pressure Check by Plaistow EMTs (U)
9-10 Bone Builders (D)
10:30-11:30 presentation by NH Aviation Museum (U)
11:30 MOW lunch
12-3 Scrabble (D)
1-3 Bingo

May 14

10:30-11:30 Line Dancing (U)
12-1:30 Strawberry Shortcake Social & Vic Geary
Kentucky Derby Horse Race Game (U)

May 15

11:30 MOW lunch
12-3 Scrabble (D)
1-3 Bingo (U)

May 16

9-10 Bone Builders (D)
11-12. Chair Yoga (D)

May 19

10:30-11:30 NH Humanities presentation Having a
Fine Time in Manchester By Robert Perreault (U)

May 20

9-10 Bone Builders (D)
11:30 MOW lunch
12-3 Scrabble (D)
1-3 Bingo (U)

May 21

11:30 MOW Grab & Go lunch

May 22

10:30-11:30 Presentation by At Home Hearing
Health Care (U)
11:30 MOW Lunch
12-3 Yahtzee, Uno & board games (D)
1-3 Bingo (U)

May 23

9-10 Bone Builders (D)
11-12 Chair Yoga

May 26

Closed for Memorial Day

May 27

9-10 Bone Builders (D)
11:30 MOW lunch
12-3 Scrabble (D)
1-3 Bingo (U)

May 28

9-1:30 Free Hearing Screenings by At Home
Hearing Healthcare (D)
10:30-11:30 Line Dancing (U)
1:30 MOW lunch Grab & Go

May 29

11:30 MOW lunch
12-3 Yahtzee, Uno, Board Games (D)
1-3 Bingo (U)

May 30

9-10 Bone Builders (D)
11-12 Chair Yoga (D)