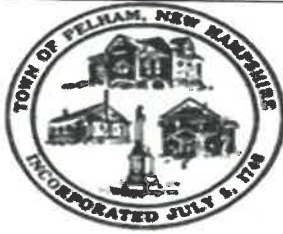


March / April 2024



The Hobbs Community Center Newsletter

Where Friends Gather

Welcome to the Hobbs Community Center March / April Newsletter. Please take a moment to check out the scheduled programs and 2024 travel information.

If you would like to see a specific program or even a trip, please let Brian, Susan or Cyndi know and we can see what we can do to make it happen.

We look forward to seeing you at the Hobbs Community Center!



Don't let the cold weather keep you from playing pickleball!

The outdoor courts at the Hobbs Community Center are closed for the season. We have rented the gymnasium at the Bishop Stanley and Ruth Choate Wellness and Recreation Center located at 955 Bridge Street Pelham. We have 3 indoor courts set up. There is a \$5 fee. Currently, we offer: Mondays 9-12PM – Tuesdays 4-6PM - Wednesdays 9-12PM – Fridays 9-12PM. Drop by and get your game on!

We are working on Pickleball Lessons. Stay Tuned...

St Parick's Day Luncheon –Get your Irish on! Enjoy a traditional corned beef and cabbage dinner with boiled red bliss potatoes, carrots, turnip, and Irish soda bread. For desert, a festive mousse topped with Oreo cookie crumbs.

Our own, Gary O'Williams and his lassie Wendy, will be serenading us with authentic Irish music.

This event is just \$20 which is due upon registration.

NOTE: All regular programs are canceled on 3/15



Coffee with the Captain – Come by and have a cup of coffee with Captain Steve Toom of the Pelham Police Department. Feel free to talk with Captain Toom about local issues or whatever comes to mind. Coffee with the Captain takes place the 2nd Wednesday of each month at 9AM. (March 13 & April 10)

Day Trip to Parker's Maple Barn – Join us for a day trip to Parkers Maple Barn in Mason, NH on Monday March 18th. Trip includes bus ride, a hearty breakfast, tour of Sugar Shack where they make their maple syrup following the old tradition of a wood fired evaporator, and a stop in the Corn Crib Gift Shop which features their own maple products.

Cost of the trip is \$52.00. Make checks payable to the Town of Pelham. Patrons can register at the Hobbs office. Please contact Cyndi in the Travel Office for more information 603-635-3800 x3



Team Trivia is easy to play. Gather up your team, register with the main office and bring your thinking caps. This fun game has 20 questions testing your knowledge in Sports, History, Television, Movies, Music, and more.

Team Trivia takes place on Friday at 1PM on March 22nd and April 19th

Team Pictionary – This team game will pair two teams working back to back to see who can guess the word first. Teams will be chosen at random at the start of the game and everyone will have at least one chance to draw. Winning team will have bragging rights! There is no cost to participate but registration is required. Team trivia will be held on Friday at 1PM, March 1st and April 5th

Line Dancing – Program is held on Mondays at 2:15PM. Classes are \$5 recommended donation to the instructor. You will learn beginner line dances while having fun in a non-stressful environment. Program is geared to new line dancing folks or people who haven't line danced in some time. Please pre-register for this program using My Active Center site or register in person at the HCC. Please see Susan if you have any questions.



Zumba GOLD – 4 Week sessions in March and April. Program takes place on 4 Wednesdays at 2:15PM. Cost is \$20 for each 4 week session. Checks should be made out to the Town of Pelham. To register, fill out a payment envelope and deposit it in the brown mailbox, along with your payment.

Bone Builders – Program relies upon weight training and balance exercises to protect against fractures caused by osteoporosis by increasing muscular strength, balance and bone density. Classes are offered Mon thru Thursday at 9AM and at 11:15AM on Monday and Wednesdays. In order to get the benefit of bone strengthening, individuals are encouraged to attend at least 2 classes per week. Medical release paperwork must be completed prior to beginning classes. Speak with Susan in the main office for more information and to get your medical release forms. Classes are FREE. Donations are accepted.

Kimberly Abare State Representative Office Hours – Kim will be at the HCC on the second Tuesday of each month from 9:30-10:30AM to discuss your concerns, upcoming state and town legislation, and whatever is on your mind.

Grab N' Stay Meals and Soup N' Stay

Wednesday March 6th	Soup N' Stay - Turkey Noodle Soup
Wednesday March 13th	Italian Sausage Linguini
Wednesday March 20th	Soup N' Stay - Vegetable Soup
Wednesday March 27th	White Chicken Chili & Corn Bread
Wednesday April 10th	TBA
Wednesday April 24th	TBA

Wii Bowling – Come have some fun and test your skill with our Wii Bowling program. Nintendo Wii is a fun video game that gets you up and moving. Program will be held on the following Thursdays at 1PM. March 14 – March 28 – April 4 – April 18

Program is FREE. Please register using My Active Center or sign up at the main office at the HCC.



Fitness with Brian Coyne – Coyne's Fitness' mission is to educate, motivate, and inspire each participant in reaching his/her optimal levels of performance and well being. Brian teaches the class Tuesdays and Thursdays at 11AM. Cost of each class is \$5. Pay as you go.



Time to Clay – Thursday March 7th 1PM. The project will be painting ceramic soup mugs.

April 11th – project is a spring flowers fused glass.

Cost is \$20 for each class which is due at sign up.



Bean Bag Baseball – Come enjoy a fun event played indoors. Game is played similar to corn hole but the boards are set up with baseball terminology. Teams will be picked the day of the event. Event will take place on Friday March 8th and April 12th at 1PM. No cost to play but please pre-register.



Hearing Clinic – Clinic will take place on Thursdays March 28 and April 25.

An appointment is necessary so please call the Hobbs office to set up a time. There is no cost for this program.

Book Club will meet Wednesday March 13th and April 10th at 2PM at the Hobbs Community Center. Feel free to join the discussion. For the March meeting, the group will be discussing "The Book of Everlasting Things" by Aanchal Malhotra. For the April meeting, the group will be discussing "Our Missing Hearts" by Celeste Ng



Movies at the Hobbs

Come enjoy a movie and some popcorn! There is no fee to participate but we do ask folks to register so we can get a head count.

Thursday March 21st at 1PM – ***Dolittle*** starring Robert Downey Jr. Dr Dolittle and his rambunctious animal friends embark on an adventure to find a cure for the ailing queen.

Thursday April 25th at 1PM – ***Bandit*** starring Josh Duhamel and Mel Gibson. Based on a true story. A charming criminal assumes a new identity and robs 59 banks and jewelry stores while being hunted by the police.



Trip to Encore Casino

Coach bus leaves Hobbs Community Center at 8AM and departs the casino at 2:15PM, arriving back at the HCC by 3:30PM. Cost is \$40 per person.

Trip Scheduled for **Monday April 15th**. Please reserve your spot with Cyndi in the travel office.



Comedian David Shikes – Join us at the HCC for some laughs! David brings his humor to the Hobbs on Friday April 25th at 1PM. There is no cost to participate but we are asking folks to register so we can get a head count.

COA Spring Fling tickets go on sale April 8th. Event is May 21 from 11-3pm at Lenzi's in Dracut.



Hobbs Community Center Travel Department

Come Travel with Us!

Travel and trying something new is good for your mind and your soul. Traveling with a group adds safety, and the opportunity to make new friends. Make 2024 your best year ever, by creating new memories and trying new experiences. The 2024 Travel Office will be hosting a gathering to share the travel opportunities, schedule and locations, currently being planned for 2024. Please join us for the "Big Reveal" on January 8, 2024 @ Hobbs from 12:30-2pm, everyone is welcome to attend and bring a friend. Please register in MyActiveCenter or at Hobbs.

Hobbs Community Center Travel has several exciting, multi-day tours coming up in 2024. All are welcome to attend. Stop by The Travel Office at Hobbs for more information. Here's a quick look at these exciting opportunities:

Southern Charm: April 15-21 Experience warm Southern Hospitality in America's southeast. Come to know its rich history and deep traditions on this tour highlighted by stays in Charleston, Savannah and Jekyll Island. Trip includes 7 days, 9 meals: 6 breakfasts, 3 Dinners. Highlights include...Days 1,2: Courtyard Historic District Charleston, Charleston, South Carolina; Days 3-4, Hilton Garden Inn Savannah, Savannah, Georgia; Days 5,6, Jekyll Island Club, Jekyll Island, Georgia with planned activities at each location. A deposit of \$698 per person is due upon reservation (based on availability). Final Payment is due by February 15, 2024. Included in price : Round Trip Air from Logan Int'l Airport, Air Taxes and Fees/Surcharges, Hotel Transfers. Call for rates (Est: \$4,399 pp-single; \$3,399pp-double, \$3,349-triple.)

Ocean City Maryland: April 28-May 1 Enjoy 10 miles of beautiful beach, a three -mile boardwalk, with oceanfront accommodations. Let's not forget plenty of fun things to do too! Package includes: 3 breakfasts & 3 dinners, hotel, Coach bus transportation, visit to the famed Assateague Island to see the wild ponies, visit Berlin, MD with shopping, visit a Country Store, Salisbury Zoo, Ocean Downs Casino & the Tanger Outlets. A sightseeing Dolphin Watch Cruise and free time for the Pool , Boardwalk and beautiful Beach!!! Last day to reserve your seat is Monday, February 12, 2024. Cost per person is \$700-double; Singles add \$150.

Greece Island Hopper: September 28-October 8 You're on your way to Greece – where Mediterranean sunshine and bright blue waters meet eons of creative ingenuity and an everlasting legacy. Feel the energy of the past and allow the ocean breeze to ruffle your hair – this is the picture perfect getaway you've always dreamt of. Trip includes 11 days, 14 meals:9 breakfasts, 1 lunch, 4 dinners. Highlights include... Day 1 overnight flight; Days 2,3 Titania Hotel Athens, Athens; Days 4-6 San Marco Hotel, Mykonos; Days 7-9 El Greco Hotel, Santorini; Day 10 Titania Hotel Athens, Athens with planned activities at each location. A

deposit of \$698 per person is due upon reservation. Reservations made after January 22, 2024 are based upon availability (call for rates). Final payment is due by July 30, 2024. Deposits are refundable until January 29, 2024. . Included in price : Round Trip Air from Logan Int'l Airport, Air Taxes and Fees/Surcharges, Hotel Transfers. Book Now: \$6,299 pp-single; \$4,999pp-double, \$4,949-triple. For bookings after Jan 29, 2024 call for rates.

Sunny Portugal: October 27 – November 5 Ancient castles and Roman ruins, groves of orange and almond trees, quiet whitewashed villages, and welcoming locals – Portugal is waiting for you. Trip includes 10 days, 14 meals: 8 breakfasts, 3 lunches, 3 Dinners. Highlights include...Day 1 Overnight Flight; Days 2-3 Turim Marques Hotel, Lisbon; Day 4 Vitoria Stone Hotel, Evora; Days 5-7 Vila Gale Lagos, Algarve; Days 8-9 Vila Gale Hotel, Cascais with planned activities at each location. A deposit of \$698 per person is due upon registration. Reservations made after April 21, 2024 are based upon availability (call for rates). Final payment is due by August 28, 2024. Deposits are refundable until April 28, 2024. . Included in price : Round Trip Air from Logan Int'l Airport, Air Taxes and Fees/Surcharges, Hotel Transfers. Book Now: \$4,499 pp-single; \$3,699pp-double. For bookings after Jan 28, 2024 call for rates.

Looking forward to traveling with you in 2024! Cyndi

Please stop by the Travel Office at Hobbs to pick up travel flyers or ask questions. Office Hours are M & W from 9am-2pm. Or call: 603-635-3800 x3; Email: cfournier@pelhamweb.com

March 2024

Monday	Tuesday	Wednesday	Thursday	Friday
				1) 9a Mah Jongg (Chinese) 930a BINGO 1p Pictionary
4) 9a Bone Builders 10a Knitting 10a Blood Pressure Clinic 1015a Stretch 1115a Bone Builders NO Line Dancing	5) 9a Bone Builders 10a Whist 11a Senior Fitness 12p Lunch 1p Cribbage 1p Tai Chi	6) 9a Bone Builders 9a Mah Jongg (Chinese) 10a Mah Jongg (American) 10a Nickels 1015a Stretch 1115a Bone Builders 12p Soup n' Stay \$ Turkey 215p Zumba \$	7) 9a Bone Builders 10a Nickels 11a Senior Fitness 12p Lunch 1p Quilling 1p Time to Clay \$	8) 9a Mah Jongg (Chinese) 930a BINGO 1p Bean Bag Baseball
11) 9a Bone Builders 10a Knitting 10a Blood Pressure Clinic 1015a Stretch 1115a Bone Builders 1p PCOA Board Mtg. 215p Line Dancing	12) 9a Bone Builders 930a Kim Abare 10a Whist 11a Senior Fitness 12p Lunch 1p Cribbage 1p Tai Chi	13) 9a Bone Builders 9a Mah Jongg (Chinese) 9a Coffee with the Captain 10a Mah Jongg (American) 10a Nickels 1015a Stretch 1115a Bone Builders 12p Grab n' Stay 2p Book Club 215p Zumba \$	14) 9a Bone Builders 10a Nickels 11a Senior Fitness 12p Lunch 1p Quilling 1p Wii Bowling	15) 9a Mah Jongg (Chinese) NO BINGO 12p St. Patrick's Day Luncheon \$
18) 9a Bone Builders 10a Knitting 10a Blood Pressure Clinic 1015a Stretch 1115a Bone Builders 215p Line Dancing Trip: Parkers Maple Barn \$	19) 9a Bone Builders 10a Whist 11a Senior Fitness 12p Lunch 1p Cribbage 1p Tai Chi	20) 9a Bone Builders 9a Mah Jongg (Chinese) 10a Mah Jongg (American) 10a Nickels 1015a Stretch 1115a Bone Builders 12p Soup n' Stay \$ Veggie 215p Zumba \$	21) 9a Bone Builders 10a Nickels 11a Senior Fitness 12p Lunch 1p Quilling 1p Movie: Dolittle	22) 9a Mah Jongg (Chinese) 930a BINGO 1p Team Trivia
25) 9a Bone Builders 10a Knitting 10a Blood Pressure Clinic 1015a Stretch 1115a Bone Builders 215p Line Dancing	26) 9a Bone Builders 10a Whist 11a Senior Fitness 12p Lunch 1p Cribbage 1p Tai Chi	27) 9a Bone Builders 9a Mah Jongg (Chinese) 10a Mah Jongg (American) 10a Nickels 1015a Stretch 1115a Bone Builders 12p Grab n' Stay 215p Zumba \$	28) 9a Bone Builders 10a Nickels 10a Hearing Clinic 11a Senior Fitness 12p Lunch 1p Quilling 1p Wii Bowling	29) 9a Mah Jongg (Chinese) 930a BINGO

The Pelham Community Thrift Store will be open Saturday March 2nd, 9am - 12pm with the Easter Bunny present!
Programs with a \$ require payment with registration.

April 2024

Monday	Tuesday	Wednesday	Thursday	Friday
1) 9a Bone Builders 10a Knitting 10a Blood Pressure Clinic 1015a Stretch 1115a Bone Builders 215p Line Dancing	2) 9a Bone Builders 10a Whist 11a Senior Fitness 12p Lunch 1p Cribbage 1p Tai Chi	3) 9a Bone Builders 9a Mah Jongg (Chinese) 10a Mah Jongg (American) 10a Nickels 1015a Stretch 1115a Bone Builders 215p Zumba \$	4) 9a Bone Builders 10a Nickels 11a Senior Fitness 12p Lunch 1p Quilling 1p Wii Bowling	5) 9a Mah Jongg (Chinese) 930a BINGO 1p Pictionary
8) 9a Bone Builders 10a Knitting 10a Blood Pressure Clinic 1015a Stretch 1115a Bone Builders 1p PCOA Board Mtg. 215p Line Dancing	9) 9a Bone Builders 9:30 Kim Abare 10a Whist 11a Senior Fitness 12p Lunch 1p Cribbage 1p Tai Chi	10) 9a Bone Builders 9a Mah Jongg (Chinese) 9a Coffee with the Captain 10a Mah Jongg (American) 10a Nickels 1015a Stretch 1115a Bone Builders 12p Grab n' Stay 2p Book Club 215p Zumba \$	11) 9a Bone Builders 10a Nickels 11a Senior Fitness 12p Lunch 1p Quilling 1p Time to Clay \$	12) 9a Mah Jongg (Chinese) 9:30a BINGO 1p Bean Bag Baseball
15) 9a Bone Builders 10a Knitting 10a Blood Pressure Clinic 1015a Stretch 1115a Bone Builders 215p Line Dancing Trip: Encore \$	16) 9a Bone Builders 10a Whist 11a Senior Fitness 12p Lunch 1p Cribbage 1p Tai Chi	17) 9a Bone Builders 9a Mah Jongg (Chinese) 10a Mah Jongg (American) 10a Nickels 1015a Stretch 1115a Bone Builders 215p Zumba \$	18) 9a Bone Builders 10a Nickels 11a Senior Fitness 12p Lunch 1p Quilling 1P Wii Bowling	19) 9a Mah Jongg (Chinese) 9:30a BINGO 1p Team Trivia
22) 9a Bone Builders 10a Knitting 10a Blood Pressure Clinic 1015a Stretch 1115a Bone Builders 215p Line Dancing	23) 9a Bone Builders 10a Whist 11a Senior Fitness 12p Lunch 1p Cribbage 1p Tai Chi	24) 9a Bone Builders 9a Mah Jongg (Chinese) 10a Nickels 10a Mah Jongg (American) 1015a Stretch 1115a Bone Builders 12p Grab n' Stay 215p Zumba \$	25) 9a Bone Builders 10a Nickels 10a Hearing Clinic 11a Senior Fitness 12p Lunch 1p Quilling 1p Movie: Bandit Trip: Beach Boys \$	26) 9a Mah Jongg (Chinese) 930a BINGO 1p Comedian: David Sikes
29) 9a Bone Builders 10a Knitting 10a Blood Pressure Clinic 1015a Stretch 1115a Bone Builders 215p Line Dancing Trip: Ocean City \$ April 28 - May 1	30) 9a Bone Builders 10a Whist 11a Senior Fitness 12p Lunch 1p Cribbage 1p Tai Chi			

Programs with a \$ require payment with registration.

Council on Aging Corner – March/April 2024



Do You Have Time to Save a Planet? Embracing Environmental Activism in Later Years: People in our generation can take several approaches to climate change. The first is to be grateful that we won't be around that much longer to worry about it. We can let somebody else worry about it. But that approach is generally considered cowardly, insensitive toward our children and grandchildren, and not especially constructive.

A second approach is to focus on how older adults are ***particularly vulnerable to the effects of climate change***. It is a fact that our bodies are less able to compensate for certain environmental hazards, such as air pollution. We also are more likely to have health conditions that make us more sensitive to extreme heat and cold. We are more likely to have compromised immune systems that make us more prone to severe illnesses contracted from insects (Lyme disease) and water (diarrhea, dysentery, E. Coli). Finally, we may depend on others for medical care and assistance or may have limited mobility, all of which place us at greater risk in the event of hurricanes, tornadoes, wildfires, flooding, or other extreme weather events. While all this may be true, seeing ourselves as vulnerable victims has disadvantages. In particular, it plays into ageist stereotypes of older adults as weak and helpless.

That leaves the third approach: ***actively working to better the environment and to prepare for the new climate realities***. Older adults around the world can be active participants rather than passive actors when it comes to climate change, by mobilizing in large numbers to address local environmental problems through civic environmentalism. In other words – stop me if you've heard this one – ***think globally, act locally***.

Thinking Globally: Organizations like Third Act, founded in 2022 and Citizens Climate Lobby, founded in 2007 provide avenues for older adults to engage in national campaigns and advocate for climate policies. They emphasize mobilizing across generations and empowering citizens in addressing climate-related issues. Citizens Climate Lobby which has more than 560 local chapters help volunteers develop the skills to lobby officials in their state on climate change issues.

Acting Locally: If lobbying, marching, and writing to politicians are not your cup of tea, there are numerous ways to address climate change closer to home – where you also are likely to see immediate results of your efforts. Opportunities abound. They include planting trees to shade streets and sidewalks, restoring parks and other green spaces, growing produce in a community garden, monitoring water quality in a watershed, reducing your home's carbon footprint, composting kitchen waste, promoting recycling, and



educating children about the environment. A great site for background information and project ideas is the ***Aging and Climate Change Clearinghouse*** at Cornell University,

Helping Yourself: While most volunteers are drawn to environmental causes by a sense of responsibility for the world and a commitment to leave a better world behind, there's also strong evidence that environmental activism ***promotes healthy aging***. In a study of older adults who participated in programs to improve outdoor environments, volunteers improved their physical health, improved their mental wellbeing, and reported feeling a sense of purpose.


Conclusion: If you seek purpose or have extra time, environmental groups are eager to enlist older adults in meaningful projects. Join initiatives like the **Pelham Community Trail Coalition**. See our website at: **PelhamCTC.org** or contact the coalition via **ContactPelhamCTC@gmail.com**. Edited from an article by Don Akin in the EndGame 2/24


March Community Thrift Store Events!




Get ready for a month filled with excitement and unbeatable deals during March at the Community Thrift Store! 

 **March 2nd: Easter Bunny Extravaganza!** Bring your little ones for a delightful visit with the Easter Bunny! Treats await boys and girls who drop by with their parents or grandparents. It's a perfect moment to create cherished memories and snag some goodies! 

 **March 4th-15th: Penny Pincher Bonanza!** Redeem your "Penny Pincher" coupons for incredible savings! Don't miss the chance to stretch your budget while enjoying a treasure hunt through our diverse selection. Your savings journey begins here! 

 **March 19th: Leprechaun's Lucky Deals!** Step into a world of enchantment as the leprechaun makes a special appearance, bringing you fantastic deals! Embrace the luck of the Irish and discover hidden gems among our unique finds. 

 **March 28th-31st: Store Closure** Please note that our store will be closed during this period for necessary updates and preparations.

 **April 1st: Grand Re-Opening!** Join us for our Grand Re-Opening and explore our fresh spring selections! New arrivals, vibrant colors, and exciting finds await you. It's the perfect way to kick off the season with style and savings!  

Don't miss out on the March madness at your favorite Community Thrift Store! We're dedicated to making every visit a delightful experience. See you there! 

 **Join the Heartbeat of Hobbs!** 

Our journey towards creating an "age-friendly community" at Hobbs is calling for your spirit and passion! The COA Board of Directors is on the lookout for enthusiastic volunteers to be the architects of joy and connection at the Hobbs Community Center. Whether you're a trailblazer, a committee champion, or **someone ready to embrace the thrill of Cornhole, we want YOU!**

Cornhole Program: Launching in May, every Wednesday from 10-11 am. The COA needs volunteers to coordinate and manage our Corn Hole program and Corn Hole Tournament. Mark your calendar for September 23rd, 9 am-12 pm. Join us for an event that promises fun, competition, and memories. Your dedication can transform our dreams into reality! Whether you're a seasoned planner, a spirited coordinator, or just someone eager to lend a helping hand, your unique talents are exactly what we need.

✉ Contact Yvonne La-Garde, Chairperson of the COA if you are interested in volunteering for the Corn Hole program. Ylg52@comcast.net.

Send Your Nominations in for the 2024 WM Distinguished Citizens Award: Continuing our annual tradition of honoring the contributions and accomplishments of former Selectman and dedicated citizen, "Bill McDevitt", the Council on Aging is **soliciting nominations for the 2024 William McDevitt Distinguished Citizen Award** for individuals who distinguish themselves as models of leadership, character, integrity and service to our community of Pelham, NH. The application form can be downloaded from the COA website (pelhamnhcoa.org) from the Service tab on the main menu. Please feel free to submit as many applications as you deem appropriate. The completed form(s) is to be returned by **Friday, May 3, 2024** to the address noted on the application. Please send to the attention of the Distinguished Citizen Award Committee.

The Town of Pelham is fortunate it has so many dedicated organizations and individuals contributing to its reputation as a pleasant, active and exciting place to reside. Therefore, we are certain that you, or your organization, knows individuals who are exceptional in their commitment to our Town's success and worthy of this public recognition. **The Awarding ceremony will take place on the 21st of May, 2024 at Lenzi's in Dracut** as part of the Council on Aging Spring Fling event. All are welcome to attend. Ticket information for the event will be available soon. Please take a few moments to reflect on who you have observed and who should be recognized for this prestigious award. Ed Gleason, Distinguished Citizen Award Committee.