SeniorLifestyles

A guide for active New Hampshire Seniors August 2015 • Free

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Creative Workshops

Workshops for artists, arts educators to focus on how seniors benefit from arts activities

The N.H. State Council on the Arts is offering two Creative Aging Workshops for teaching artists and arts educators interested in working with adults 55 and older. The workshops will provide research on arts and aging, explore what is different about adult learning, analyze best practices, and help participants combine their arts and education skills to form a strong basis for working with older adults.

Research has shown that seniors involved in intensive participatory art programs report better health, fewer doctor visits and less medication usage than their peers who were only involved in their regular ongoing activities.

A workshop designed for artists with a background working in education will take place Sept. 16, 10 a.m.–4:30 p.m. at the Kilton Library in West Lebanon. The second workshop, which is open to all artists with an interest in working with older adults, will take place Sept. 17, 10 a.m.–3:30 p.m. at GoodLife Programs and Activities in Concord. Workshop presenters are Maura O'Malley, CEO and co-founder of Lifetime Arts and Annie Montgomery, master teaching artist at Lifetime Arts.

Pre-registration is required as space is limited. Each workshop has a registration fee of $50, which includes a box lunch and all materials. To register and to learn more visit nh.gov/nharts or contact Catherine O'Brian, 603-271-0795, catherine.r.obrian@dcr.nh.gov.

SeniorLifestyles

A guide for active New Hampshire Seniors Free

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Retired but not tired: four things every senior-preneur must do

(BPT) - For some Americans, the best part of life starts at retirement. In a perfect world this new stage of life means no more answering to upper management, battling a 40 hour work week or being stuck in rush hour traffic. They can come and go as they please. And while spontaneous trips to the shore and the relaxing mood of an empty house may be a draw for some, for others, the novelty wears off quickly and there is an undeniable void. They feel a need to get back to work and often become entrepreneurs as a way to balance their desire for independence and their passion for success.

Contrary to popular belief, entrepreneurship is not just for the millennial generation. In fact, people over 50 are one of the fastest growing groups of entrepreneurs in the U.S., according to a recent Gallup study. But what does this booming sector of the country need to know before making the leap post-retirement? Here are four tried and true tips for a successful entrepreneurship later in life.

• Pick your passion

Make sure your new business is something you actually love to do. This is true at any age, really. Whether you want to start your own consultancy firm, become a furniture craftsman, open an art studio or run an action-adventure tourism service, the possibilities are endless. Why waste your time and money starting a business you're going to hate in two years? Did you know 70 percent of Americans are unhappy about their jobs? Don't become a statistic. Instead become happier and healthier doing something you love.

• Be realistic

Sure, you might have a strange affinity for dressing your cats up in wacky outfits, but does that mean there's a huge demand for kitty-couture? Probably not. Before moving full steam ahead on your business idea, start by asking a group of colleagues, mentors or advisors if your idea has weight. Friends and family can help, too. You can even form a focus group or crowd source market research to test your concepts and get feedback. If you discover nine out of 10 people would shell out beaucoup bucks for a feline fedora, you could be onto something. Otherwise, back to the drawing board.

• Stay fresh and current

Social media and technology's influence on businesses aren't going away anytime soon. So make sure you brush up on your digital skills. Whether you need to develop an app to better communicate your service or product to consumers, or you simply need to keep your finger on the pulse of the marketplace through Twitter and Facebook, it's wise to embrace all platforms and keep up-to-date on what's out there.

• Plan and protect

Starting a new business can be, well, risky business. It's important to protect the nest egg you created prior to retirement, in addition to safeguarding your new business venture. When making the decision to exit retirement and enter the workforce, be sure to get all your paperwork in order.

"New business owners in their later years should always be prepared for the unexpected," says Erie Insurance Vice President and Product Manager, Commercial Insurance, Leo Heintz. "The right insurance policy is a must-have. It can help support your family if something happens to you. It can also ensure your business can continue to operate, which benefits employees and their families. Everyone benefits."

While starting a new business can be an exciting and rewarding endeavor, it's essential to talk to an insurance agent to get all your important questions answered. He or she can make sure you're financially covered and protected. And don't forget to surround yourself with supportive friends and family members as you enter this new, thrilling stage of life.

SeniorLifestyles

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40th NH Highland Games & Festival coming to Loon Mt.

NHSCOT Proudly Presents the 40th NH HIGHLAND GAMES & FESTIVAL – celebrating Scottish heritage, music, food and drink, athletics, dance, and more. September 18, 19, 20 at the Loon Mountain Resort in Lincoln, NH

CONCORD, NH – Discover Scotland – no passport required – at the 40th New Hampshire Highland Games & Festival, one of the largest and most diverse Scottish events in the US. The NH Highland Games & Festival, running Friday, September 18, through Sunday, September 20, is a three-day celebration of competitions, clans, living history, and entertainment for all ages. Enjoy the pageantry and excitement of piping & drumming, pipe band, highland dancing, fiddle, harp, sheep dogs, and heavy Scottish athletic competitions. More than 60 clans will be wearing their tartans and bringing their heritage to clan village. Living history encampments will bring the rich cultural history of Scotland to life. Renowned for its outstanding entertainment, the NH Highland Games & Festival features multiple venues with Scottish and Celtic performers playing traditional and modern music. For a full schedule of events and activities, please visit nhscot.org.

"You don't have to be Scottish to enjoy the Highland Games – it is such a fun, welcoming event that you leave feeling like you are a little Scottish," says NHSCOT Executive Director Patti Nisco. "There's so much to see and experience: music and dancing, sheep herding, fascinating seminars, delicious Scottish food, whisky tasting, and caber tossing. And it's a family-friendly event: our Festival Youth Program features games, crafts, and activities, including children's caber tossing."

NH Highland Game Highlights

• Great music: Experience the variety of fun, lively musical performances at the various venues around the Games. Performers include: the tribal sounds of Albannach; Scottish rock/pop band The Red Hot Chilli Pipers; nationally renowned Scottish accordionist John Carmichael; master fiddler Alasdair Fraser and cellist Natalie Haas; traditional Scottish band, The Brigadoons; fiddler Brendan Carey Block; fiddle band Halali; American Celtic rock band Prydein; ▸ and Scottish

troubadour Charlie Zahm. Some concerts are free with admission; some require a paid admission. See www.nhscot.org for details.

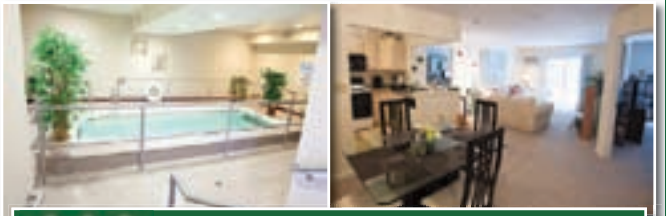
• Competitive heavy athletics, featuring strongman Thor (The Mountain from HBO's Game of Thrones): Athletes from the US, Canada, Iceland, Scotland and Europe will be competing at the NH Highland Games & Festival in the Caber Toss, Weight Over Bar, Weight for Distance, Sheaf Toss, Hammer Throw, and Loon Stone Carry competitions. Hafthór (Thor) Björnsson, who plays the character of The Mountain in HBO's Game of Thrones and winner of Europe's Strongest Man competition in 2014, will be competing at the NH Highland Games all weekend.

• Piping, drumming, fiddle, harp and dance competitions: On Saturday and Sunday, pipers, drummers, fiddlers, and harpists will show off their skills in both solo and band competitions. Dancers will compete in four dances -- the Scotch Measure, Highland Laddie, Sailor's Hornpipe, and Flora MacDonald's Fancy – as part of the prestigious White Mountain Premiership competition on Sunday.

• Festival Youth Program: The NH Highland Games & Festival features a youth program where children can try their hand at various craft projects; listen to a storyteller; participate in games (tossing the haggis, caber toss, stones carry); and interact with presenters of highland music or dance. Events are designed for children 5 years to pre-teen.

• Sheep dog trials: The NH Highland Games & Festival kicks off on Friday with sheep dog trials. Watch the border collies as they make their way through an obstacle course, where the goal is for each dog ▶ to run four sheep through five obstacles.

• Whisky tasting: On Friday and Saturday afternoon, learn about



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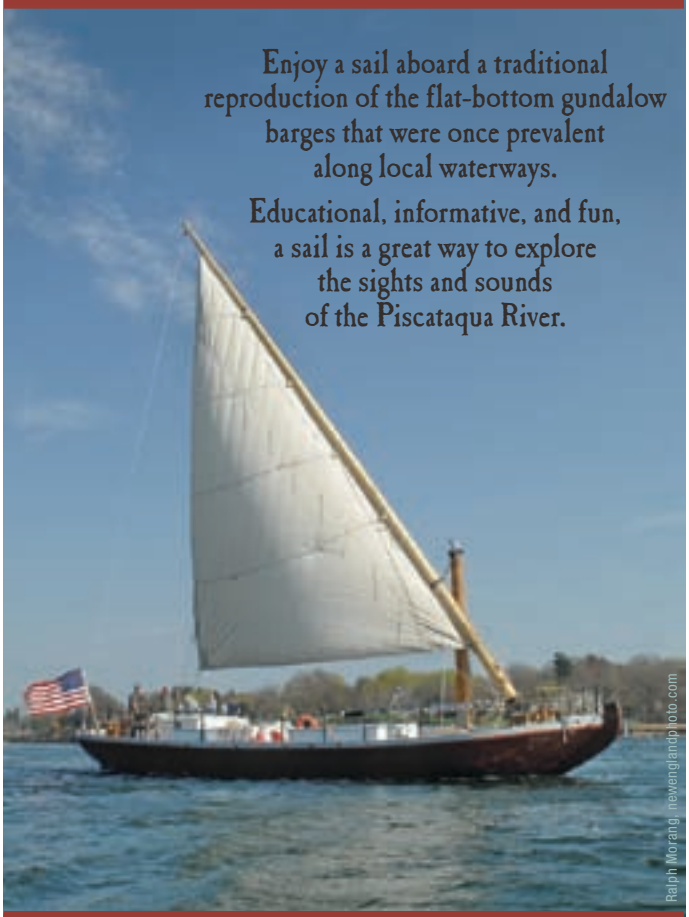

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• Scottish merchandise: There is always great shopping at the NH Highland Games & Festival. T-shirts, colorful tartan items, exquisite jewelry, and so much more. Vendors offer a great array of goods from "across the pond."

• NH Highland Games & Festival Ticket Information

The NH Highland Games & Festival runs from Friday, September 18 through Sunday, September 20 at the Loon Mountain Resort on 60 Loon Mountain Road in Lincoln, NH. All events are held rain or shine. No pets are allowed; only recognized guide or service dogs permitted.

Single day tickets are available in advance online at nhscot.org or at the gate each day. Weekend (3 day) tickets may only be purchased in advance online at nhscot.org. Get a Weekend Pass and save: The price through July 26 is $43, after July 26 and through September 16, the price is $50. Tickets are $20 per person for Friday admission only and $20 for Sunday admission only. Admission for Saturday only is $27 through July 26; after July 26 and through September 16, the price for is $30.

Admission includes all daytime concerts in the main concert tent as well as other venues; heavy Scottish athletic competitions, sheep dog trials, highland dance, fiddle, harp, piping and drumming and pipe band competitions, clan village, Scottish shopping, demonstrations, youth program, and living history area.

About NHSCOT

The New Hampshire Gathering of the Scottish Clans (NHSCOT) sponsors the NH Highland Games & Festival. NHSCOT is a not-for-profit New Hampshire Corporation dedicated to furthering the dance, music, athletics and customs of the Scottish people and continuing the Gaelic culture. For more information about the NH Highland Games & Festival, or NHSCOT, call 603-229-1975, email info@nhscot.org, or visit www.nhscot.org.

Carlyle Place receives Silver National Quality Award

Best practices in quality care recognized by national program

(Bedford, NH) – Carlyle Place, a Courville Community, has been selected as a 2015 recipient of the Silver – Achievement in Quality Award for its outstanding performance in the health care profession. The award is one of three distinct awards possible through the National Quality Award Program, presented by the American Health Care Association and the National Center for Assisted Living (AHCA/NCAL). The competitive award program highlights select centers across the nation that serve as models of excellence in providing high-quality long term and post-acute care.

"We are all so proud of this recognition," said Alyssa Rifkin, Executive Director of Carlyle Place. "The key to our success is our committed team. Their hard work and dedication to improving the lives of the residents we care for every day is why we are in this position. We've dedicated ourselves to this quality journey and are looking ahead to the next level."

Implemented by AHCA/NCAL in 1996, the National Quality Award Program is centered on the core values and criteria of the Baldrige Performance Excellence Program. The program assists providers of long term and post-acute care services in achieving their performance excellence goals.

The program has three levels: Bronze, Silver, and Gold. Centers begin the quality improvement process at the Bronze level and must receive an award at each level before proceeding to the next. Carlyle Place received the Bronze Award in 2014. As a recipient of the Silver – Achievement in Quality Award, Carlyle Place has demonstrated systematic advancements in quality, plans for continual improvement, and sustainable organizational goals. Carlyle Place may now move forward in developing approaches and achieving performance levels that meet the criteria required for the Gold – Excellence in Quality Award, which requires them to address the Baldrige Health Care Criteria for Performance Excellence in its entirety. "By successfully applying the rigorous standards of this program, Carlyle Place has achieved a significant milestone on its quality journey," said Christine Boldt, Chair of the AHCA/NCAL National Quality Award Board of Overseers. "I commend Carlyle Place for this achievement."

SeniorLifestyles

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Happy, healthy how-tos from 100-year-olds, 10-year-olds

(BPT) Spinning and yoga classes are no longer reserved for only the young and restless. Take a closer look around, and you might just find that it's great-grandparents who are out-pedaling you on the stationary bikes. In fact, according to UnitedHealthcare's 100@100 survey, nearly a quarter of 100-year-olds (24 percent) report doing cardiovascular exercise indoors at least once a week; almost one-third (29 percent) meditate or do other stress-relieving activities; and even more say they exercise to strengthen their muscles (34 percent). Every year, UnitedHealthcare polls 100 centenarians for their insights and perspectives on reaching the century milestone. To mark the survey's 10th anniversary in 2015, UnitedHealthcare also polled 100 10-year-olds to compare responses among the generations.

Findings from the survey suggest 100-year-olds are staying active, feeling positive, and embracing the present. And the kids? Though they may be small, their thoughts are anything but. Here are some key takeaways.

• 1. Embrace your smile lines.

Mind and body are linked, according

to 1 in 4 centenarians surveyed who say the key to staying healthy is having a positive attitude. This aligns with last year's 100@100 survey, in which two-thirds of centenarians said attitude is as important as physical health in terms of living 100 years or more. When it comes to positivity, the 100-year-olds have an edge on the kids. More than half (61 percent) say they feel very positive, while only 44 percent of 10-year-olds say the same. On the bright side, centenarians say it gets easier to maintain a positive attitude with age, so 10-year-olds have the next 90 years to catch up. Both groups say family and friends are key to maintaining a positive attitude.

• 2. Nurture family relationships.

Despite many years together, centenarians feel anything but "stuck" with their families. In fact, they actively stay in touch, with 83 percent saying they speak with extended family members at least weekly. Nearly 9 in 10 centenarians (89 percent) say visiting with family and friends makes them happy, and two-thirds of 10-year-olds agree. What's more, almost half (45 percent) of 100-year-olds and 40 percent of 10-year-olds say they'd prefer to spend time with a family member above anyone else in the world. And when it comes to childhood role models, both groups cite family above teachers, celebrities or others, with mom being the most popular choice.

• 3. Remember, age is just a number.

While both groups say it's good to be young, many centenarians embrace their age. Perhaps that's because, on average, the 100-year-olds report feeling more than two decades younger than they are, and 60 percent say they do not feel old. Given the choice between being their current age or 10-years-old, more than half of centenarians (58 percent) say they would rather be 100.

More information on UnitedHealthcare's 100@100 survey, visit UHC.com/100.

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An 18th century field battle,
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Visit us for more information at LivingHistoryEventNH.com

Six easy ways to boost your brain health

(BPT) - According to the National Institute on Aging, research shows that a complex interaction between your DNA, diet, physical activity level, sleep quality and every other aspect of your environment affects your brain health and cognitive function.

This means that your bad habits can trigger changes in your brain and contribute to the decline of your brain health. Stay sharp as you age with these easy ways to boost your brain power:

• **Eat brain food.** While a good diet can improve your all-around health, certain foods keep your brain functioning optimally, according to the Alzheimer's Association. Some of these top "brain foods" include wild salmon, nuts and seeds, avocados, blueberries, dark chocolate and whole grains. Your brain loves both omega-3 essential fatty acids and anything with antioxidants.

• **Exercise your brain.** Your body isn't the only thing that needs exercise. Puzzles, brain teasers and games help create new associations within your brain to keep it fresh. As an added exercise, try completing everyday activities with your non-dominant hand, such as combing your hair and brushing your teeth.

• **Continue to learn.** The learning shouldn't stop once you leave school. Continue to try new activities and test your brain by reading, taking classes or learning a language. Keep your brain active by teaching it some new tricks.

• **Take a well-rounded supplement.** Your brain also requires a number of vitamins and minerals to function properly. For example, the three B vitamins (folic acid, B6 and B12) are all related to healthy brain function. Be sure you are getting enough of these essential vitamins and consider taking a supplement to boost your brain power even further. The ingredients in Procera AVH promote blood and oxygen flow to the brain, support key neurotransmitters and provide neuroprotection. This helps support brain health and cognitive function.

• **Keep a sleep schedule.** Not only is sleep fundamental for regenerating your physical body, but it has restorative properties for your brain as well. A good night's sleep helps you to look at problems in a new light and improves your ability to think creatively. If you're having trouble getting at least six hours of sleep per night, try ditching the technology before bed. Too much screen time before you rest your eyes reduces the quality of your sleep.

• **Maintain your social calendar.** Humans are social creatures who need a variety of brain stimulation to maintain a sharp mind, including social activity. This becomes especially relevant as you age and your neurological processes start to slow down. Socially active older adults are less likely to develop both cognitive and physical limitations. Try a weekly card game with friends or volunteer for a local organization to continue to get out and meet new people.

For more information on brain health, visit http://www.procerahealth.com.

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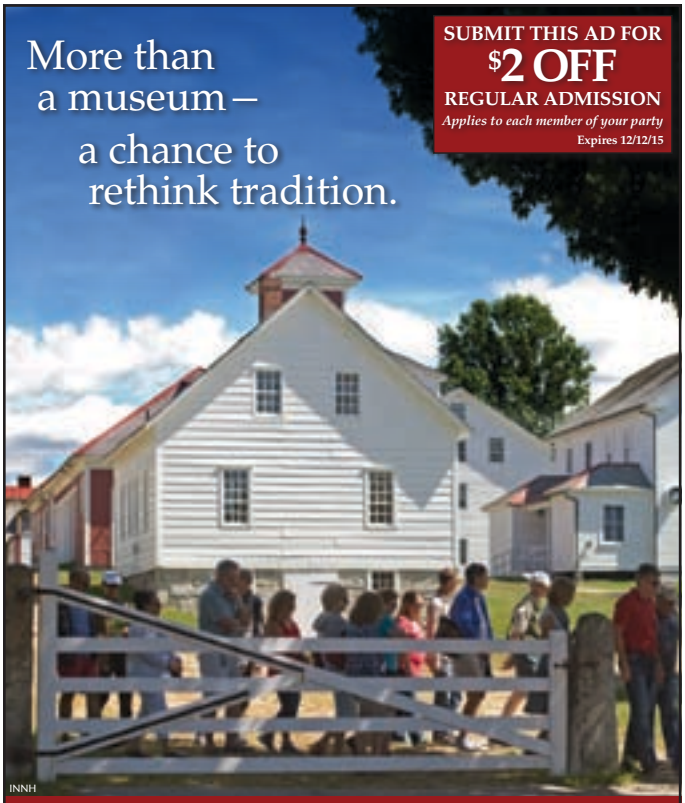
25 Morgan Street,
Nashua, NH 03064
Or call
603-883-6770 Ext 134
tscott@thecalebgroup.org

The Caleb Group



Are you prepared to take a 30-year vacation?

(BPT) - Summer is vacation season. However, before the week or two of fun begins comes the hard part - planning and packing. There are so many things to consider depending on the type of experience a person wants to have and what they need to bring along.

Now picture preparing for a 30-year vacation. As life expectancy increases, that's essentially what retirement could be for many Americans. Their "luggage" or financial strategy has to accommodate routine expenses like food and shelter, healthcare costs, lifestyle needs and perhaps even a legacy for loved ones or favorite philanthropy.

Yet research shows that when it comes to retirement planning, many Americans are flying blind. According to Northwestern Mutual's 2015 Planning & Progress Study, while not having sufficient savings to retire comfortably is a leading financial fear, more than a third of adults don't even know how much income they need to retire. The lack of confidence in financial preparedness may explain why Americans are increasingly delaying retirement involuntarily. The same study found that among those individuals expecting to work beyond the traditional retirement age of 65, six in 10 believe it will be from necessity rather than choice.

"Retirement should be synonymous with personal fulfillment - whether that means staying active professionally or enjoying a life of leisure," says Rebekah Barsch, vice president of planning, Northwestern Mutual. "In an age of ebbing social safety nets and rising costs, proactive financial planning is your ticket to having the flexibility to shape the retirement experience you've worked hard to enjoy."

The good news is that it's rarely too late to take control of your financial situation.

• **Determine your "retirement destination"** - Like an actual vacation, what you need to take depends on where you're going and how long you're planning to stay. So, if your goal is to retire as early as possible and lead a life of leisure without working for supplemental income, you'll likely need more resources than if you choose to remain in the workforce as long as possible or opt for some form of employment during retirement.

• **Confer with your "travel companion"** - If you're retiring with a spouse or partner, it's essential to ensure your retirement lifestyle expectations and priorities are aligned. However, maintaining open and ongoing communication about financial matters may be harder than it sounds. In fact, Northwestern Mutual research shows that Americans prefer discussing death and intimacy over money matters. Overcoming this discomfort, especially for decision-making around difficult topics like long-term care, is vital as it could impact your significant other as well as your adult children.

• **Consult an expert** - While the Internet has empowered us to become a nation of DIYers, there are still some areas where professional guidance is valuable. A professional advisor can objectively look at your finances and goals, share insights on the merits of various risk and investment solutions and devise a strategy to meet immediate and future needs."The benefits of being proactive are clear," continues Barsch. "Our research consistently shows that people who are disciplined about financial planning are happier in retirement and enjoy a better quality of life, which ultimately is what it's all about."

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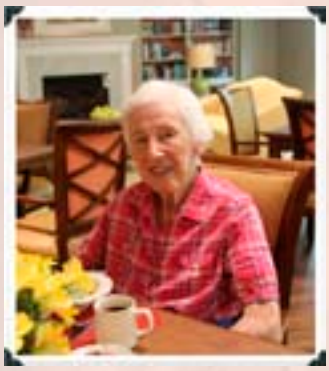

The Inn, The Terrace, and The Cottage feature all private suites with private bathrooms, living areas for visiting with family and friends, dining options featuring fresh, seasonal dishes, comfortable outdoor living space and wireless internet access throughout.

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- That you can control your fear of falling.
- That by being physically active you can increase your strength and balance.

Register for "A Matter of Balance" today! call: (603) 224-4093 ext. 5815 or (800) 924-8620 ext. 5815 **email:** crvnainfo@crvna.org **or visit:** www.crvna.org

Concord Regional Visiting Nurse Association

Capital Area Public Health Network

A Matter of Balance: Managing Concerns About Falls/Volunteer Lay Leader Model © 2006. This program is based on "Fear of Falling: A Matter of Balance" Copyright © 1995 Trustees of Boston University: All rights reserved. Used and adapted by permission of Boston University.

C&W arranges $2m sale of future Alzheimer's Assisted Care Community

MANCHESTER, NH – Cushman & Wakefield of New Hampshire today announced the sale of 575 Amherst Street in Nashua, New Hampshire to National Development for $2 million. The Cushman & Wakefield of New Hampshire team, led by Executive Director Thomas P. Farrelly, SIOR, Senior Director Denis C.J. Dancoes II and Associate Director Sue Ann Johnson, oversaw the transaction of the 8.51 acre redevelopment site on behalf of Nashua RE Holdings LLC. In an undertaking that began last fall, 575 Amherst Street, a 51,885-square-foot former manufacturing facility for NimCor (1980 to 2013), will be redeveloped as Bridges by EPOCH at Nashua—a 54-bed Assisted Living Memory Care community that will open in the Fall of 2016. Solely and uniquely dedicated to those suffering from Alzheimer's disease and memory loss, Bridges by EPOCH was designed to meet the growing demand for specialized memory care housing and services for those living with dementia-related diseases, via seamless integration of the latest technologies and research within a homelike setting.

National Development and Epoch Senior Living – two of the most-well respected operators of senior housing and skilled nursing residences – have partnered to develop and operate more than 35 senior housing communities throughout New England. "575 Amherst Street represents prime real estate just off Nashua's coveted commercial hub, Amherst Street/Route 101A," said Cushman & Wakefield Executive Director Thomas P. Farrelly, SIOR. "It offers an excellent opportunity for repositioning into an assisted living/memory care facility, where it will benefit from its superior accessibility, located at a heavily-traveled, lighted intersection with signage opportunities."

The property's location offers significant visibility and a strong presence among a densely-populated region. A wealth of retail amenities, including shopping and dining destinations, surround the property.

Sam Fleming, Frances Harris and Bonnie Wilson look over the silent auction items at the Abbott Library Galla in Sunapee July 15.

ADVERTISEMENT

© 2015 The Back Pain Resource Center

Medicare covers revolutionary new device that gives seniors freedom from lower back pain

Easy-to-use high-tech back brace is now covered by Medicare. Specialists are manning the phones for the next 48 hours to assist seniors in qualifying to get the new Verta Loc back brace and regain their youth.

The revolutionary new Verta Loc Back Brace is helping seniors everywhere re-discover an active and pain-free lifestyle.

But even better news is that recently approved Medicare coverage means that most seniors with lower back pain can get the amazing Verta Loc – and much-needed relief – at little or no cost.

Qualifying is fast and easy with a free phone call within the next 48 hours to the trained Medicare specialists at The Back Pain Resource Center.

Comfortable, custom fit provides immediate pain relief
If you are reading this, you know that lower back pain can be excruciating and debilitating. Even mild, low-grade back pain, whether chronic or recurring, robs seniors of their golden years and takes the fun out of life.

The Verta Loc was designed by medical technology experts to reverse that situation, instantly. It fits all waist sizes and has no small pieces to fumble with. Your Verta Loc will arrive fully assembled and could not be easier to adjust for a perfectly custom-tailored fit and immediate relief.

Verta Loc's unique two-strap system gives you complete control over the compression you need to feel relief, offering maximum comfort and protection with just the right amount of support.

Not available through retailers or over the Internet
To keep costs down and to streamline and speed up the Medicare qualification process, the Verta Loc Back Brace cannot be purchased online or in stores. It is only available with a free call to The Back Pain Resource Center, and will be shipped directly to your home by our trusted supplier of quality durable medical equipment.

The Center's specialists are trained in Medicare and make it very easy for virtually all seniors with lower back pain to qualify for the new Verta Loc and obtain one at little to no cost out-of-pocket. The specialists handle all the paperwork in a matter of minutes.

Pain relief and financial relief too
Many people find themselves wearing their Verta Loc for only part of the day to experience relief. Plus, when the pain subsides, many are able to reduce or even eliminate their use of pain medications, which not only eliminates unwanted side effects but also saves money.

Recommended by doctors and back pain specialists
Physicians agree that using a high-quality back brace like Verta Loc helps encourage safe movement, teaches good body mechanics, and restricts the motions that cause pain in the first place. Patients are able to maintain their daily activities and learn better back health practices.

Medicare coverage specialists are available by phone for the next 48 hours only. Call today!
Since Medicare is now covering the Verta Loc, the phone lines are expected to be flooded, but if lines are busy, callers are encouraged to keep trying. For the next 48 hours, the goal of the Back Pain Resource Center is to make sure every senior is able to experience the relief and freedom provided by having their own Verta Loc.

To get your Verta Loc please find your time zone on this map and begin calling at the time indicated.

CALL 800-831-4290

Results not typical and may vary. Not all patients qualify. Product covered in full with payment by primary and secondary insurance. Warranty and restrictions apply.

OUT & ABOUT

Annual League of NH Craftsmen's Fair

August 7, 2015 10:00 AM
$12 for adults; $10 for seniors, students, and groups of 20 or more. Free for children 12 and under. Mount Sunapee Resort
1398 Route 103, Newbury, NH
Phone: 603-224-3375
Make the Annual League of NH Craftsmen's Fair and the Lake Sunapee Region your summertime destination. Bring your family and friends and experience fun and creativity during the nine-day Annual Craftsmen's Fair. You can shop for one-of-a-kind craft in all price ranges, see demonstrations by master craftsmen, participate in do-it-yourself workshops, get ideas from indoor and outdoor exhibitions, and learn how to start a craft collection. It all happens at the scenic Mount Sunapee Resort in Newbury, NH from August 1-9, 2015. Visit our website, www.nhcrafts.org, to learn more and purchase tickets online.

39th Annual Alton Bay Boat Show

August 8, 2015 9:00 AM Free
Jct. Rtes 11 & 28
Lake Winnipesaukee
Alton Bay, NH 03810
Phone: 603-569-4554
9:00am-12:00pm. This informal, non-judged vintage boat show is held at the Alton Bay town dock as part of the Alton Old Home Day. No advance registration necessary. All "woodies" welcome on a first-come-first-served basis. Visitors can vote for the 2015 People's Choice Awards. Call the Museum for questions.

Rumney Old Home Day

August 8, 2015 8:00 AM FREE
Main Street, Rumney, NH 03266
Phone: 603-786-2926
Rumney Old Home Day - Save the Date ~ To ~ Enjoy the Day - FIREWORKS - August , 2015 on the common, We would like to invite kids, parents and all to join us for a day full of fun. Starting on the common 8 am. With Craters on the common followed by a Community & Kids' parade, kids' games, food, visit the Library & Book Sale, at the Historical Society displays of Rumney's past, 50/50 drawing / Raffle, Special Evening Raffles, events & entertainment. ACTIVITIES FOR ALL ~ ALL DAY LONG wrapping up with A FREE Ice Cream Social, Frying Pan Toss and FIREWORKS, more entertainment at the Russell School. ~ Like to be in an event contact: Chair & Program Participants ~ Gail Carr - 786-9403, Co-Chair ~ Diana Kindell - 786-9913, Parade ~ DIANA KINDELL 786-9913 or Stacy Winsor 254-8299, Donations ~ Kathy Grabiek 548-6808, Craft Tables ~ June Thomas & Sandy Catania - 786-2929.

Hollis Flea Market

August 9, 2015 7:00 AM
Free $2 Parking. 447 Silver Lake Road (Rt 122), Hollis, NH 03049
Phone: 603-465-7677
Family Fun Event! Stay an hour or spend the day! The Hollis Flea Market has a long-standing tradition of being the destination of choice for bargain hunters of all ages. In fact, we've been offering great deals on unusual and traditional merchandise longer than just about anyone. From one-of-a-kind things to new name-brand merchandise at HUGE SAVINGS, we've got something for everyone. Hundreds of dealers offer everything from yard sale items to fine collectibles and quality antiques. Huge variety of items featuring new sellers each week as well as full season vendors Snack bar with wide variety of items including breakfast and lunch all day Admission is free. Parking $2.00 Learn more here: hollisflea.com or https://www.facebook.com/HollisFleaMarket

9th Annual Boathouse Tour
August 13, 2015 9:00 AM
Water tour: $135/pp Land tour: $40/pp Antique Car Land Tour: ▶

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OUT & ABOUT

$65/pp. 399 Center St. (Rte. 28/109 North), Wolfeboro, NH Phone: 603-569-4554 9am-4pm. (RAIN DATE: Friday 8/14) Visit historic and new boathouses on Lake Winnipesaukee in the only tour of its kind!. Three ways to take the tour: on water in a vintage wooden boat, by land in your own car, or by land in an antique automobile. On-water and antique car tickets sell out fast! Purchase tickets at the Museum, by phone, or on-line. Two water tour times: 9:00am & 1:00pm. Ticket prices: Members – Land Tour $36, Antique Car Tour $58.50, & Water Tour $121.50; Not-Yet-Members – Land Tour $40, Antique Car Tour $65, Water Tour $135.

Pembroke and Allenstown Old Home Day

August 22, 2015 10:00 AM FREE Memorial Field, Pleasant Street Pembroke, NH 03275 Phone: 603-224-7324 Pembroke and Allenstown Old Home Day will be celebrated on Sat Aug 22nd. The theme this year is "OVER AND UNDER THE SEA" which will provide for some interesting floats in the parade starting at 10:00 AM. All day activities are being planned at Pembroke's Memorial Field to include Live Bands on 2 stages, Petting Zoo, Face Painting, Handmade Crafts and Demonstration area, 9 hole mini golf, 3 on 3 Basketball competition,Balloons, Inflatables, Food Booths, Antique Cars, Doodlebugs Tractor Pull Competition, and some Fantastic Fireworks at dusk. For more information call Pat at 224-7324.

Fire on the Mountain

August 23, 2015 12:00 PM 12.00 adults, 6.00 children 10 and under. 686 Flanders Road Henniker, NH 03242 Phone: 603-560-6279 Sunday, Aug 23, 2015, Pats Peak Ski Area, Henniker: 13th Annual Rotary Club of Henniker Chili Fest, Fire on the Mountain, with two chili tasting contests featuring close to 40 chili recipes prepared by non-profit organizations and amateurs competing for cash prizes and area restaurants and professional chefs vying for the chance to be crowned "Best Chili in Southern NH" as determined by our panel of celebrity judges and the voting public. Your entry fee to this family-friendly event, held annually on the slopes of Pats Peak, allows you access to all the chili makers, live musical performances, local crafts and concessions, the KidZone activity area, food court, beer tent, Car Cruise In and much more. According to local foodie and multi-year Chili Judge, award-winning radio host, Mike Morin "Pats Peak provides the perfect backdrop to an event like this." Over 2,000 chili lovers attend every year raising funds to support local, regional and international Rotary service and humanitarian projects. For more information contact mskrotzer@yahoo.com or check out the web site www.chilinewhampshire.org. Friend us on Facebook for the latest updates on this year's activities.

End of Summer Celebration

August 27, 2015 4:00 PM Free Colburn Park, North Park Street Lebanon, NH 03766 Phone: 603-448-5121 Come start a new tradition and celebrate the end of summer with Lebanon Recreation and Parks! Don't miss this fun-filled evening with food, music, dancing and FIREWORKS!!! Lebanon Farmers' Market - 4:00 pm to 7:00 pm MusicFest - 4:00 pm to 7:00 pm; Brought to you by Lebanon Recreation & Parks, Lebanon Opera House, and Tuck's Rock Dojo. 5th Annual DanceFest - 7:00 pm to 8:30 pm; Come on out and DANCE! Move your feet on the Lebanon Mall with friends, family and ▶

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OUT & ABOUT

community. Enjoy music by The Conniption Fits and stay for the beautiful fireworks display following the music! Fireworks Display - 8:45 pm; End the night with a spectacular fireworks display. Best viewing areas are Storrs Hill Lodge, Church Street or Logan Field on Water Street.

CCC: A Unique Experiment During the Great Depression

August 28, 2015 6:30 PM FREE
1 Depot Street, Warner, NH
Phone: 603-456-2234
The Civilian Conservation Corps (CCC's) was a public work relief program that operated from 1933 to 1942 in the United States for unemployed, unmarried men from relief families as part of the New Deal. Originally for young men ages 18–23, it was eventually expanded to young men ages 17–28. At the New Hampshire Museum, they have a a variety of CCC artifacts. One of their founders, Dick "O" Violette, was in the CCC's. Join them as Larry French, a NH author whose father was in the CCCs at Bear Brook State Park, talks about the history of the CCC's and its application to New Hampshire. Where: New Hampshire Telephone Museum 1 Depot Street Warner, NH 603-456-2234

Call for Entries! Celebrating Flight:

A Juried Art Competition at the Aviation Museum of NH
September 4, 2015 10:00 AM
There is a $10 entry fee. Up to 3 submissions per artist will be accepted. 27 Navigator Road Londonderry, NH 03053
Phone: 603-669-4820
The Aviation Museum of NH announces a call for entries, for a juried exhibition, open to all NH artists. Submissions are due August 3 – August 8, 2015. The exhibit will take place at the Aviation Museum of NH, 27 Navigator Road, Londonderry, NH 03053. The exhibit will be juried by NH painter and Currier Museum Art Center Director, Bruce McColl. The theme of the exhibit is "Celebrating Flight". Paintings, drawings, prints, sculpture, mixed media, photography, and digital media will be accepted. The theme can be loosely interpreted, and is intended to inspire creativity and an enthusiasm for aviation of all kinds. Artwork exceeding 32" in width must be submitted digitally prior to delivery for approval, at jpappathan@nhahs.org. While framing is not necessary, art must be ready to hang. All submissions must be brought to the museum August 3 – August 8, 2015, 10:00 AM – 3:00 PM, or by appointment. Entry forms will be available on the museum's website at a later date, and at the museum during delivery. Each submission must have an accompanying entry form. Jurying will take place the week of August 10th, 2015. There is a $10 entry fee. Up to 3 submissions per artist will be accepted. All artwork will be for sale. An exhibit opening reception, which includes award announcement, will take place Friday, September 4, 2015, 6:00 – 8:00 PM. The exhibit will continue through October 18, 2015, and be on display during the museum's regular operating hours. Please contact us for more information at 603-669-4820, or avmuseum@nhahs.org. The Aviation Museum of NH is located at 27 Navigator Road, Londonderry, NH 03053.

41st Railfans' Day at Conway Scenic Railroad

September 5, 2015 8:00 AM
Adult fares vary from $16.50 and up. 38 Norcross Circle
North Conway, NH 03860
Phone: 603-356-5251
Join us as we celebrate our 41th Railfans' Day with a great day of railroading. Special demos, freight cars, cabooses, mixed trains will be running. Railroadiana Flea Market will be on site. Reservations suggested.

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Fire on the Mountain

Rain or Shine

Sunday, August 23, 2015

Noon-4:30 PM

Pats Peak Ski Area
Flanders Road, Henniker, NH

Chili Tasting Contests

ADMISSION: Adults **$12** • Children **$6** *10 and under*

FUN for Everyone!

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- Concessions
- Live Music
- Vendors
- BBQ

Cruise on down in your Classic Car for all to see!

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There is no fee to display a vehicle at the Cruise-In, but to participate in the activities at Chili Fest you must have a paid admission.

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