

# SENIOR

A Guide for Active  
New Hampshire Seniors

*Lifestyles!*



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# SENIOR

# Lifestyles!

*A Guide for Active  
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## For older adults, regular exercise may stem aging effects

One out of every three adults over 65 years old falls each year, according to the Centers for Disease Control and Prevention. And for older adults with dementia, the risk of falling is three times higher than those with no cognitive impairment, according to the AARP Bulletin. However, research supports the notion that many of the physiological changes related to aging — such as loss of balance — can be prevented or postponed with regular exercise. With this in mind, it's no surprise that many senior living communities are making comprehensive health and wellness programs available to their residents.

"We're seeing residents increase their mobility, endurance and balance, and improve their range of motion and fitness levels," says Katie Westberg, national director of Life Enrichment at The Goodman Group, a company that has developed a new fitness program for its senior living and health care communities.

Additionally, Westberg cites that participants feel better and are having fun, showing quick results to their overall well-being. "Many of the residents



involved in our FIT Functional Fitness program start seeing long-lasting and significant strength training benefits within an eight to 16 week period."

The experts behind the FIT Functional Fitness program, a new, national, personalized functional fitness program developed by The Goodman Group in partnership with a physical therapist and board certified geriatric specialist, are offering some tips for older adults looking to improve their well-being and restore their vigor.

● **Engage in exercises that can improve your core strength, balance and cardiovascular health.** If you live in a senior living community, inquire about on-site programs. Additionally,

many community centers and health clubs conduct exercise classes designed specifically for senior health.

● **Invest in a stationary bike.** It's easy to incorporate this activity into your day while watching TV, listening to music or talking to your family, and pedaling lowers blood pressure, according to AARP.

● **Consult your physician before getting started.** Your exercise routine should take into account your current health level and functionality as well as your physical needs.

● **Food and health are directly correlated, so pair your exercise with healthy eating.** The FIT Functional Fitness program at The Goodman Group, for example, incorporates local, organic, seasonal produce as well as lean protein alternatives and plant strong ingredients in their menu options.

● **Stick to it.** Results may come quickly, but a long-term health benefit requires commitment.

For more information about senior fitness and health programs, visit [www.TheGoodmanGroup.com](http://www.TheGoodmanGroup.com). (StatePoint)

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# River cruising continues as travel's hottest trend

Ask any travel agent, pick up a travel magazine or put the question to a travel expert, and you'll learn that river cruising continues to be the hottest trend in travel. When something enjoys this kind of tremendous growth and popularity, you can be sure that it's changing rapidly as customer tastes evolve, and companies strive to differentiate themselves from the competition with new innovations.

That's certainly true with river cruising. Tauck (ranked No. 1 in Travel + Leisure magazine's list of the "World's Best River Cruise Lines") highlights some of the exciting new developments that continue to fuel river cruising's incredible popularity:

**New ships.** Companies are continuing to build new riverboats at a breakneck pace, with Tauck launching two new vessels in 2014, the ms Inspire and the ms Savor. Together the two riverboats comprise Tauck's new Inspiration Class of ships. Each features a high percentage of luxurious suites, a maximum of just 130 passengers for an intimate, relaxing ambiance (other ships of the same size hold 190 travelers, or 46 percent more), and a Tauck Cruise Director and three Tauck Directors to attend



to guests' every need.

**New itineraries.** With all these new ships comes the opportunity to add more itineraries and the chance to expand to additional rivers. For 2014, Tauck is adding four new itineraries, including its first-ever cruises on the Seine in France (where the company has seen tremendous growth in recent years) and an additional cruise on the Danube - Tauck's most popular river. Special "themed" cruises are also popular, and Tauck offers cruises designed just for families, for food and wine aficionados, and for devotees of classical music.

**New inclusions.** Anyone who's taken an ocean cruise will appreciate the fact that, with a river cruise, far more is typically included in the cruise price. Tauck, for example, actually sells zero options on their

cruises! What's more, Tauck is now offering unlimited beer, wine and premium spirits throughout the day aboard its riverboats. Also included with Tauck are all shore excursions, all gratuities, airport transfers, luggage handling, the majority of meals, and much more.

**New and innovative features.** With all the new riverboats being built, the river cruise lines have taken advantage of the opportunity to add exciting new features and innovative touches to the designs of their ships. Tauck's two new Inspiration Class ships, for example, each feature eight lower deck cabins that offer an innovative "loft" design. "One of the most innovative concepts we have ever seen on any ship" (in the words of one travel writer), the loft design features an oversized window that allows fresh air and natural light to fill the cabin. With conventional lower-deck cabins, small, eye-level windows let in minimal light and are sealed shut to the outside air. Along with the loft cabins, Tauck's new Inspiration Class ships also feature a second, steak house-style restaurant in addition to their more formal main dining rooms. (BPT)

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# Four simple home remedies for joint pain

Joint pain is one of the most common health concerns. It affects 30 percent of U.S. adults, according to the Centers for Disease Control and Prevention (CDC). "Just because a person ages, it doesn't mean they should hurt," says Dr. Christopher Mohr, a fitness and nutritional expert. "Lifestyle plays a big role in maintaining joint health. Joint health and integrity is built on a strong foundation - diet, exercise, and weight management."

Mohr offers four all-natural ways to improve - and even eliminate - joint pain in the knees, hips and ankles:

● 1. Eat for joint health. Key nutrients that help with joint health, mobility and lubrication are healthy fats like omega-3s. "Think of these like lube for your joints," says Mohr. "Replace some of the usual protein in your diet with fish - wild salmon, tuna, sardines, anchovies, etc. Aim to do this at least twice per week."

In addition to increasing foods with healthy omega-3 fats, Mohr recommends reducing unhealthy fats like trans and saturated fats. These are often found in packaged items, sweet treats and other overly processed foods.



● 2. Add supplements Omega-3 fats can support joint health, but often people don't get enough through the foods they eat. Supplementation is a good option for people who suffer from joint pain. "Joint health can be maintained by 'feeding' the body what it needs," says Mohr. "Nordic Naturals provides a high-quality, concentrated dose of omega-3 fats that your body uses most efficiently. I like the Nordic Naturals EPA Xtra product, as EPA

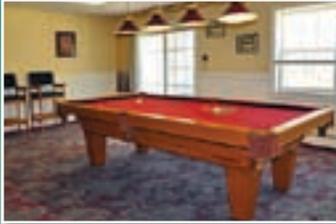
is one of the omega-3 fats that's particularly beneficial for healthy joints."

● 3. Manage a healthy weight "The less body weight you have to carry around, the easier it will be to move around," says Mohr. "Make physical activity a regular part of your day. The stronger your muscles, the easier it will be to move comfortably. Above all, this will help relieve some of the common pains in the joints."

● 4. Stay physically active Mohr says one of the most common misconceptions about joint pain is that rest is helpful. "Unfortunately that becomes a vicious cycle, where more rest can ultimately cause more pain because the surrounding muscles are getting weaker and giving less support to those joints," he says.

Appropriate physical activity should be part of a daily joint-health routine, but it doesn't require joining a gym or hiring a trainer. Start with simple steps, like standing instead of sitting, walking as much as possible, swimming at a pool, etc. Basic movements can keep weight in check and maintain joint and muscle integrity. (BPT)










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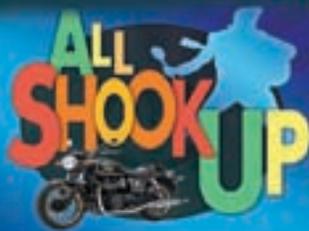
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## The Polar Express Event of New England is coming

Preparations have commenced for for the 20th season of The Polar Express Event of New England®, the nation's original Polar Express Event. The Polar Express is a magical journey which brings Chris Van Allsburg's award winning book to life. This two-hour excursion includes a train ride to the North Pole, an enchanting walk to the North Pole Theater, visitors are greeted by a sea of cheering elves, a retelling of the story, and a visit from Santa himself.

Many people are not aware that The Polar Express Event is organized by the Believe in Books Literacy Foundation as is its largest fundraiser. This event boosts the local economy by millions of dollars each year by sending their guests to local restaurants, lodging accommodations, shops, gas stations, and other services. The Literacy Foundation serves over 1500 households with their Outreach Programs and has gifted over 2 million dollars' worth of literacy programs, scholarships, grants and book distributions throughout its history.

The dedication and hard work of hundreds of community volunteers and supporting businesses are what keeps this event alive. The Believe in Books Literacy Foundation depends on volunteers year round to help with all of their events and Literacy Programs and continues to

offer many opportunities to get involved. Anyone who is interested in volunteering please visit [www.polarexpress.org](http://www.polarexpress.org).

There are limited tickets still available for this year's Polar Express Event which can be found online at [www.polarexpress.org](http://www.polarexpress.org). Due to the popularity of the Polar Express Events there was a lottery system put in place to allow more people to have a fair chance to purchase tickets. To better meet the demand for the Polar Express Event, trains depart from two different locations, the Hobo Railroad in Lincoln, NH and the Conway Scenic Railroad in North Conway, NH, each destined to the North Pole. For ticket prices, departure schedule and more information visit [www.polarexpress.org](http://www.polarexpress.org).

The mission of the Believe in Books Literacy Foundation is to enhance the quality of life through exposure, education, and the engagement of reading, by bringing stories to life. The Literacy Foundation is a Charitable 501(c)(3) Non-Profit guided by the needs and involvement of the communities of which it serves.

The Foundation office is located on Observatory Way in Intervale, NH, just two miles north of the Scenic Vista, directly across from Town Hall Road on the west side of Route 16. For more information call 603-356-9980 or visit [www.polarexpress.org](http://www.polarexpress.org).

# Don't make these common mistakes when something hurts

While many people can manage pain on their own, or can be helped by a primary care physician, those with unrelenting, challenging pain should consider seeing a pain medicine specialist. "One of the biggest mistakes patients make is not visiting a pain medicine specialist such as a physician anesthesiologist when they experience persistent, complex pain," says Dr. Richard Rosenquist, chair of the American Society of Anesthesiologists (ASA) Committee on Pain Medicine and chairman of the Department of Pain Management in the Anesthesiology Institute at the Cleveland Clinic. "Physician anesthesiologists and other pain medicine specialists can fully assess a patient's pain and prescribe a treatment plan. This may incorporate medications, injections that can control pain for up to a year, spinal cord stimulation, physical and psychological therapies and alternative therapies, such as acupuncture."

The ASA and its physician anesthesiologist members note these five mistakes patients in pain often make:

**Taking medication incorrectly.** Whether you're taking opioids (narcotics)

for chronic pain or an over-the-counter pain remedy such as ibuprofen for a sore back, don't take more than prescribed or recommended by the manufacturer. With prescription pain medication, taking more than directed can lead to addiction or even accidental overdose. It's critical to follow your physician's instructions carefully. If you're still in pain after taking the prescribed dose, contact your physician to discuss other pain relief options.

**Choosing the wrong medication.** Over-the-counter pain relievers can help you manage the pain of a sprained ankle or twisted knee without seeing a doctor. But choosing the right pain relief medication can depend on your health history. If you have liver problems or consume three or more alcoholic drinks a night, avoid acetaminophen which can cause liver damage. And anti-inflammatory pain relievers such as ibuprofen and naproxen can make high blood pressure and kidney disease worse, so ask your physician or a pharmacist for an alternative recommendation.

**Demanding an X-ray.** Studies show tests such as X-rays and MRIs do not do a good job of pinpointing the cause of

pain. For example, you might have pain, but nothing shows up on the image. And vice versa - sometimes things show up on X-rays that aren't causing problems or pain. That's why it's so important to see a physician who can assess your symptoms and order the most effective tests when necessary.

**Not thinking outside the pill box.** Many treatments that don't involve taking medication help people in pain find relief. For example, spinal cord stimulation uses electrical signals to short circuit pain in the lower back and legs. Other alternative treatments that may help include injections, acupuncture, massage, meditation and physical therapy.

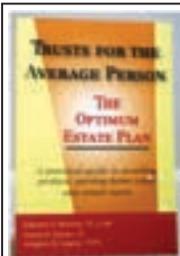
**Neglecting your overall health.** Studies show people who smoke are more likely to have chronic pain, so if you smoke get the help you need to quit. Also, be sure to eat healthy. Studies show following an anti-inflammatory diet of wholesome, unprocessed foods (vegetables and foods high in omega-3 fatty acids, such as wild salmon and walnuts) may help reduce pain. The healthier you are, the better you'll feel and the less pain you'll have. (BPT)

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### Thursday, Nov. 13

Horseshoe Pond Place • 1:00 - 3:00 p.m.  
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### Wednesday, Nov. 19

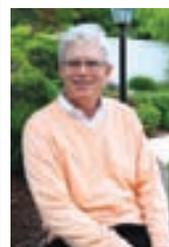
White Birch Community Ctr. • 6:00 - 8:00 p.m.  
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### Thursday, Nov. 20

Tracy Memorial Library • 1:00 - 3:00 p.m.  
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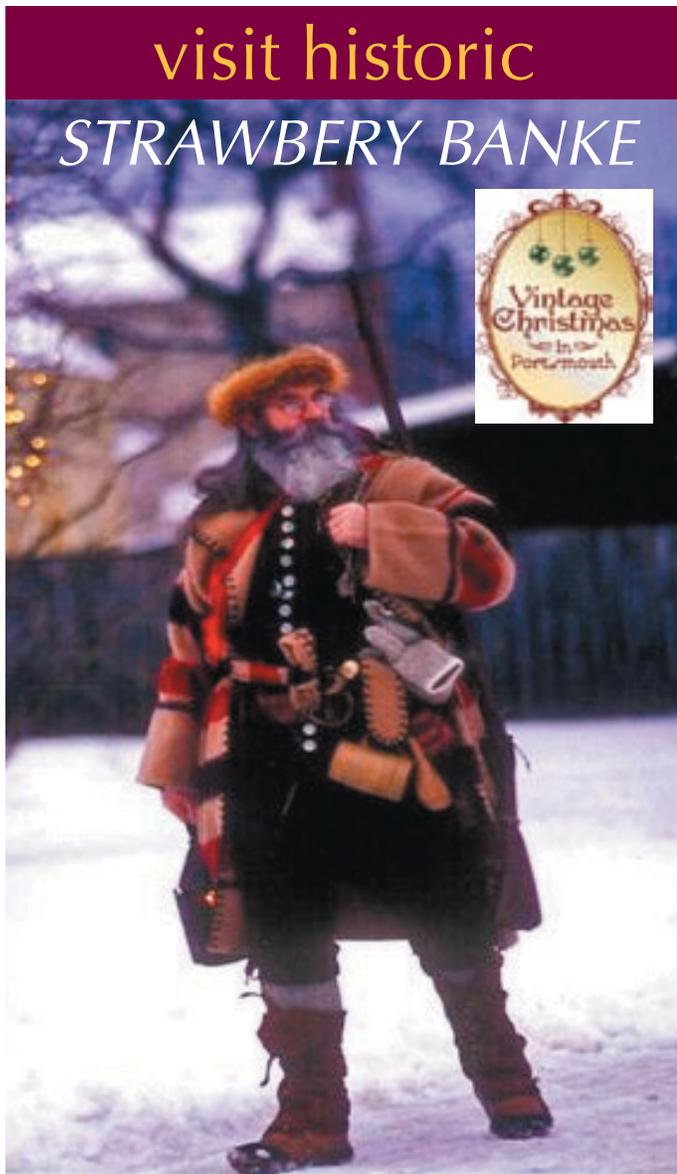
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## 5 vital questions to ask your financial professional

When was the last time you met with a financial professional? Would you be more likely to keep those appointments if you knew some specific questions to ask? These meetings provide an important opportunity for you to ensure your strategy is still on track and ensure your family and finances are protected. You can get the most out of your meeting by asking the right questions. Whether it's your first meeting or your 20th, Thrivent Financial suggests you consider asking these questions when meeting with a financial professional:



- 1. Is my coverage adequate?

Ensuring proper financial protection against death, disability or injury is one of the most important things you can do for your family. Talk to your financial professional about cost concerns, protection options and how you can make sure that your family will be covered financially in the event of an untimely death or disability. If you've experienced major life changes like the birth or adoption of a child, purchased a house or gotten married, chances are your protection will need updating.

- 2. What are some creative ways we can refine my strategy to help maximize benefits?

A financial professional can help you organize your financial strategy in a way that factors in things like taxes and market volatility, and he or she will know what changes are on the horizon that could affect you. A financial professional can also help use primary products, like life insurance, in unique ways - like helping supplement a retirement income stream. These are applications many don't know about but can offer different advantages to your financial strategy.

- 3. How are my financial strategies aligning with my values?

Having a financial strategy that allows you to align your finances with your values is another important topic to bring up. If you have charitable causes you want to support, or volunteer trips you want to take, make sure your financial professional knows about them. He or she can help you develop ways to bring your generosity to life.

- 4. Tell me about the strength and stability of your company or organization.

Insurance is only as strong as the ability of your financial institution to pay out claims when you need to claim a contract. Make sure to investigate the strength and stability of any company you're working with to ensure it is financially sound enough to make good on its obligations.

- 5. What should I do differently in the next year?

This seems like an easy question, but you'd be amazed how few people ask it. Your financial professional is often in a unique position to help you stay ahead of the curve when it comes to your future strategy needs. Taking advantage of market volatility and ensuring your future protection needs are just two of the many variables to consider. Yearly meetings with a financial professional can help you hone your financial strategies for the upcoming year and help keep them as healthy as possible. (BPT)

## Timely solutions for getting ready for the holidays

The fun chaos of the holidays is right around the corner. Family gatherings to plan, delicious meals to prepare, gifts to find and purchase, and a house to decorate ... the list goes on!

With entertaining season approaching at warp speed, it's time to get your home spruced up and looking like new.

Your time is precious around the holiday season, so to help make the most of your days - and budget - try these easy solutions to prepare for the holidays while keeping your sanity.

- A fresh coat of paint is a quick and easy way to give your home a new look at an affordable price. Consider starting with the rooms most frequently used, but don't forget the guest bedrooms and bathrooms. To make the most of your effort, use a paint that has the durability and color-lasting qualities you need. Valspar Reserve,



available at Lowe's, resists stains and fading and allows you to easily wipe away marks without taking off paint, even if your guests accidentally scuff walls with their suitcases.

- A simple way to decorate for the holidays year after year is with an artificial tree. Lowe's offers four trees pre-lit with color-changing LED lights, meaning you can change the look - and color - of the tree with just a push of the pedal making your decorating process much easier. For a formal dinner event, glowing white light sets a perfect ambiance. Switch to the multi-color option to delight the kids.

- Use holiday decorations in unexpected ways to add festive cheer in every room of your home with minimal effort. Try hanging ornaments to decorate live plants, light fixtures, doorway overhangs, stairwells, mirrors and even the mantel. For this project, don't use expensive or family heirloom ornaments - just purchase coordinating ones that work with the color pattern you already have in the room.

- Guests in the house mean more foot traffic and chance for a mess, but you don't have to worry about those inevitable spills or stains. STAINMASTER carpets available at Lowe's are 30 percent more resistant to stains than other brands, and with new carpets on the floor, you'll have a fresh new look in your home that won't cause you stress when everyone arrives for the holiday parties.

- Potted evergreen plants decorated with lights bring plenty of festive feelings into a room. The best news is that when spring arrives, you can plant them outside in your backyard, or donate them to a community project that needs evergreen trees. Using live plants infuses the room with light and good, clean oxygen, and it's the subtle touches your guests will appreciate and remember. (BPT)

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# Boost your pet's health with these preventive measures

Taking active, preventive measures to support your health is one of the most important things you can do to ward off serious illness. You eat right, exercise, brush your teeth and make sure to get plenty of sleep, all to keep your body running at its very best. But did you know that preventive health is important not only for you but also for the lifelong health of your pets? Instituting preventive health measures for your pets helps keep them in top physical shape and live healthier, happier lives. Here are three key areas of preventive health for your pet.

## Annual checkups

You know you should see your doctor once a year for your annual checkup and the same applies for your pet. In fact, an annual checkup may be even more important for them than it is for you. "Dogs and cats age much faster than people so missing one yearly appointment for your pet could be comparable to missing five annual checkups for yourself," says Dr. Ellen Lowery, associate director of U.S. Veterinary and Professional Affairs at Hill's Pet Nutrition. The best way to prevent disease is to schedule



regular checkups with your veterinarian. Bringing your pet for an annual health examination allows your veterinarian to assess any risk factors and spot problems at their earliest stages. This will help your pet live a happier, healthier and longer life.

## Get plenty of exercise

Exercise has numerous health benefits not only for your body but for your pet as well. If you have a family dog, walking him or her twice a day for 15 minutes is generally advised. The number and length of walks may increase or decrease depending on the breed, health

and age of your dog. Make sure to brush and bathe your dog as well, especially if a recent walk has brought him or her in contact with tall grassy or forested areas or involved wading or swimming. Cats of course, do not need to be walked, but that doesn't mean you can disregard their exercise. Engage your cat in active play, whether it is chasing a stuffed toy at the end of a stick or batting a ball of catnip around the kitchen. Either way, your cat is being active and that is good for his or her overall health.

## Offer a nutritious diet

"Proper nutrition is a cornerstone of pet health," Dr. Lowery says. "Pet parents should choose a quality pet food that provides optimal nutrition for their pet's specific life stage and activity or special needs." Your veterinary healthcare team is your best resource for selecting the right food to feed your pet and will also provide education and guidance on the how much and when to feed your pet for optimal health. For additional information on helping your pet achieve a healthy weight, visit Healthy Weight Calculator at Pet360.com. (BPT)

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**Long-Term / Custodial Care** — Services Long-term care is when a person requires assistance with physical or emotional needs over an extended period of time. The need might be due to a terminal condition, disability, illness, injury or the infirmity of old age. Long-term care may last for a few weeks or months, or years.

**Skilled Care** — The skilled rehabilitation program is run by highly trained professionals providing care, treatment and rehabilitation therapies to individuals following a stay in the hospital, usually for orthopedic surgery, cardiac care, or recovering from serious illness.

**Independent Apartments** — Independent living is designed exclusively for seniors, generally those aged 55 and over. The apartments are friendlier to older adults, being more compact, with easier navigation and no maintenance or yard work to worry about.

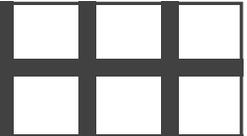
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www.belairnursinghome.org

## Tips for becoming your own best health care advocate

**See your doctor.** Original Medicare covers an annual wellness visit. Here you and your doctor can review your health care needs and make a plan for the future. Many plans also cover a full annual physical. Make note of your height, weight, blood pressure and other routine measurements that are taken at this visit. Knowing and tracking your personal medical stats is important as you age. **Get screened and vaccinated.** Original Medicare and Medicare Advantage plans offer preventive care benefits that make it easy for beneficiaries to access important screenings like mammograms and colonoscopies as well as vaccinations such as an annual flu shot. **Leverage extra benefits to help you stay healthy.** If you have a Medicare Advantage plan, be sure to take advantage of programs and services available to you, which may include disease management programs or access to registered nurses who can answer health questions at any time, day or night. Some plans even offer extra benefits like a gym membership or routine hearing, vision or dental coverage. **Stay in-network and know your prescription drug options.** Most Medicare Advantage plans negotiate pricing with doctors, hospitals and pharmacies, which may translate into coordinated care and lower costs for members. You might be able to save additional money on your prescriptions by using mail-order pharmacy benefits, switching to generic or lower-tier drugs, or taking advantage of special programs and preferred pharmacy networks available with some plans. Visit [UHC MedicareHelp.com](http://UHC MedicareHelp.com) or [Medicare.gov](http://Medicare.gov). (BPT)

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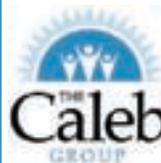
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## OUT & ABOUT

### Joe Deleault and the Reel Tuckermans

11/8/2014 (7:00PM)  
 Event Fee: \$19, \$17, \$10.  
 Enjoy a variety of Celtic tunes with fiddle, guitar, and Joe Deleault on the accordion. Joe was named Best Original Performer by the Hippo Press, and this evening he'll show you why.  
 316 Central Street  
 Franklin Opera House  
 Franklin, NH 03235  
 Phone: 603-934-1901  
 Website: www.franklinopera-house.org

### Christmas Craft Fair at United Church of Penacook

11/8/2014 (9:00AM)  
 Event Fee: Free  
 A Christmas Craft Fair will be held at the United Church of Penacook on Community Drive and Canal Street on November 8 from 9:00 AM to 2:00 PM. The Women's Guild will offer baked goods, Christmas decorations, gifts and crafts, and jewelry and fashion accessories. Additional crafters will have handmade craft items for sale. Soup and sandwiches will be served between 11:00 AM and 1:00 PM. Visit [www.ucpnh.org](http://www.ucpnh.org) for more information and directions.  
 Community Drive & Canal Street  
 Penacook, NH 03303  
 Phone: 603-753-4072  
 Email: [contactus@ucpnh.org](mailto:contactus@ucpnh.org)  
 Website: [www.ucpnh.org](http://www.ucpnh.org)

### NH Open Doors at Someday Farm

11/8/2014 (10:00AM)  
 Event Fee: Free, donations accepted. Come visit us here at Someday Farm as part of your tour around NH during the Open Door weekend. Peruse handmade items along with many alpaca products in our heated shop. Feed and get your hands on the alpacas.  
 Someday Farm, 65 Pickard Road  
 Canterbury, NH 03224  
 Phone: 603-783-9436  
 Email: [somedayfarmnh@aol.com](mailto:somedayfarmnh@aol.com)  
 Website: [www.somedayfarm.com](http://www.somedayfarm.com)

### Bring A Friend Shopping at Settlers' Green

11/8/2014 (8:00AM)  
 Event Fee: Free  
 The sale you wait for! Stores open 8 a.m. on Saturday. Free shopping bags for first 2,000 shoppers on Saturday, November 9 starting at 8 a.m. Raffles and entertainment! Details at [settlersgreen.com](http://settlersgreen.com).  
 2 Common Court, Unit C13  
 North Conway, NH 03860  
 Phone: 603-356-7031  
 Email: [info@settlersgreen.com](mailto:info@settlersgreen.com)  
 Website: [www.settlersgreen.com](http://www.settlersgreen.com)

### TABLESCAPES

11/8/2014 (10:00AM)  
 Event Fee: 22.00  
 Back for its third year, TABLESCAPES, a showcase of stunning table settings by the area's top designers, artists and florists, has grown into one of Seacoast NH's

most anticipated holiday events. Be inspired by the tabletop creations of designers from Dana Marcos Events, In-Home, Valerie Jorgensen Design and many others! Learn the secrets of great holiday entertaining in workshops on food, wine, and design by Seacoast culinary & design celebrities like Evan Hennessey of Stages at One Washington and James Haller of the former Blue Strawberry Restaurant fame. Everything you need to take your next holiday gathering to the next level. 10 Middle Street  
 Portsmouth, NH 03801  
 Phone: 603-433-4278  
 Email: [info@artsinreach.org](mailto:info@artsinreach.org)  
 Website: [artsinreach.org/tables-capes](http://artsinreach.org/tables-capes)

### Inspired by Botanicals' Trunk Show with Kristine Lane & Paulette Werger

11/8/2014 (11:00AM)  
 Event Fee: Free  
 The League of NH Craftsmen – Meredith Fine Craft Gallery is pleased to host on Saturday, November 8th from 11:00 a.m. – 4:00 p.m. Inspired by Botanicals, a trunk show featuring the work of artists Paulette Werger and Kristine Lane. Werger and Lane, the creators of the 2014 Ltd. Ed. League ornament 'Whispers of Spring' will also be personalizing ornaments throughout the day. Juried artists Kristine Lane and Paulette Werger bring to you

their collaborative collection of jewelry along with home décor pieces all inspired by nature. They will showcase their new range of pieces from jewelry, vases, candlestick holders, teapots and much more. Get ready for some unique, elegant jewelry, a fusion of two talents and visions that come together in delicate pieces. If you have any questions, please call the Gallery at 603.279.7920 or visit us at 279 Daniel Webster Highway in Meredith.  
 279 Daniel Webster Highway  
 Meredith, NH 03253  
 Phone: 603-279-7920  
 Email: [nhcraft@metrocast.net](mailto:nhcraft@metrocast.net)  
 Website: [nhcrafts.org/meredith](http://nhcrafts.org/meredith)

### Milford Antiques Shows

11/9/2014 (8:30AM)  
 Event Fee: Adm. \$5 from 8:30 am to 9:30 am. Free Adm. from 9:30 am to 11 am  
 Over 80 dealers present a large variety of quality antiques and collectibles at reasonable prices, on indoor tennis courts. Every Sunday from October 19, 2014 through March 29, 2015. Show hours are short and sweet from 8:30 am to 11 am. Free parking, no sales tax, cafe with fresh baked goods, delicious omelets and good coffee. Our 39th Year!  
 Hampshire Hills Athletic Club  
 50 Emerson Road  
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 Phone: 781-329-1192  
 Email: [milfordantiqueshow@gmail.com](mailto:milfordantiqueshow@gmail.com) Website: [\*\*Comfortable Apartments\*\*  
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# OUT & ABOUT

tiqueshows.com

## Keene Art Tour

11/9/2014 (10:00AM)

Event Fee: free

Our town, Keene, New Hampshire, is rich in artistic talent, and home to many artists. Yet 2014 is only the third year for the local open studio tour here, devoted exclusively to artists living and working in Keene—November 1 and 2 are the dates. 10 am to 4 pm each day. For starters, you may pick up a map at Creative Encounters at 18 Main Street, in Downtown Keene. Or you may follow the signage around town. Below are a list of the participating artists. Come meet our artists. You'll not only see wonderful art, you'll get a peek inside their working studios. We want you to see how artists work, to experience what it's like to make art. But most of all, we want to show you the diversity of creativity, talent, experience and media

you can find right here in Keene. So we mixed nationally- and internationally-exhibited artists and fresh work from emerging artists. We sought artists working in traditional fine art media—oils, watercolor, pen and ink, murals, acrylic—and fine craftspeople working in wood, fiber, glass and clay. You'll see photography, fine art furniture, wall hangings, jewelry and sculpture. You'll find beautiful realistic portraits and abstract work. Traditional landscapes and folk art. Work inspired by our modern world, and work that looks back to prehistory. In short, something for everyone. 18 Main St., Keene, NH 03431  
Phone: 603-355-1153  
Email: telipman@yahoo.com  
Website: www.keenearttour.com

## Folk Summit: featuring Jonathan Edwards

11/15/2014 (7:30PM)

Event Fee: Tickets Start at \$29

Three of the folk community's most beloved artists join forces for a triple bill of folk/Americana, each bringing a unique perspective, personality and style that beautifully compliment the other. Jonathan is a perennial favorite whose voice simply gets better every time we see him. With her tremendously evocative voice and a deeply emotive lyrical style, Lucy Kaplansky is becoming one of the bedrocks of the Northeast folk scene. Another New England native, Don Campbell has been winning over crowds for decades with his acoustic performances that span several genres. Join us for an evening of old favorites, new material, and funny stories. 39 South Main St. Plymouth, NH 03264  
Phone: 603-536-2551  
Website: <http://www.flyingmonkeynh.com/event-detail/folk-summit-w-jonathan-edwards-lucy-kaplansky-don-campb>

## Farming to Fine Dining: Stonewall Farm 25th Anniversary

11/20/2014 (6:00PM)

Event Fee: \$65 pp

It's been 25 years and Stonewall Farm is ready to celebrate! Join us at a bountiful Farming to Fine Dining dinner, Thursday, November 20th at 6 PM. Register and buy your tickets by calling the farm at 357-7278 or visit or purchase them online at: <http://stonewallfarm.org/anniversary-dinner.php>

242 Chesterfield Road  
Keene, NH 03431

Phone: 603-357-7278

Website: [www.stonewallfarm.org](http://www.stonewallfarm.org)

## 14th Annual Farm Fare

11/21/2014 (9:00AM)

Event Fee: Free

Farm Fare Hours: Friday, November 21, 4 pm - 7 pm Saturday, November 22, 9 am - 3 pm Enjoy farm-fresh products from over

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## OUT & ABOUT

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Farm, and Woodard's Sugar House. 242 Chesterfield Road Keene, NH. Phone: 603-357-7278 Website: <http://stonewallfarm.org/farmfare.php>

### 2nd Annual Handmade Holiday Market

11/22/2014 (12:00PM)  
Event Fee: Free  
Make it a Handmade Holiday! The market will be held on November 22, 2014 from 12-5PM. Find unique, handmade, local craft-art items for your gifts this holiday! Vendors at the market will be encouraged to be actively making their work during the event. This way the market is interesting, informative, and memorable for visitors and vendors alike. See the work you are purchasing be made live! The market is FREE to the public! If you interested in being a vendor, Vendor applications can be found online: <http://www.550arts.com/opportunities/> Just scroll down and look for the "Handmade Holiday Market Application". Space is limited, so vendors are encouraged to get their applications in soon.

Vendor fees must be submitted to reserve a table. If a vendor is not accepted into the market, but have paid the fee, the fee will be refunded. The vendor fee is 25-35 based on what type of space the vendor requests. For more information, see [www.550arts.com](http://www.550arts.com), call 603.232.5597 or stop by the studio at 550 Elm St. in Manchester, NH.

550 Elm St., Manchester, NH  
Phone: 603-232-5597  
Email: [info@550arts.com](mailto:info@550arts.com)  
Website: <http://www.550arts.com/events/event/2nd-annual-handmade-holiday-market/>

### An Old-Fashioned Thanksgiving on the Farm

11/22/2014 (10:00AM)  
Event Fee: Admission \$10 adult, \$5 child/ Museum members \$6/\$. New Hampshire has a special connection to Thanksgiving, as it was our own Sarah Josepha Hale, born on a farm in Newport, NH, who after many years of letter writing, persuaded President Lincoln to declare the fourth Thursday in November a National Day

of Thanksgiving in 1863, thereby establishing the National Holiday. So come for homemade pumpkin pie, horse-drawn wagon rides through the fields, visits with the farm animals, popcorn over the campfire and special living history farmhouse tours with costumed roleplayers.

1305 White Mountain Highway/ Rt 125, Milton, NH 03851  
Phone: 603-652-7840  
Email: [info@farmmuseum.org](mailto:info@farmmuseum.org)  
Website: [www.farmmuseum.org](http://www.farmmuseum.org)

### Annual Alpaca Holiday Tour

11/28/2014 (10:00AM)  
Event Fee: no admission, donations accepted. Come get a taste of winter in New England, with a small farm atmosphere and rural agriculture. Visit our animals in their festive barn, sip cider or cocoa by the fire in our shop while listening to holiday music while perusing, featuring NH Made products by us! Feed the animals, Photo Opportunities. Enjoy watching the new crias and listening to the (Alpaca) Humms of the Holidays here at Someday Farm! 65 Pickard Road



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- **85% of Police Officials surveyed** believe home alarms deter burglary attempts.<sup>4</sup>

1. Federal Bureau of Investigation, 2008 National Crime Report [http://www.fbi.gov/news/stories/2009/june/ucr\\_stats060109](http://www.fbi.gov/news/stories/2009/june/ucr_stats060109) 2. <http://bjs.ojp.usdoj.gov/content/pub/prnews/vdbjbrp.cfm> 3. FBI, 2008 National Crime Report [http://www.fbi.gov/news/stories/2009/june/ucr\\_stats060109](http://www.fbi.gov/news/stories/2009/june/ucr_stats060109) 4. <http://www.beyondidentitytheft.com/home-security-statistics.html>

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# OUT & ABOUT

Canterbury, NH 03224  
 Phone: 603-783-9436  
 Email: somedayfarmnh@aol.com  
 Website: www.somedayfarm.com

## Christmas at The Rocks

11/22/2014 (10:00AM)

Event Fee: Free

Celebrate Christmas with the Society for the Protection of New Hampshire Forests at their tree farm in Bethlehem. Harvest your own trees, hand made wreaths, New Hampshire Market Place, wagon rides, marshmallow roasting and food. 4 Christmas Tree Lane, Bethlehem, NH 03574  
 Phone: 603-444-6228  
 Email: info@therocks.org  
 Website: www.therocks.org

## Jingle Bell

### Chocolate Tour

11/30/2014 (11:00PM)

Event Fee: \$25 Jingle Bell Chocolate Tour Sleigh Rides and \$10 for Recipe Book. Nestlenook Estate and the Jackson Area Chamber of Commerce invite you to make your reservations early for the Jingle Bell Chocolate Tour. Named one of the 5 "Tasty Tours of New England" by the Concord Insider "Engage all your senses". This

Horse Drawn Austrian Sleigh Ride through the Village of Jackson is so popular that each year it sells completely out. We recommend you book early to assure your chance to attend. Just call a lodging member listed on our website www.JacksonNH.com book your stay and let them secure your seats today. Reservations are reserved for visitors staying in one of Jackson New Hampshire's premiere properties. Reservations will open to the general public October 10th. Upon arrival at Nestlenook Estate you will be presented with your Jingle Bell, your first Chocolate Treasure and a Christmas Goodie Bag that you can store any Chocolate Treasures you do not eat along the way. You will Board the Sleigh and begin your special journey through Jackson Village stopping at the Inn at Jackson, the Chamber of Commerce, The Backcountry Bakery, The Wentworth, An Elegant Country Inn, J-Town Deli & Country Store, the Snowflake Inn, Flossie's General Store and returning you to Nestlenook Estate. As you approach each stop you ring your Jingle Bells and the owner

or a representative of the hosting property will meet your sleigh, tell you about themselves and the decadent Chocolate Treasure they are about to gift you. The 2014 Jingle Bell Chocolate Tour Recipe Book will be on sale again this year. Tickets for Adults and Children are \$25. Children under 2 sitting on mom or dad's lap not receiving Chocolate Treasures ride free. Call the Jackson Area Chamber of Commerce any time after October 10th to make your reservations before it is to late... 603-383-9356 or prior to October 10th call any of our lodging members, book your stay and let them secure your ride/s for you. Parties of 10 or more may book at any time throughout the year. Dinsmore Road, Jackson, NH- Phone: 603-383-9356  
 Email: kathleen@jacksonnh.com  
 Website: www.jacksonnh.com

## Wentworth Illumination

12/2/2014 (5:00PM)

Event Fee: Free

Santa arrives by horse-drawn carriage accompanied by the Portsmouth High School Clipper

Band to light the tiny white lights outlining the Victorian seaside resort. Free. Refreshments. Gingerbread House. Carolers and costumed characters from Great Bay Academy of Dance "1836 Portsmouth Nutcracker" ballet. "Grinch" ice sculptures. Wentworth By the Sea Hotel 588 Wentworth Road New Castle, NH 03854  
 Phone: 603-422-7322  
 Email: info@wentworth.com  
 Website: www.wentworth.com

## Holiday Tree Festival at Settlers' Green

12/6/2014 (10:00AM)

Event Fee: Free

Live caroling music, festive trees decorated by locals competing for cash awards, free hot chocolate & candy canes, free horse-drawn wagon rides with Santa, Cranmore miniature snow-tubing park and much more!  
 2 Common Court  
 Unit C13  
 North Conway, NH 03860  
 Phone: 603-356-7031  
 Email: info@settlersgreen.com  
 Website: www.settlersgreen.com

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