

Senior Lifestyles

A guide for active New Hampshire Seniors

Jan. 22, 2021 • Free

Inside



1903 Pullman car named **3**
Sunbeam at Hildene



Concord Chorale is **4**
free virtual concert



Canterbury Shaker **6**
Village receives Grant



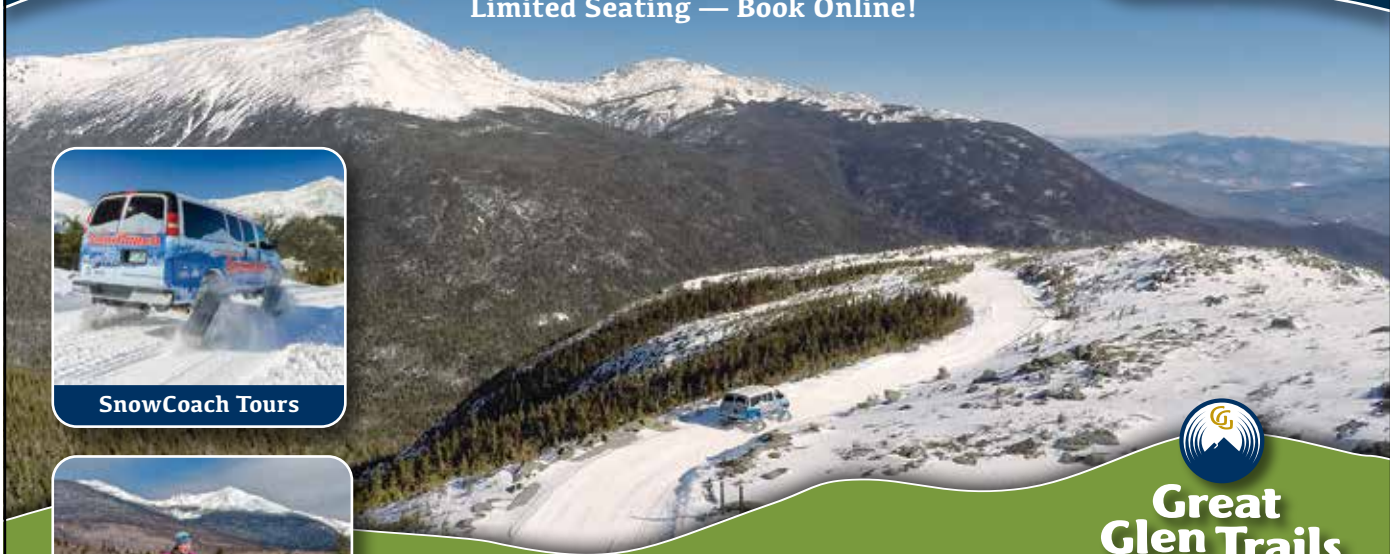
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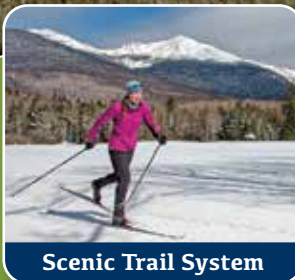
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COA CHAPIN SENIOR CENTER PROGRAMS & ACTIVITIES

37 Pleasant St., New London, NH 603-526-6368

■ For February, 2021

Tom & Tom's Men's Discussion Group - Mondays at 9:00am via Zoom. We want to hear your stories and we'll share a few of our own. Call COA at 526-6368 to join.

French Discussion Group - First and Third Mondays at 4:15pm via Zoom. Join this casual, friendly group to practice your language skills and have fun. Participants at all skill levels welcome! Call COA at 526-6368 to join.

Bingo! - Mondays at 1:00pm. Ten games for \$5. Ten bingo sheets with 6 cards on each sheet. Participants must be 55 years old and older. Please call COA to register. Limit of 10 participants.

Chair Exercises - Mondays, Wednesdays, and Thursdays at 10:30am. This low impact exercise program is perfect for those looking for an easy, effective exercise routine. Please call COA to register. Limit of 10 participants.

VNA Foot Care Clinic at COA - Second and Third Mondays at 9:00am-2:00pm. \$25 Please call COA at 526-6368 to schedule an appointment.

Outdoor Recreation for Seniors - Tuesdays and Thursdays at 10:00am. Join this active group to walk, hike, kayak and more! Please call COA at 526-6368 to register prior to your first activity.

Memoir Writing Group - Tuesdays at 10:00am via Zoom. Please call COA at 526-6368 to join.

Book Discussion Group - Tuesday, February 9th at 10:00am via Zoom. News of the World by Paulette Jiles For more information or to get a link to the virtual meeting, please contact jroy@tracylibrary.org.

Painting Group - Tuesdays at 1:00pm. Bring your current painting project to work on. This is an informal group, and we'd love to have you join us. Please call COA to register. Limit of 10 participants.

Needlework Craft Group - Wednesdays at 1:00-3:00pm. Love to cross stitch, do needlework, quilt, knit or crochet? We'd love to chat, laugh, and get to know the folks who enjoy the same hobbies we enjoy. Please call COA to register. Limit of 10 participants.

Caregiver Support and Discussion Group - Thursday, February 25th at 1:00pm. There is no instruction manual for being a caregiver! Join this peer-led group

to learn tips, strategies, and advice from those experiencing the same challenges and rewards. Please call COA to register. Limit of 10 participants.

Women's Discussion Group - First and Second Thursdays at 1:00pm. Get to know your neighbors over a casual cup of coffee. Join friends, new and old, to visit, chat and share! Please call COA to register. Limit of 10 participants.

Computer Tutoring with Nick Oursouff - Nick will be available for on-line tutoring sessions. Nick has an extensive background in computers from teaching to programming. Please call COA at 526-6368 for registration information.

VIRTUAL PROGRAMS

Travel and learn from home! *We've added some exciting on-line learning opportunities through our partnership with "Senior Learning Network." These LIVE programs will take you all around the country to museums and landmarks right from the comfort of your own home! Just call COA at 526-6368 to register for the programs and we'll give you the Zoom connection information.*

■ SENIOR LEARNING NETWORK

Live from the Truman Presidential Library.

Tuesday, February 2 at 2:00pm. Please register prior to Monday, February 1. Take a sneak peek into the new exhibits as the museum comes close to opening in the Spring of 2021! In recognition of the 75th anniversary of his presidency, the Truman Library and Truman Library Institute have developed a momentous plan to use Truman's life and legacy to inform, inspire, educate, and engage a 21st-century audience at an increasingly critical time in our nation's history. We recommended logging in at least 10 before the program begins.

Elephant Sanctuary, Tennessee. Tuesday, February 9 at 2:00pm. Please register prior to Monday, February 8 "The Elephant Sanctuary in Tennessee exists to provide captive elephants with individualized care, the companionship of a herd, and the opportunity to live out their lives in a safe haven dedicated to their well-being, and to raise public awareness of the complex needs of elephants in captivity, and the crisis facing elephants in the wild. Located on 2,700 acres in Hohenwald, TN, The Elephant Sanctuary is the largest natural habitat refuge in the country dedicated solely to the care of African and Asian elephants retired from zoos



Hildene's prized Pullman car, Sunbeam. Aimee Seavey photo.

and circuses across North America. As a true sanctuary, the elephant habitats are closed to the public and all the elephants are retired from their lives of performance and exhibition. We recommended logging in at least 10 before the program begins.

Durham Museum: Historic Train Travel

Thursday, February 11 at 2:00pm. Please register prior to Monday, February 8. Join us for a virtual tour of the museum's authentic train cars! We will start with a look at our 1890's steam engine and 1950's caboose, followed by a walk through our passenger trains. Luxurious rail travel awaits! Making its home in one of Omaha's most unique treasures, Union Station, The Durham Museum offers a look at the history of the region and offers a broad-range of traveling exhibits covering subjects ranging from history and culture, to science, industry. We recommended logging in at least 10 before program begins.

Pullman Porters: Unsung Heroes, Former Slaves, Labor Organizers, Middle Class Citizens, Civil Rights Activists

Tuesday, Feb. 16 at 2:00pm. Please register prior to February 15. Located in Manchester, Vermont, Hildene was built by Abraham Lincoln's son, Robert Lincoln, in 1905. Today's guests experience the home and gardens, the Lincoln exhibit, and the 1903 Pullman car named Sunbeam. We'll visit the "Many Voices" exhibit, a site on the Vermont African American Heritage Trail featuring the goat dairy and cheese-making facility, sustainable agriculture project in The Dene, a 600' wetland floating boardwalk, and 12 miles of 4 season trails. Participants will discover what it was like to travel and work on a Pullman car, and engage in discussion about the porters' enduring fight for social change and justice in America. We will examine the critical role that Pullman porters played in giving rise to America's Black middle class, the formation of the Black labor movement, and more.



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Concord Chorale is presenting a free virtual concert weekend of Jan. 23-24

Seeking to bring light into the darkness, Concord Chorale presents a free virtual concert, "When the Night is Furthest Worn" under the direction of Jenny Cooper on Saturday, January 23, at 7 PM and Sunday, January 24, at 3 PM. The concert may be accessed at www.concordchorale.org.

"This concert is our effort to bring choral music to our audience during the pandemic," said BJ Entwisle, president of the Chorale, "We are really excited that we have continued to sing together and can now share our work with our greater community of music lovers."

The selection of five short songs explores the literal and metaphoric themes of night and glimpses the light on the horizon as the darkness retreats. In addition, the Chorale's collaborative pianist, Molly Lozeau, presents a piano solo. Free to the public, the concert will run about 30 minutes.

With an emphasis on social justice and equal rights, the concert's selections include the Preamble of A Choral Quilt of Hope, with music by Adrienne Albert and the text of the Universal Declaration of Human Rights adapted by Susan Suntree.



The Chorale commissioned the orchestration of the larger work in hopes of performing it in May of 2020 in recognition of the centennial of the women's suffrage movement, but the concert of the full piece was cancelled due to the pandemic.

Also included will be Non Nobis, Domine by Rosephanye Powell; Bogoroditse Devo by Sergei Rachmaninov; My Heart be Brave with music by Marques L. A. Garrett set to the poem "Sonnet" by James Weldon Johnson; and Sure on this Shining Night by Morten Lauridsen.

Collaborative pianist Molly Lozeau presents several short classical selec-

tions for piano by African American composers.

Concord Chorale is an auditioned chorus whose membership ranges from 60-90 singers. More information on the Chorale may be found at www.concordchorale.org.

What: Concord Chorale Free Virtual Concert

When: Saturday, January 23, 2021, at 7 PM and Sunday, January 24, 2021, at 3 PM

Where: Access at Concord Chorale website, www.concordchorale.org.

Donations will be accepted for this free concert.

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Canterbury Shaker Village receives Grant from the NH Charitable Foundation

We are pleased to announce that Canterbury Shaker Village was awarded a \$60,000, 3-year grant from the New Hampshire Charitable Foundation. The grant will help further the Village's mission to preserve the 200-year legacy of the Canterbury Shakers, and to provide a place for learning, reflection, and renewal.

"We are enormously grateful for this multi-year operations grant from New Hampshire Charitable Foundation," said Leslie Nolan, Executive Director. "This important grant will buttress our efforts as we continue to move forward and offer relevant programs, and restore the Village's 30 historic buildings."

Support from the New Hampshire Charitable Foundation will be used over the next three years to cover operations of the Village, including maintaining its National Historic Landmark buildings. Trail maps of the Village's nearly 700 acres of grounds, trails, and gardens are planned for 2021, along with new outdoor concert events!

About Canterbury Shaker Village
Canterbury Shaker Village, Inc., is an internationally-known non-profit museum founded in 1969 to preserve



the heritage of the Canterbury Shakers. Designated as a National Historic Landmark for its architectural integrity and significance, the Village has 25 restored original Shaker buildings, 4 reconstructed Shaker buildings, and 694 acres of forests, fields, gardens, nature trails, and mill ponds under permanent conservation easement. Tours, programs, exhibits, and events help visitors chart their own journey of simplicity, caring, and community.

Canterbury Shaker Village is located at 288 Shaker Road in Canterbury, New Hampshire, just south of Laconia and north of Concord, NH. For more information, visit www.shakers.org, or call 603-783-9511 x 205.



About the New Hampshire Charitable Foundation

The New Hampshire Charitable Foundation is New Hampshire's statewide community foundation, founded in 1962 by and for the people of New Hampshire. The Foundation manages a growing collection of 2,000 funds created by generous individuals, families and businesses, and awards more than \$40 million in grants and more than \$6 million in scholarships every year. The Foundation works with generous and visionary citizens to maximize the power of their giving, supports great work happening in our communities and leads and collaborates on high-impact initiatives. For more information, please visit www.nhcf.org or call 603-225-6641.

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