

## COA Chapin Senior Center August 2017

### Tom & Tom's Men's Discussion Group

Mondays at 8:45 A.M.  
We want to hear your stories and we'll share a few of our own.  
Come visit over an endless cup of coffee!

This is a walk-in program.

### French Discussion Group

First and Third Mondays at 4:15 P.M.  
Join this casual, friendly group to practice your language skills and have fun.

Participants at all skill levels are welcome!

This is a walk-in program.

### Chair Exercises

Mondays and Fridays at 10:15 A.M.  
This low impact exercise program is perfect for those looking for an easy, effective exercise routine.

This is a walk-in program.

### Walking at Proctor Academy Gym

Monday through Friday from 8:30 to 10 A.M.

Walk in the Farrell Fieldhouse year round.

Please call COA at 603-526-6368 for more information.

This is a walk-in program.

### Memoir Writing Group

Tuesdays at 10 A.M.  
This is a walk-in program.  
Walk-In Painting Group  
Tuesdays at 1 P.M.

Bring your current painting project to work on. This is an informal group and we'd love to have you join us.

This is a walk-in program.

### Friends Program Bone Builders

#### Exercise Classes

Tuesdays and Fridays from 10 to 11 A.M.

This senior exercise program helps strengthen bone, build muscle and improve balance. You can exercise while seated or standing using small hand weights. Classes are held in the Newbury Heights Community Room, 52 Newbury Heights Road, Newbury.

This is a walk-in program.

### Line Dancing with Dee Connors

Wednesdays at 10 A.M.  
Kearsarge Community Presbyterian Church, New London

Line dancing includes a variety of styles of dancing, needs no partner, and is lots of fun! An excellent form of exercise for both the mind and body.

Classes will be held through October 25.

### Needlework Craft Group

Wednesdays from 1 to 3 P.M.  
Love to cross stitch, do needlework, quilt, knit or crochet? We do, too! We'd love to chat, laugh, and get to know the folks who enjoy the same hobbies we enjoy. Please join us!

This is a walk-in program.

### Women's Discussion Group

Fridays at 9 A.M.  
Get to know your neighbors over a casual cup of coffee.

Join friends to visit, chat and share!

This is a walk-in program.

### Bingo!

Fridays at 2 P.M.  
Ten games for \$5. Ten bingo sheets with 6 cards on each sheet.

Participants must be 55 years old and older.

Please call COA at 603-526-6368 to register.

### Bridge

Duplicate Bridge – Mondays at 12:45 P.M. and Wednesdays at 9:15 A.M.

Contract Bridge – Thursdays at 9:30 A.M.  
This is a walk-in program.

### Games!

Poker – Tuesdays at 2 P.M.  
Hand and Foot Card Game – Wednesdays at 1 P.M.

Dominoes – Thursdays at 4 P.M.

Mahjong – Fridays at 12:30 P.M.

### Parkinson's Support Group

Tuesday, August 1, 1 P.M.  
You are invited to join this lively, welcoming and supportive group!  
This is a walk-in program.

### VNA Foot Care Clinic at COA

Friday, August 4 & Friday, August 11 from 9:30 A.M. to 1 P.M.

\$25 (doctor's order required for diabetics)  
Please call COA at 603-526-6368 to schedule an appointment.

### Blood Pressure Clinic

Monday, August 7 at 9:30 A.M.  
This is a walk-in program.

### Long-Term Care Planning

Friday, August 11 at 10:30 A.M.  
Learn more about your options for long-term care with Wayne Blanchard from ServiceLink.

Please call COA at 603-526-6368 to sign up for this program.

### Meditation Class

Saturday, August 12 at 10 A.M.  
Meditation is a process of transforming the mind. It enhances clarity, concentration, relaxation and positive mind states while alleviating stress, anxiety, depression and other medical conditions. This is done by focusing the mind, staying present and being aware of thoughts. We will be sitting in chairs and will be doing some silent, guided meditation sessions along with contemplations. No prior meditation experience is necessary. These ongoing classes will be guided by Ilene Venizelos. For questions or to register, please call COA at 603-526-6368.

### Humanist Discussion Group

Thursday, August 17 at 1:30 P.M.  
This is a walk-in program.

Movie & Pizza Night  
Friday, August 18 at 5 P.M.

### "Suffragette"

In early 20th-century Britain, the growing suffragette movement forever changes the life of working wife and mother Maud Watts (Carey Mulligan). Galvanized by political activist Emmeline Pankhurst (Meryl Streep), Watts joins a diverse group of women who fight for equality and the right to vote.

See COA on page 30

## FNRT Minutes, July 19, 2017

### Condensed Form Draft Minutes

**Board Attendees:** Alex Bernhard, George Heaton, Myra Mayman, Peter Southworth, Nita Tomaszewski

**Guest:** Prescott Towle (Epsom)

### Reports and Routine Business:

The Minutes of the June meetings were approved without amendment.

The Treasurer's Report – submitted in advance by Steve Darling, who was not in attendance – was unanimously accepted. Much-appreciated grants from the Brown Foundation and the New Hampshire Charitable Foundation were received during the last month. These funds, with others, make possible the many current and future projects for Trail maintenance and improvement.

### Progress in Current Trail Projects:

**Mowing.** As of the meeting date, mowing along the Trail had been commenced. Some discussion focused on new mowing approaches, the need to complete the mowing earlier next year and to limit the cost.

**Vegetation Control.** The vegetation control operation along a 7-mile, overgrown section of the Trail in Franklin has been successfully completed by Prescott Towle of Invasive Weed Control, Epsom.

The planned experiment with goats to control poison ivy has not yet begun, but an appropriate site near Highland Lake in Andover has been discussed with the goat-farmer, and we are hopeful that this experiment can be implemented this summer.

**Bridge and Culvert Maintenance.** The several bridge and culvert maintenance projects authorized in past meetings (Blackwater Park, East Andover culverts, and three Andover bridges) are actively moving forward, though not yet completed. Peter Southworth and Chris Norris are in contact with contractors in order to ensure good progress.

### New and Renewed Initiatives:

**Signage.** The continued need for good signage – locational and historic – was again recognized as essential to a happy Trail experience, particularly for new users. Recent correspondence from a first-time bicyclist confirmed this: expressing great enjoyment of the Trail, but some frustration with gaps in signage. Three initiatives address the issue.

The value of signs to connect the NRT-MC with others was recognized. Alex Bernhard proposed the installation of a sign on the Trail in West Franklin to connect with the "Winni Trail." Up to \$500 was authorized for this purpose. The sign will be designed and put in near the Congregational Church in West Franklin by Steve Rayno and others.

The good work undertaken by the "signage committee" before Heather Deardorff's departure needs to be continued, as it will lead to both historic and locational markings. Alex Bernhard will discuss the current situation and future plans with Jack Shields and Ed Hiller.

To improve Trail parking areas, George Heaton and Steve Robinson

painted a sign, and installed a box and informational materials in Danbury Center.

Branch and Brush Encroachment. Although the current mowing and vegetation control operations keep the Trail surface clear, they do not address the problem of branches and brush encroaching from above. It was recognized that this issue needs to be monitored and planned for.

In the past, snowmobile clubs have contributed valuably to clearing brush and cutting branches and trees. Prescott Towle agreed to dialogue with these clubs about what might be done in the future, and he will report back to the Board on findings.

**Opposition to ATV Use.** Allowing ATVs on trails constructed with Federal funds – a non-permitted use – has been requested in the past by Claremont and other towns, resulting in Federal Highway Administration rejection of the request for a waiver. Currently, Claremont and Haverhill are reported to be approaching the New Hampshire Congressional delegation, urging amendments to the underlying law so as to allow ATVs.

After discussion, the Board was united in opposition to any such change in the law, and authorized Alex Bernhard to write to all concerned expressing our opposition.

**Abandonment of the PanAm Right-of-Way** between Boscawen and Concord Center. On June 30, Alex Bernhard, George Heaton and Ricker Miller joined a walk of some two-dozen interested people (public groups and citizens) along the entire 6 miles of the rail bed being abandoned by Pan Am between Concord and Boscawen.

The walk highlighted the beauty and interest of this possible extension of the Trail. While the prime movers in this project are groups and officials in Concord and at the regional and state levels, FNRT-MC is strongly in favor of it and eager to support its realization.

**Summer Celebration Fund-Raising.** Two summer celebrations provided an opportunity to promote awareness of the Trail and raise funds for its enhancement. At the Andover Fourth of July celebration, FNRT-MC operated a booth that attracted many interested people and netted approximately \$700 in bicycle raffle tickets and other contributions. Thanks to Peter Southworth for organization, and to many volunteer booth staffers!

On July 22, the celebration of "Music on the Bandstand" in Wilmot netted some \$600 for FNRT-MC from food sales to enthusiastic consumers. Thanks to Lindy Heim and all who contributed food!

### Future Dates of Note:

July 29 – FNRT-MC table at Wilmot Farmers Market

August 6 – Andover Historical Society Old Time Fair at Potter Place. NOTE: Bicycle raffle winner announced.

August 16 – Board meeting, 7 P.M., Andover Fire House

