

CENTER OF GRAVITY GAZETTE

NEW BOSTON'S SENIOR NEWSLETTER



March / April 2023

HELLO SENIORS!



This issue crosses over from winter into spring. We hope to see the snow and ice ebb away and the flowers and trees start to bloom. Check out the **INSIDE THIS ISSUE** to find all the tidbits and factoids, trips and pictures put together just for you!

On going weekly programs:

Yoga—Mondays at the Whipple Free Library. 6-7 pm

Pickleball—Tuesdays, NBCS Gym. 7-8:45pm, No March 14

Men's Basketball 30+—Monday's NBCS Gym 6:30-8:30 pm.

No March 13

Women's Basketball, Age 18+—Friday's NBCS Gym 7-8pm on
March 10, March 24, March 31, April 7, April 21



Photo Left -
Credit Wayne Miller

Betty Poltrak getting on the recreation bus for a Senior outing to Window's on West Street in February.

The Recreation Bus has a lift and spots for 2 wheelchairs. It can accommodate up to 15 people on our trips. Join us for one!

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Director-Mike Sindoni
Assistant-Sheri Moloney

www.newbostonnh.gov/recreation ~ 603.487.2880 ~ Recreation@NewBostonNH.gov



"Our mission is to enrich and enhance the lives of the residents of New Boston. We accomplish this by providing safe, welcoming facilities and affordable, diverse recreation and cultural opportunities for people of all ages to play, learn, and build community."



*"Keep your face to the sun
and you will never see the shadows."*

~Helen Keller



The New Boston Historical Society presents:

**"Great Meadow Farm
Moves about New Boston's oldest farm"
March 9th, 7PM**

by Dan Rothman for the Center of Gravity Gazette

The first English-speaking settler arrived in New Boston in the 1730s. Thomas Smith had a land grant near what's now First Settlement Lane, and he built there a small shelter, probably of logs and branches. One morning he discovered near his cabin a moccasin print that wasn't his. Smith had been captured by Indians once before and he didn't wish to repeat the experience, so he returned to Chester without delay. A less fortunate man was taken captive the next day, a few miles away in what's now Goffstown.

When Thomas Smith returned to New Boston, which actually didn't receive its charter and name until 1763, he ended up with a farm at the Great Meadow in the northwest corner of town, near Weare and Francestown. Most of New Boston was

heavily forested at that time, so a natural grassy meadow was a fine location for cows and horses. Smith and his wife had several sons, one of whom froze to death in the woods one winter, and we believe they had two daughters too.



*Photo Left—
Do you remember the Great Meadows Farm sign posted on the Francestown Road by Bunker Hill Road?*

Pearlene M. Speck captured this photo just before the sign was taken down.



Two Hersey girls ride between the house and barn on Bunker Hill Road.

Continued next page



No fewer than six generations of Smiths lived at Great Meadow Farm. The last Smith, a man named Byron, sold the farm to Brad and Lois Hersey in 1950. The Herseys' son Elliott and his wife Linda raised their daughters on this farm, and there are Hersey descendants in and around New Boston to this day, two of whom teach at the Central School, as did Linda.

Lois Hersey had an 8mm movie camera and her home movies are delightful. Her grandson Tom Shirley converted some of the movies to video two years ago and shared them with the Historical Society. These videos include farming at Great Meadow, logging trees and sawing the wood to build a barn, and Fourth of July parades in New Boston. The parade videos show the village center as it was in the 1940s-1960s.

On Thursday, March 9th the Historical Society will show excerpts from Lois Hersey's movies, with commentary by Tom Shirley and his Hersey aunts and cousins. The free event will be at 7:00PM in the Community Church; all are welcome. If the weather outside is frightful, we'll post something on the New Boston Facebook pages or you may email us at newbostonhistoricalsociety@gmail.com.



Brad and Lois Hersey drive by New Boston High School one 4th of July.

2023 Summer Concerts On the Gazebo Schedule

Select Tuesdays ~ 6 - 7:30 pm

Bring a blanket or chair & enjoy a Tuesday summer evening on the town common w/music, friends, & community



The Rail Trail Grill concession stand will benefit the New Boston Rail Trail & will feature hot dogs, hamburgers, soft drinks, snacks, & more. The Community Church will offer a dessert table with yummy delights or bring your own picnic & nonalcoholic beverages.



June 27—Jamdemic
Infectious Rock, Blues, and Jam Cover Band based in Hollis, NH

Jamdemic band is based in the Southern NH area and mixes up Classic “Deep Cut” tunes from Classic Rock, Blues, Funk, and Jam genres

July 11—The Bel-Airs
The Bel Airs perform Doo Wop and Vintage Rock 'N' Roll!

With elegant five-part harmonies & stereophonic instrumental arrangements, The Bel Airs put on a great show. Their music takes you on a romantic journey back to the time of poodle skirts, beehive hairdos, car tail-fins, & Metal diners.



July 25—Hickory Horned Devils
Old Time, Bluegrass & Americana

The Hickory Horned Devils are a six-piece string band. Deeply rooted in the traditional sound of old-time Appalachian fiddle and banjo music, they also have a foot firmly in the modern world. The Hickory Horned Devils play a lively blend of old-time, Americana, alt-country, and blues, with the occasional pop song thrown in for good measure. It all comes together into a foot-stompin', fun groove that will get you on your feet dancing.

August 8—Tattoo
Irresistible acoustic-jam-band-style

Tattoo performs American Roots Music: rock 'n' roll, soul, swing, Cajun, and originals, with a strong connection to American musical traditions and its greatest exponents: Louis Armstrong, Fats Domino, Elvis Presley, Bob Dylan, Hank Williams, the Grateful Dead, Bob Marley, the Beatles, Buddy Holly, the Supremes...



August 22—The Island Castaways Band
Bringing Summer to you, regardless of where you are or the time of year.

Originally formed in 2008 as a Jimmy Buffett tribute, The Island Castaways Band has evolved into one of New England’s most popular Trop Rock bands. Their live show features a balanced mix of originals and classics, all with their own Tropical touch of fun



**Senior Trips
to the
Puritan
Backroom
&
Windows
on
West St.**



Thursday Senior Lunch at New Boston Central School at 11 am, followed by Bingo at noon in the Recreation Office.

This is a fun social gathering in the school gym. We eat at the same time as the school children. We have our own designated tables closest to the door and serving area. We hope you can join us!

- * Lunch is at 11am on Thursdays. The gym entrance doors open at 10:50.
- * You can bring your own lunch or have the hot lunch provided by the school. Hot lunch cost is a donation of \$3.
- * We will provide coffee, tea and water.
- * Nickel ante Bingo and/or UNO will follow down at the Recreation Dept. from Noon—3pm. We will provide the Bingo Cards and Uno supplies.



Bingo takes place in the Recreation Office on Thursdays after Senior Lunch up at New Boston Central School.

Any questions or need directions?
Call us at 603-487-2880.
Hope to see you soon!



EASIER SUDOKU

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HARDER SUDOKU



New Boston Recreation 2023 Easter Bonnet Parade and Egg Hunt



April 1st at 10:45 AM ~ town common/gazebo

All are welcome to join us at the gazebo for our Easter Bonnet Parade and Egg Hunt. Face Painting back by popular demand!

The Easter Bunny will be there to greet everyone!



Happy Birthday



MARCH

- March 14 ~ Carole Archambault
- March 17 ~ Patricia Bergen
- March 28 ~ Ruth Miller
- March 30 ~ Jeannine Ballou

- April 2 ~ Roxanne Polak
- April 2 ~ Richard Silvernail
- April 4 ~ Kenneth Parnell
- April 4 ~ Theresa Woodbury
- April 5 ~ Floyd Guyette
- April 11 ~ Katie Kachavos
- April 16 ~ Glendon Drewery
- April 17 ~ Georgia Chancey
- April 20 ~ Jackie Malandrino
- April 22 ~ Kathy Palumbo
- April 27 ~ Betty Poltrack
- April 28 ~ Barbara Costello
- April 29 ~ Annette Perreault

Join us for Lunch at New Boston Central School on Thursdays!
See the details page 6





Whipple Free Library
There's Always Another Chapter

New Museum Pass ~ NH State Parks Pass

Pass is valid for 2 adults and up to 4 dependents to gain access at no additional charge to all our day-use parks. One pass available per day. Restrictions & black outs apply.

Please call the library for more info & reserve your pass.



WEEKLY/MONTHLY HAPPENINGS



Monday Morning Quilters- 10am Every Monday (except holidays) All are welcome!



3rd Tuesdays— Piscataquog Quilters - 3rd Tuesday Every Month, 7pm. All are welcome!



Wednesdays— Cribbage - 6:30pm Every Wednesday All are welcome!



Thursday Knitting- 10am Every Thursday. All are welcome regardless of experience level!
All types of needle work welcome (crochet, needle point, sewing, etc.)



Mahjonng - 1-3pm Every Friday. All experienced players welcome!



2nd Fridays - Second Friday Foreign Film. All are welcome!

March Foreign Film, Friday, March 10 at 7 pm - Waltz With Bashir
April Foreign Film, Friday, April 14 at 7 pm - Chico and Rita

MARCH / APRIL EVENTS

Who Dunit? Book Club Discussions

Meet in person or via Zoom by request. Come by the library and pick up your copy!

Wednesday, March 1 at 11am—Book: Strangers Diaries by Elly Griffiths

Wednesday, April 5 at 11am - Girl Waits With Gun by Amy Stewart

Wed Night Book Club

Wednesday, March 8 at 7pm—Book: My Remarkable Journey by Katherine Johnson

Wednesday, April 12 at 7 pm - The Reading List by Sara Nisha Adams

Bon Appetit Cookbook Club

Come get a copy and sign up at the library with what recipe you will bring. New members welcome any time!! Please bring your own plate, utensils and napkin.

Wednesday, March 15 at 6pm—Modern Comfort Food by Ina Garten

Wednesday, April 19 at 6pm—Everyday Italian by Giada De Laurentiis

Special Event!

Friends of the Library Auction

Saturday, April 15

Call the library at 603-487-3391 for more info on the programs and events listed above!

ACROSS

- 1) Certain informal parent
- 6) Wooded valleys
- 11) Female pronoun
- 14) ___ of expertise
- 15) Bye-bye, in Burgundy
- 16) Pin number?
- 17) Object on Israel's flag
- 19) Interject
- 20) Burning
- 21) Suitable material?
- 23) Annoying inconvenience
- 26) Professed
- 28) FBI employee, briefly
- 29) Eve's mate
- 31) Jacob's twin
- 32) Unedited version
- 34) Petticoat junction?
- 36) Blueprint detail, in short
- 39) Most spooky
- 41) Brandy cocktail
- 43) Words with "precedent"
- 44) Senate helper
- 46) Having an irregular edge
- 47) Spot in the distance
- 49) Point to the right
- 51) Harden
- 52) Barnum and Bailey's business
- 55) Home for an old king
- 57) Guiding beliefs of a group
- 58) In a lively manner
- 60) Doctor in a 1964 movie
- 61) Campus VIP
- 66) Nightmare street of film
- 67) Down provider
- 68) Barbecue leftover
- 69) "Sayonara!"
- 70) Run-down in appearance, as a motel
- 71) Furry weasel cousin

DOWN

- 1) ___ de deux
- 2) Dinner scrap
- 3) Ammo in a harmless shooter
- 4) Legal aides, informally
- 5) Recently
- 6) Baby's word for 1-Across
- 7) Japanese protein source
- 8) Cats have nine of them
- 9) Welcoming garland
- 10) Makes soapy bubbles
- 11) Business seed money
- 12) Steeplechase obstacle
- 13) Called off
- 18) Left the scene
- 22) Desk drawer item
- 23) Hellish place
- 24) See things the same way
- 25) First base?
- 27) Prefix for "circle"
- 30) ___ spumante (Italian wine)
- 33) Total disaster
- 35) Sailing the Atlantic
- 37) Renoir's prop
- 38) Minotaur's home
- 40) Verb for Simon
- 42) Unfastens
- 45) Longed for
- 48) Boot-wearing felines?
- 50) Sing "shooby-doo" and such
- 52) Paparazzi target, briefly
- 53) Venice setting
- 54) Dodge
- 56) Historical Alabama march site
- 59) Results may do this, in commercials
- 62) Make a sheepshank
- 63) Flow back
- 64) Business card no.
- 65) Prior, to poets

TWINKLE OF ONE'S EYE

By Carl Cranby

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52	53					54			55		56			
57						58		59						
60					61	62						63	64	65
66					67						68			
69					70							71		

Flowers

F P T M V E T Y H D L O G I R A M
O E O U Y D C V H R S Y K E N X I
X O L I L Y F I E A G I P P O G M
G N Y R F U E W T G W S R S I I I
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L Y J A B F D M R P N X R C M L I
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ANTHURIUM

BOUVARDIA

CARNATION

CORNFLOWER

DAISY

FOXGLOVE

FUCHSIA

GERANIUM

GINGER

HAWTHORN

HOLLYHOCKS

HYDRANGEA

IRIS

LAVENDER

LILY

MARIGOLD

ORCHID

PEONY

ROSE

STATICE

SUNFLOWER

VERONICA

YARROW

Senior Trips for March, April, May and June!



Tuesday, March 21—Aviation Museum of New Hampshire, Londonderry, NH

We will have a private tour of the museum! The Aviation Museum welcomes everyone with an interest in learning more about New Hampshire's exciting aviation history. The Aviation Museum is New Hampshire's only working museum devoted to aviation history in the Granite State. After, we will dine at the Golden Corral in Manchester, NH. Cost of trip—\$5 at the museum door. The cost of your lunch \$15 plus tip. Includes \$12 for all you can eat buffet (Salad bar, lunch and dessert buffet) plus a \$3 beverage. We leave the town hall at 9:30. Wheelchair accessible. Easy walking



Tuesday, April 18—Tuscan Village, Salem, NH

The Tuscan Village offers shopping and restaurants. You can choose which shops to visit and where to dine. Shopping includes—The Container Store, HomeSense, Arhaus, Williams-Somona, Pottery Barn, Sierra, Old Navy, Ulta, Nike, LL Bean and more. Dine at—Pressed Café, Tuscan Market, The Beach Plum, Chipotle, and more. Grab dessert at Crumble Cookies too! Cost of trip—Any purchases that you make plus the cost of your lunch where you dine. We leave the town hall at 9:30. This trip involves easy to moderate walking depending on where you would like to visit and dine.

The Silver Fountain Tuesday, May 16 - Mothers Day Brunch at the Silver INN & TEA PARLOR Fountain Tea Room in Dover, NH

Join us for high tea and sandwiches at this quaint Tea Parlor! Menu will be available for pre-order in April. Cost of trip—The price of your lunch, plus any gift shop purchases that you make. We leave the town hall at 10 AM. The Tea Room is in an quaint old inn and is sadly not wheelchair accessible, has small passageways and is accessed by a steepish set of stairs.



Tuesday, June 13 - The Ice House Museum in New London, NH. Lunch TBD

The Ice House is a living, working legacy to our area from Bill Kidder, the man who created it. The collection includes innumerable examples of working tools and machinery, many of local origin: wonderful children's riding toys, bicycles, cars (mostly old Fords), and a wide variety of items of town interest including an early fire engine, first movie projector, and even the jail cell from Whipple Hall in New London. Cost of Trip—The Museum admission is free just pay for the cost of your lunch. This trip involves easy to moderate walking depending on where you tour and is wheelchair accessible. We have not yet secured lunch reservations yet so the time to leave the townhall will be set at a later date.

Call the office at 603-487-2880

Or email us at recreation@newbostonnh.gov to get on the list.

FREE TRANSPORTATION

Free Transportation Bus Operates: Monday - Friday, 7:00am to 4:30pm



- Make a reservation as early as 1 week prior, and no later than 1 day prior
- Priority rides for age 62+ or disabled passengers
- Priority rides for medical appointments
- Rides available to all New Boston Residents
- All buses accessible for disabled passengers
- Riders may go anywhere within New Boston, Goffstown and Bedford and medical appointments to Manchester.
-

Reservations call: 603.623.8801

You will hear: A greeting for Manchester Trans Authority

Dial - Opt. #2 This will bring you to the **Cart and Step Saver** receptionist. **If no one answers, please leave the following information listed below. Someone will return your call.**

- Full Name
- Address of pick up
- Address of place you are travelling to
- Phone Number
- Age
- Purpose of Travel



Photo from 1994 during the construction of the gazebo. Tony Hall and Tom Condon are shown above framing the gazebo.



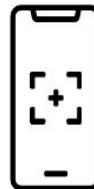
Buy a Brick Today!
Proceeds go towards a new Gazebo Roof!

Bricks Make Great Birthday, Mother's Day and Father's Day Gifts!

Gazebo Walkway Bricks and Pavers

Prices start at \$100

See Sheri in the Recreation Dept. for details



Scan code with the camera app on your phone to open our website!

Easy to order

Bricks online!

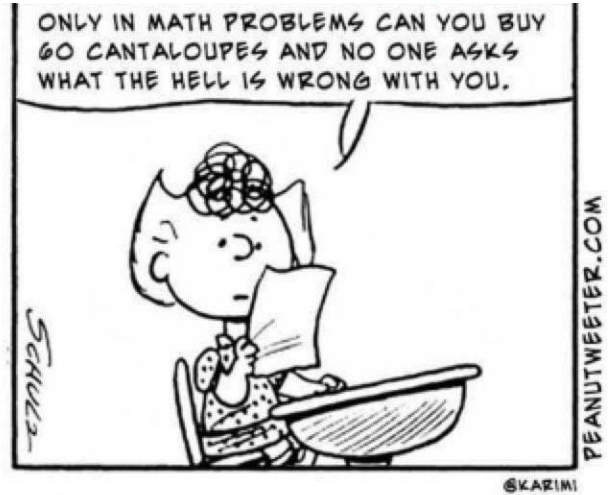
Questions? 603-487-2880

You can also order bricks by going here:

<https://polarengraving.com/newbostonrecreation>



“Our mission is to enrich and enhance the lives of the residents of New Boston. We accomplish this by providing safe, welcoming facilities and affordable, diverse recreation and cultural opportunities for people of all ages to play, learn, and build community.”





Paint Your Pet Night!

Paint Your Pet Night!

Hey New Boston! Have you always wanted some original artwork of your furry or feathered friend, slinky snake, swimming sushi, warty or cute hip hoppity, or other pet, but don't know of an artist to commission it? Well, that artist is YOU!

Come on downtown in March, and spend two hours with pet portrait artist Katie Hawkes as she helps you paint your very own masterpiece! All you need is a good photo of your awesome pet to submit when you sign up, and Katie will draw your pet onto a canvas before class starts. When you arrive, she'll have it set up and ready for you to paint!

We encourage you to bring along that image as a reference as well, to look at in class. This can be a printed image, or simply just on your phone or tablet - whatever works best for you! You do NOT have to be an artist to attend! All levels are welcome! Class is Thursday, March 23, 6:30—8:30 and just \$35. All supplies are included. Sign up today, with a picture of your favorite dog, cat, horse, fish, dinosaur - or whatever you want to paint! You can submit/upload a photo of your pet when you register, drop off a copy at our office or send one to Recreation@NewBostonNH.gov

Would you consider becoming a 2023 Musician Sponsor?

Being a non-profit organization, New Boston Farmers Market appreciates our Musician Sponsors.

Due to sponsor support, we have been able to provide our musicians with a stipend more competitive with other venues during a very challenging time. As was

done last year, we are asking sponsors to contribute \$20. The total amount contributed, combined with the market's contribution, will be divided evenly amongst the 18 musical performances in 2023. Thank you for supporting our musicians who continue to enrich each Saturday's market!

**Sponsorships can be made out to
New Boston Farmers Market
and mailed to
New Boston Farmers Market
PO 538
New Boston, NH 03070**



The farmers market kicks off on June 10th. Opening day musical group, The BBC is shown in the photo on right. Elijah Boisvert follows on June 17, a New Boston native!



A NEW COLLABORATION BETWEEN:
The Whipple Free Library, The Recreation Department and Granite VNA

Age Better with Granite VNA !

Shaunna Mara, Community Health Educator with the Granite VNA is assisting us with new programs, clinics and helpful info for our Seniors.

Welcome Shaunna to our Community at our meet and greet on Wednesday, April 26th from 10-11 at the Whipple Free Library. As a Community Health Educator, Shaunna brings to us her passion to promote wellness through educational programs and encourages active aging by inspiring us that there is nothing we can not do.

Come and learn about the programs she will be bringing to our community, and she is open to ideas and topics in which would interest you.

Programs we are considering revolve around:

- | | | |
|--------------------------------|-----------------------|---------------------------|
| Balance | Wellness and Exercise | Volunteering |
| Nutrition | Caregiver Connections | Aging Gracefully in Place |
| Bereavement Groups/ Depression | | Senior Book Club |

What are your ideas? We would love your input! Lets grow together to a healthier lifestyle.

**Join us at the Whipple Free Library on
Wednesday, April 26th from 10-11**

Light refreshments will be served as we toss around ideas for future workshops, clinics and programs.



Sadly we bid Irene Tousignant goodbye
We will miss your wit and laugh
Pictures are from her 100th Birthday Party in 2020



Relax on a Coach Bus as we travel to Encore in Boston.

website or call us at 603-487-2880.

This Casino trip is on May 20. The cost is \$45 per person and would include a \$20 slot play. We will leave New Boston at 8:30am and return around 5:45pm. Sign ups start March 6. Sign up online via our



Casinos not your thing?

That's ok! You can choose to spend the day at Faneuil Hall or the North End. Encore has a free water taxi that takes you to both Long Warf (Faneuil Hall Area) and Lovejoy Warf (Old North Church, TD Garden, Top of the North End Area)



Monthly Foot Care Clinic
New Boston Community Church
 Wellness Services for Adults 65 and Older



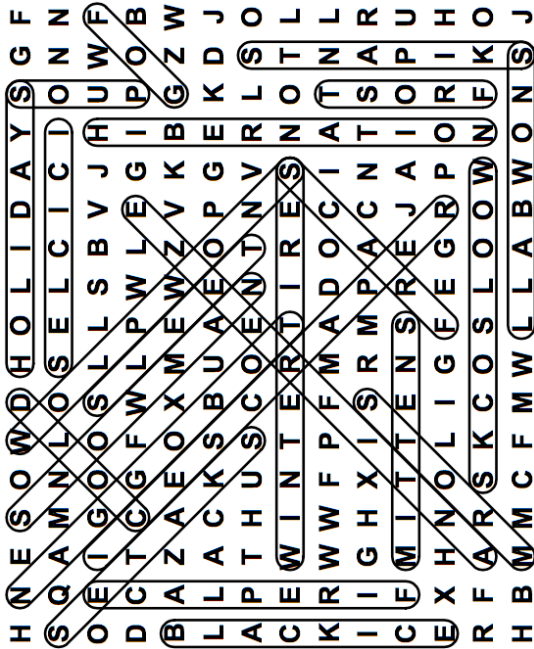
Second Wednesday of Each Month
9 a.m. - 3 p.m.

New Boston Community Church
2 Meetinghouse Hill Rd., New Boston

- Services offered include:
- Foot Care
 - Blood Pressure Screening
 - Medication Education
 - Nutritional Education

Suggested donation of \$10 is requested for services

To schedule an appointment, call (603) 224-4093, ext. 85815.



A QUESTIONABLE PUZZLE

By Timothy E. Parker



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2	3	5	4	8	7	1	9	6
7	9	1	3	5	6	8	4	2

No longer want to receive the Gazette?

Want to add someone to our circulation?

Your Birthday missing? Please let us know!

Recreation@newbostonnh.gov 603-487-2880



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