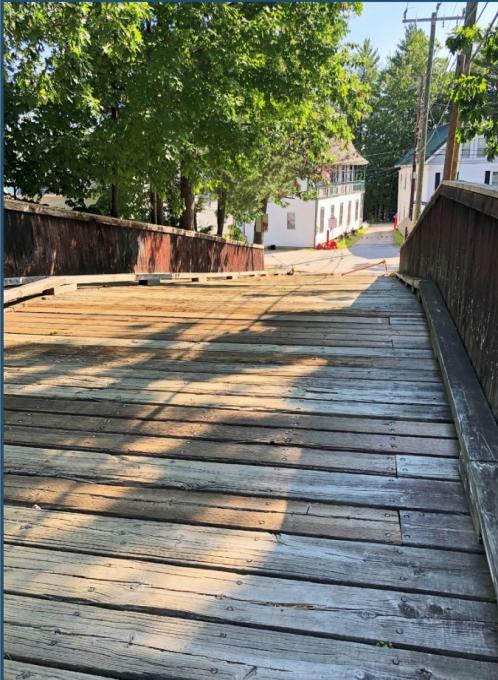




September 15, 2023 - Edition #606

The members of the New England Wolfe's ice hockey team were a tremendous help with this year's Multicultural Festival! More pictures on page 16....



PLEASE JOIN US CENTENARY AVENUE BRIDGE CHARETTE

Saturday, September 16th, 2023

10am - 12pm

Weirs Community Center
49 Lucerne Avenue, Laconia, NH

The City is hosting an open house charette to provide a general overview of the Centenary Avenue Bridge, and facilitate discussion with the general public and stakeholders prior to the design process.

Attendance is appreciated, and feedback is encouraged.

Welcome to Laconia Links!

We hope you enjoy this issue of our weekly e-mail newsletter created to keep you up to date on City of Laconia news and activities. If you would like the newsletter sent to your email each Friday, or if you have changes to your email subscription, please call the City Manager's office at (603) 527-1270 or email us at info@laconianh.gov.



LAKES REGION CANCER SUPPORT TEAM
IS PROUD TO PRESENT THE 3RD ANNUAL

DRAGON

FESTIVAL

BOAT

SAVE THE DATE!

SEPT
22-23,
2023

The Naswa
RESORT

LAKE WINNIPESAUKEE

Naswa Beach Resort, Weirs Beach, NH
www.LRCSupportTeam.org for more information



Veterans,
First Responders,
Active Military
& Families

Saturdays
Sept. 9, Oct. 14, Nov. 11, & Dec. 9

10am-1pm at the Belknap Mill
Art Activities

www.belknapmill.org



Library Programs

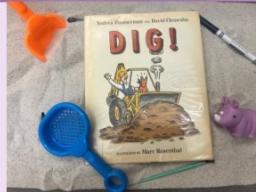
Week of September 18-23



LACONIA
PUBLIC LIBRARY

Sensory Storytime

Mondays
10am
Best for newborns-age 6



Toddler Time

Wednesdays
10am
Best for newborns-age 3



Preschool Pals

Thursdays
10am
Best for ages 3-6

Lego Club

Tuesday, September 19
3:30-5pm
Best for ages 6-11

Join us for creative fun in the Selig Storytime Room! We'll provide the Lego bricks... all you need to bring is your imagination!



Teen Art Club: Gold-Flaked Watercolor Droppers

Wednesday, September 20
3:30pm
Ages 12-18

Come to Teen Art Club to share and discuss your artwork. This month we will be trying the gold-flaked watercolor droppers used in adult crafts.



Move & Groove

Friday, September 22
10am
Best for newborns-age 6

Let's get moving! In this program, we'll use scarves, musical instruments, a parachute, and other fun surprises to dance, play, and get those wiggles out!



Understanding Homelessness in NH

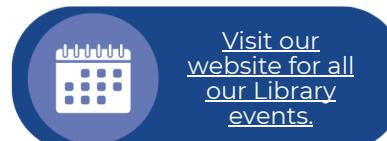
Thursday, September 21
6pm
Adults

What factors are responsible for the rise in homelessness? What are the historical forces that led to this national crisis? Homelessness has become a problem for many communities in New Hampshire. It is a preventable problem but most of the strategies communities have used to prevent and address it haven't worked well. Dr. Vissing will present Understanding Homelessness in NH which examines the history of homelessness and commonly used approaches to understand it and do something about it. Dr. Vissing was awarded a National Institute of Mental Health Post-Doctoral Research Fellowship. She is an expert in the area of homeless children and youth and works closely with the National Coalition for the Homeless. Dr. Vissing is the founder of Salem State University's Center for Child Studies and is active on the international level working for children's well-being.



<http://laconialibrary.org>

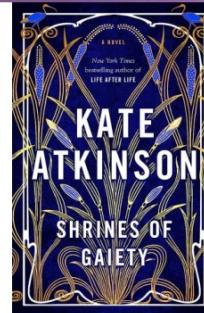
follow us: @laconialibrary
call: (603) 524-4775
text: (603) 556-4666
email: info@laconialibrary.org



Fantastic Fiction Book Group: "Shrines of Gaiety" by Kate Atkinson

Tuesday, September 19
10am
Adults

Fantastic Fiction will explore different genres in fiction and meet monthly to discuss the book they read. This month the group will read and discuss "Shrines of Gaiety" by Kate Atkinson.



Sign-up for the book group is required, copies of the book are available at the Library. Call: (603) 524-4775 or Email: info@laconialibrary.org to register.

Let's Create! Yarn Pumpkins

Tuesday, September 19
1-3pm or 5-7pm
Adults

Create a lightly scented mini pumpkin! Using yarn, a Styrofoam ball, and cinnamon sticks, create a seasonal decoration for your home.



No experience is required, and all materials are provided. This program is for adults only and will be held in the Laconia Rotary Hall Auditorium. Sign up for the afternoon session from 1-3pm or the evening session 5-7pm by phone (603) 524-4775 or email info@laconialibrary.org.

StitchCraft

Thursday, September 21
10-11:30am
Adults

Bring your current project to this informal meet-up and make progress on your creation while in the company of other fiber enthusiasts! Knitters, crocheters, quilters, embroiderers, needle-felters; ALL are welcome! No sign-up is required.



Library Hours

Monday - Thursday 9:00 AM - 8:00 PM
Friday 9:00 AM - 5:00 PM
Saturday 9:00 AM - 4:00 PM
Goss Reading Room Closed

Look what's happening at Prescott Farm!

Learn something new, enjoy the outdoors, and expand your wellness options with us!



Food Preservation: Canning

It's the end of the garden season and time to harvest and store anything that remains of the garden's bounty. Join us in canning tomatoes and homemade fruit butter and learn first-hand the steps involved in canning fruits and vegetables for winter enjoyment!

Saturday, September 23; 10 am-12 pm

Additional programs, series, and registration details
prescottfarm.org

Prescott Farm
Environmental Education Center

928 White Oaks Road, Laconia, NH • (603) 366-5695 • info@prescottfarm.org

Learn something new, enjoy the outdoors, and expand your wellness options with us!



Animals of NH: Insects and Arthropods

This program is for youth (6-12) with an adult. Adults must register and participate in the program.

Laying in wait on the goldenrods, eating poisonous leaves, and jumping through the leaves on the forest floor, arthropods are active in the forests and meadows. Join a naturalist to take a closer look and see what they're up to.

10am-12 pm

Saturday September 23rd

Candlemaking: Beeswax Candles

Beeswax becomes abundant in the fall after the honey harvest and just as the daylight is receding, now is the perfect time to make beeswax candles. Enjoy the sweet aroma of natural beeswax as you make your own beeswax votives and rolled candles to enjoy at home or give as gifts!

1-3 pm

Additional programs, series, and registration details
prescottfarm.org



Prescott Farm
Environmental Education Center

928 White Oaks Road, Laconia, NH • (603) 366-5695 • info@prescottfarm.org

RECYCLE YOUR SOFT PLASTIC RIGHT HERE



Don't miss the next Soft Plastics Collection event on Saturday, September 16!

Our communities are working purposefully and consistently in turning over to the Green Sanctuary members of the Universalist Unitarian Society of Laconia and the Laconia-Gilford LIONS Club the clean SOFT plastics accumulating in our households. We want our landfills, neighborhoods and lakes free of plastic-pollution. This continuing effort is keeping our lakes' waters and inhabitants healthy, reducing the size of our landfills and our city and villages cleaner and trash-free. The collection is sent to be repurposed into useful composite furniture and decking.

Come by the little white church at 172 Pleasant Street on Saturday, September 16 between 11 am and 1 pm.

We look forward to seeing you!

Any inquiries please check our Facebook page, <https://www.facebook.com/UULaconia/> or our website <https://uulaconia.org/>.

Electronic Waste Collection Day

Fundraising event to benefit:

Laconia-Gilford Lions Club



When: **Saturday, September 30**

Where: Cinemas 8 Parking Lot
9 Old Lakeshore Road, Gilford, NH
Time: 8:30 am to 12:30 pm



Items we are accepting:

Mice or keyboard	\$1	Air Conditioner	\$10
Laptop	\$5	Dehumidifier	\$10
CPU / PC Tower	\$5	Microwave	\$10
Servers	\$5	CRT Monitor (<50lbs)	\$20
CD / DVD Player	\$5	CRT Monitor (>50lbs)	tbd*
PC LCD Monitor	\$5	TV < 13"	\$ 5
Camcorder	\$5	TV < 25"	\$20
VCR	\$5	TV > 25"	\$30
Audio Visual Equip.	\$5	Very Large TV	tbd*
Speaker	\$5	Dryer	\$20
Printer	\$5	Gas or Electric Stove	\$20
Copier, Fax, Scanner	\$5	Dishwasher	\$20
Phone System	\$5	Refrigerator	\$20
Phone (land or cell)	\$5	Freezer	\$20
UPS System	\$5	Water Heater	\$20
Humidifier	\$5	Washing Machine	\$20
Car batteries	\$5	Teflon pan	\$ 1
Cords, Cables, Computer Accessories	\$5	(Free if recycling something else)	

Anything with a cord not listed will be accepted.

*The item will be weighed on site and the price determined.

Items we CANNOT accept:

Oils, paints, thinners, batteries, tires, mercury containing items such as fluorescent & CFL light bulbs or thermometers, smoke detectors, capacitors, ballasts or any other hazardous waste.

"Don't Throw It Out, Recycle It!"

Thank you for supporting the Laconia-Gilford Lions

**CITY MANAGER'S
OFFICE**



The following update has now been posted to the City's website to keep you up-to-date and informed on what's happening in your City!

Check out the new [Financial and Operational Trends Report](#) which provides financial information for the current year compared to prior years in several departments, such as fire and rescue call data, revenue from motor vehicle registrations and property taxes, police incidents, overtime costs and much more!

For more information please contact the City Mgr's office at 603-527-1270, or email info@laconianh.gov



The Belknap Mill Quilters Guild Presents Their
 46th Annual
Quilt Show
 and
Mysterious
Quilt Journey

September 23rd - 10 am - 5 pm

September 24th - 10 am - 4 pm



BMQG RAFFLE QUILT

160+ Quilts & Wall Art on Display in 3 Downtown Laconia Locations!

Belknap Mill Society

25 Beacon St. East
Laconia, NH

Senior Citizen Center

532 Main Street
Laconia, NH

The Conference Center

Main Street, Laconia, NH
(Opposite Bootleggers)

★ Vendors ★ Attic Corner ★ Quilted Treasures ★ Baskets Galore

Many amazing gift baskets to be raffled, including a Pfaf Sewing Machine donated by
North Country Quilters & Sew 'n Vac of Rumney, NH

Queen Size Raffle Quilt Made by BMQG Members

Food Trucks & Local Restaurants within Walking Distance

Collect Mysterious Quilt Show Journey blocks from participating merchants &
 Bring to the show for a chance to win great prizes!

Quilt Show Winners Determined by Popular Vote

Voting Ends on Saturday at 5 pm

Admission Includes All 3 Locations: \$10/Adult

Children Under 12 Free with a paid Adult Admission

www.bmqg.org / info@bmqg.org




**REDUCE
REUSE
RECYCLE**

*Curbside
recycling
will be picked
up the
week of
September 25,
2023!*

**LACONIA SENIOR
CENTER**



Bake Sale

*A fundraiser for kitchen
renovation*

*apples, pies, cookies, cider
donuts, cider and more*

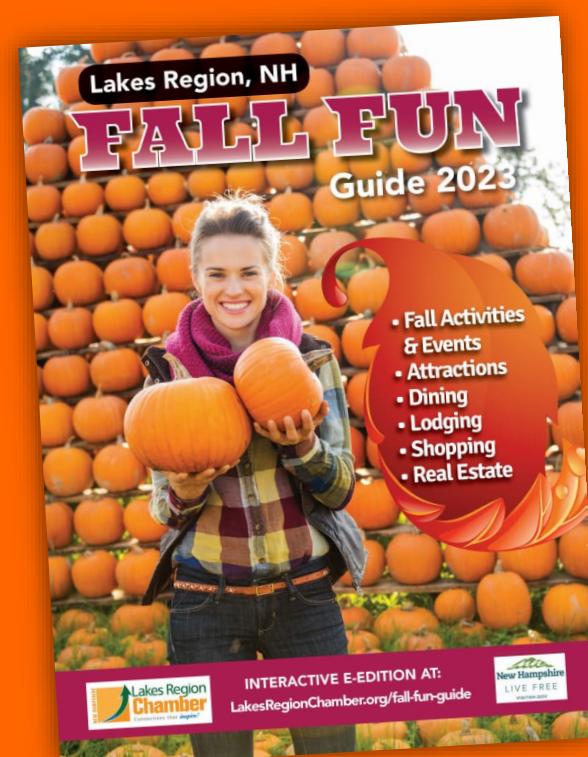
**September 23, 2023
10am - 2 pm**



**184 Beacon St West
Laconia, NH**



COMMUNITY ACTION PROGRAM
 BELKNAP-MERRIMACK COUNTIES, INC.
 EMPOWERING COMMUNITIES SINCE 1965



The all-new Fall Fun Guide is out now!
 Click on the image above to read about
 everything going on in the Lakes Region
 this fall season.



Public Events at Taylor Community -Laconia, NH

All events listed are free and open to the public

Bank of New Hampshire Music Series

Thank you to the Bank of New Hampshire for sponsoring the 2023 Taylor Community Music Series.

Impulse 3 with Jonathan Lorentz

September 6th at 6:30 p.m.

Impulse 3 shifts between atmospheric grooves and original compositions, while blending elements of modern jazz, hip-hop, and alternative rock. This performance will be held at Woodside Pavilion.

Vintage Vocal Quartet

September 10th at 3:00 p.m.

The Vintage Vocal Quartet brings the big band era to life by singing while swinging on the piano, guitar, bass and trumpet. This event will be held at Woodside.

Newport Military Band

September 11th at 6:30 p.m.

The Newmont Military Band began as a comet band in 1995 as a re-creation of a small-town brass band of the late 1800s. This event will be held at Woodside Pavilion.

Meadowlark Trio

September 17th at 3:00 p.m.

Classical Music with the Meadowlark Trio - Janny Joo, violin; Hyun-Ji Kwon, cello and April Sun on piano. This event will be held at Woodside.

Eddie Scheer Jazz

September 18th at 6:30 p.m.

Eddie and the gang bring back their highly anticipated Jazz performance! This event will be held at Woodside Pavilion.

Dr. Sax Bop Shop

September 24th at 3:00 p.m.

The Bop Shop plays soul, jazz, blues, hard bop and originals all inspired by the jazz of the 50s and 60s. This musical performance held at the Woodside Pavilion.

Canterbury Singers

September 25th at 6:30 p.m.

The Canterbury Singers partner with the Canterbury Shaker Village to present authentic Shaker music, expanded by arrangements of American folk songs, music of early America. This event will be held at Woodside Pavilion

Other Events

Join us for more music and lectures.

All events listed are free and open to the public.

Lectures

Wendy Booker - Life Journeys

September 6th at 2:00 p.m.

Wendy Booker's story is about overcoming obstacles, whatever they may be, through a journey of self-discovery, serendipity and stubbornness. Join her in examining the impact that three little S's have had on her life. This event will be held at Woodside.

Aimee Fogg - Henri Chapelle Cemetery

September 13th at 6:30 p.m.

Aimee Fogg, has collected stories and photos about the 40 New Hampshire men and the 25 from Vermont buried at Henri-Chapelle and published them in a pair of books. She's now documenting the accounts of 54 soldiers from Maine. Join us as she shares her story. This event will be held at Woodside.

Dr. Michael Cross - Forensics

September 18th at 11:30 a.m.

"Zoom" into one of Michael Cross's classes through the University of Utah. After the very successful "Mysteries with Mike" Series, led by Dr. Michael Cross. This event will be held at Woodside.

For more information on Taylor Community please call us at 603-524-5600

LACONIA HOUSING

Laconia Housing will be holding its' next Board Meeting on Thursday, September 21st, 2023 at 12:00 p.m.

The Zoom invite link to join is on our website at:

www.laconiahousing.org/board-info

Questions? Please call us at: 603-524-2112

COMMUNITY FOR UKRAINE

Benefit Concert



SUPPORTING
NEW HAMPSHIRE NONPROFIT

common man for UKRAINE

HOSTED BY
Hope Ministries

HOPE MINISTRIES
FIRST UNITED METHODIST CHURCH OF GILFORD
18 WESLEY WAY, GILFORD, NH 03249

SEPT.

21st

6:30PM

Free Entry | Light Catering Included
Donations Requested at Event
commonmanforukraine.org



Lakes Region Memory Cafe

Laconia Public Library

695 North Main St.

Second Thursday of Each Month

1:30 - 3 p.m.

The Memory Cafe is a joyful and creative social experience for people with memory loss and their caregivers to gather with others in a positive and engaging environment.

On September 14, we will be joined by Granite VNA volunteer Liz and her therapy dog, Zeke. We hope you can come by and meet this furry friend.

Generously supported by:



Northeast Delta Dental

For more information, call (603) 224-4093, ext. 85815 or visit www.granitevna.org.

This program is offered at no charge.
Registration is not required.

Offices in Concord, Laconia & Wolfeboro
(603) 224-4093 | (800) 924-8620
www.granitevna.org

Granite VNA complies with applicable Federal civil rights laws and does not discriminate in services and access to treatment, appropriate care or employment in its programs or activities on the basis of race, color, sex (pregnancy, sexual orientation, or gender identity), national origin, religion, disability, age, genetic information, marital status, source of payment, or the absence of advance directives.

GET CREATIVE!!



4TH ANNUAL

PUMPKIN FIGURE CONTEST

OCTOBER 13, 14 & 15

Registration deadline: Oct. 4th



**Pumpkin Figures must include at least one pumpkin.
You must live in the Lakes Region area to participate.**

PRIZES AWARDED IN SEVERAL CATEGORIES:

**Best Overall | Cutest | Scariest | Best by a Child | Most Unique | Best Business
Best Non-Profit | Best School | Best Family or Group | Creative Use of Materials**

RAFFLES - Fall Harvest Raffle & 'Cakes n' Sweets Calendar Raffle'

All details can be found on our website.

Entry fees:

Individuals, small groups or Families	\$15
Non-profit organizations	\$25
Businesses	\$30
Schools (contact the LRSF office)	



EMAIL: scholarship@lrscholarship.org or call 603.527-3533 • www.lrscholarship.org

Proceeds to support the LRSF Friends of the Foundation Operating Fund (FOFOF).



Altrusa International/ Laconia

Rain or Shine Garage Sale

Saturday, September 16 th

**8-2 pm 17 Bedford Avenue
Laconia NH**

Multi household

All proceeds aid our non-profit programs



4th ANNUAL FALL HARVEST RAFFLE

1 ticket for \$5 or 3 tickets for \$10!

Purchasing raffle tickets is a great way to support LRSF! Ticket sales end October 15th.

Prizes to include:

- Handmade Flannel Quilt 77" x 59" – handmade and donated by Marty Gorman
- Matted NH Foliage 20" x 16" (including matt) Painting by Larry Frates – donated by Larry Frates
- Handmade Pumpkin Patch Table Runner 13" x 32" – handmade and donated by Marcia Dionne
- Handcrafted 9" x 9" 3D Autumn Picture Art Shadow Box – handmade and donated by Stacey Jope
- Book by Larry Frates – donated by Larry Frates
- "Everything Pumpkin" basket with handmade pumpkin table runner – donated and made by LRSF Board Member Judy Ball
- Decorated Holiday Sled – approximately 60" – decorated and donated by Laurie Kimball Johnson

Various Gift Cards/Certificates including:

- 2 one day Midweek Gunstock Lift Tickets for the 2023/2024 Winter Season – donated by Gunstock
- \$50 Gift Certificate to E.M. Health stores – donated by E.M. Heath
- \$25 Gift Certificate to Patrick's Pub & Eatery – donated by Patrick's Pub & Eatery
- \$25 Gift Card to Market Basket – donated by Market Basket
- Che Bella Beauty Salon Gift Certificate for one haircut – donated by Laura Waldron Hair Designer
- \$25 Gift Card to TBones/Cactus Jacks – donated by TBones/Cactus Jacks

Check out our website for up to date prize listings!



Scan the QR Code to register or to visit our website for more information.



**THE
ROCK STEADY
BOXING & DOWN
TOWN
GYM
LAKES REGION
PRESENTS**

**5K RUN &
WALK**

TO FIGHT BACK AGAINST PARKINSONS!

SATURDAY, SEPTEMBER 23

START TIME: 9AM - THE DOWNTOWN GYM - 171 FAIR STREET, LACONIA, NH



**MORE INFO & REGISTRATION:
RUNSIGNUP.COM/RACE/NH/LACONIA/RSBLAKESREGIONFORPARKINSON5K**



**DWN
TWN** THE
DOWNTOWN GYM
&
TRAINING CENTER
WHERE YOU TRAIN FOR LIFE!

**DOWNTOWNGYMLACONIA.COM
603 581-9392 | 171 FAIR ST. LACONIA NH**





Let's Walk Together.

Sunday, September 24, 2023

8:30 AM Registration | 9 AM Walk | 15 Aiken Ave, Franklin

2-mile walk that begins and ends on the Concord Hospital - Franklin campus

**Benefiting mental health and substance use disorder programs and services
at Concord Hospital - Laconia and Concord Hospital - Franklin.**



**SCAN TO REGISTER
\$30 REGISTRATION FEE**
(Includes Pancake breakfast after walk.)

or visit runsignup.com/Race/NH/Franklin/BridgetoRecoveryWalk



A family-friendly event bringing together community, friends, families and local businesses to raise awareness and funds to show support for those struggling with, or recovering from, mental health disorder and /or substance use disorder.

SPONSORS: Anthem Blue Cross and Blue Shield • Belknap Tire & Auto Repair • Concord Imaging Center • Franklin Savings Bank • Voya Financial • Stewart's Ambulance Service
Granite State Glass • Meredith Village Savings Bank • Best Septic Services • Irwin Automotive Group • New Hampshire Ball Bearings, Inc. • Boomer's Barbeque



ch-trust.org



Concord Imaging Center • Concord Orthopaedics
Merrimack County Savings Bank • Stewart's Ambulance Service
Daymark Solutions, Inc. • Harvey Construction Corporation • New Hampshire Distributors
Northeast Delta Dental Foundation • Sanel NAPA • The Prescription Center • VOYA FINANCIAL™
Davis & Towle Insurance Group • JP Morgan Chase & Co. • Martignetti Companies of Northern New England
Speedy Printing & Copying • Sulloway & Hollis, PLLC





PUBLIC HEARING NOTICES

Please see the Public Hearing Notices on this page which have been published in the Laconia Daily Sun. In future issues of the newsletter we will continue to provide citizens with notices of upcoming Public Hearings that may be of interest to our community.

If you have questions regarding any Public Hearing shown, please call City Hall at 603-527-1270 and we will be happy to direct you to the appropriate department. Thank you for staying informed about what is happening in City government!



CITY OF LACONIA Notice of Public Hearing

The City Council will hold a Public Hearing on **September 25, 2023** during the regular City Council meeting which will begin at 7:00 pm in the Armand A. Bolduc City Council Chamber in Laconia City Hall, relative to:

ORDINANCE 2023-59-12 - AMENDING CHAPTER 59, PARKS AND RECREATION COMMISSION, ADDING A NEW SECTION 59-12 - PARKS AND RECREATION COMMISSION RULES AND REGULATIONS

Katie Gargano, City Clerk



CITY OF LACONIA Notice of Public Hearing

The City Council will hold a Public Hearing on **September 25, 2023** during the regular City Council meeting which will begin at 7:00 pm in the Armand A. Bolduc City Council Chamber in Laconia City Hall, relative to:

RESOLUTION 2023-26 RELATIVE TO AUTHORIZING THE CITY MANAGER TO ACCEPT AND EXPEND AN OFFICE OF HIGHWAY SAFETY GRANT (GRANT #24-098) ON BEHALF OF THE CITY IN THE AMOUNT OF \$32,200.00 FOR THE LACONIA POLICE DEPARTMENT

Katie Gargano, City Clerk



New Hampshire Department of Transportation

The Governor's Advisory Commission on Intermodal Transportation will be holding a series of public hearings throughout the state to review and receive input on the State's Ten Year Transportation Improvement Plan (2025-2034).

The Public Hearing for Laconia will be held on September 21, 2023 at 4:00 pm at Laconia City Hall, 45 Beacon St. East, in the Armand A. Bolduc City Council Chamber.

Additional information and a copy of the Transportation Improvement Plan is available on the State's website [here](#).

Please call the City Manager's Office at 603-527-1270 if you have questions about this event.

VA Medical Foster Home

**Safe, long-term care
in a home setting**



VA | U.S. Department of Veterans Affairs
Veterans Health Administration

The VA Medical Foster Home program brings members of the community and Veterans together. Under this program, Veterans can live in a family home as an alternative to institutional care.

If you are interested in becoming a VA Medical Foster Home Caregiver, or are a Veteran interested in the program, or for general inquiries please reach out to Kevin Keefe, LICSW, 603-624-4366, Ext. 2607, or email Kevin.Keefe@va.gov

Thank You!

LRCS
**FAMILY RESOURCE
CENTER**
Engage. Empower. Inspire.

Nurture Hope

An educational series for parents with children who have special needs and health challenges



HYBRID COURSE

Participants can choose to attend in person at our office at 719 North Main St. Laconia, NH
OR virtually via Zoom

When: Wednesday evenings from 6:30-8:00pm
8 week series begins September 20, 2023

To register, go to: www.lrcs.org/parentedregistration
or email: tricia.tousignant@lrcs.org

This program is designed to help families explore their hopes and fears, develop effective parenting skills, enhance communication, develop strategies for facing challenges and recognize opportunities for celebration.

Topics covered will include:

- Appropriate Parental Expectations
- Empathic Awareness of the Feelings & Needs of Children
- Effective Discipline Strategies
- Family Rules
- Effective Communication
- Stress and Coping Techniques for Parents & Children
- Personal Power & Independence

For participants who attend in person, dinner will be served at 6:00pm and on-site childcare may be available if reserved at the time of registration, space is limited.



The Linden
Foundation

It's almost time for
Medicare's Open
Enrollment Period!

It runs from October
15 through Dec. 7
and is the time
when you can make
certain changes to
your Medicare
coverage.

MEDICARE RIGHTS | SHIP | SMP
Medicare Rights | Senior Health Insurance Program | Preventing Medicare Fraud

Medicare's Open Enrollment Period

Open Enrollment runs October 15 through December 7 and is the time of year when you can make certain changes to your Medicare coverage. The last change you make will take effect on January 1. Take action during Open Enrollment to make sure your coverage will meet your needs in 2024.

Making changes during Open Enrollment

The changes you can make include:

- Joining a new Medicare Advantage Plan or stand-alone Part D prescription drug plan
- Switching from Original Medicare to Medicare Advantage
- Switching from Medicare Advantage to Original Medicare (with or without a Part D plan)

Call 1-800-MEDICARE (1-800-633-4227) to make changes.

Review your coverage for 2024

Medicare Advantage and Part D plans usually change each year. Make sure that your drugs will be covered next year and that your providers and pharmacies will still be in the plan's network.

Original Medicare:
Visit www.Medicare.gov or read the 2024 Medicare & You handbook to learn about Medicare's benefits for the upcoming year.

Medicare Advantage or Part D plan:
Read your plan's Annual Notice of Change (ANOC) and Evidence of Coverage (EOC).

Just click on the
image (left) for more
information!

NH HUMANE SOCIETY'S
BE A HERO 5K

POWERED BY **EASTERN**
Propane & Oil Since 1932



344

Coca-Cola



DRINK TICKET

Garrison
BUILDING SUPPLY

Middleton
BUILDING SUPPLY

T-SHIRT

The Be A Hero 5k for New Hampshire Humane Society is Saturday, September 23, 2023 at Castle in the Clouds in Moultonborough, NH! Runner Bibs look amazing!

Are you planning to join us? Register today at <https://runsignup.com/Race/NH/Moultonborough/Hero!>
(Registration closes at 6 pm on September 22).

**EARLY
MUSIC
CONCERT**

SAU
ENSEMBLE

Price \$20

Call or E-mail for tickets:

www.uulaconia.org
603 677 6537
uusl@myfairpoint.net

September 17th, 2023

4.00pm

*Unitarian Universalist
Society of Laconia*
172 Pleasant Street,
Laconia, New Hampshire

**IT'S FOR THE KIDS
COMMUNITY
CHALLENGE**

GREATER LAKES REGION
**CHILDREN'S
AUCTION**



The Café Déjà Vu Team



Is Hosting Weekly

CRIBBAGE TOURNAMENTS



Wednesday Nights at 7pm

Sept. 6, 2023 thru May 29, 2024

At Laconia VFW on Court St.

Come whenever you want – one week, ten weeks or all of them

Bring your friends!

\$10.00pp - Play 5 games 1 on 1

Also some \$1.00 side pots for High Hand and Flush in the Kitty
And 25c for a 19 hand and 50c for a skunk

Cash Prizes for total high scores

(Prizes awarded based on number of entries)

Friendly Games – No muggins/cut throat

For more info call (603) 998-1418

**THE ONLY THING MORE POWERFUL
THAN A TEEN TITAN?
A LIBRARY CARD!**

**September
is Library
Card
Sign-up
Month!**



ALA American
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ONE PEER TO ANOTHER

328 Union Ave. Laconia, NH 03246 (603) 528-7742

SEPTEMBER 2023



	Monday 8:00-5:00	Tuesday 8:00-5:00	Wednesday 8:00-5:00	Thursday 8:00-5:00	Friday 8:00-4:00
IMPORTANT INFORMATION: Local Warmline: 1-800-306-4334 Open 5 – 10 PM 7 / 365 days For when you need someone to talk to!	Contact: Miranda Lessard Program Director (603) 528-7742 email: miranda@onepeer.org www.onepeer.org	Contact: Wayne Hilliard Peer Support Specialist (603) 528-7742 email: Wayne.h@onepeer.org www.onepeer.org	 This month's Movie Title is: Happiness for Beginners Rated PG13		1 9a- Check-In 10a- Sleep Hygiene 11a- Healthy Relationships 12-2pm Walmart Gilford 12p- Staying Present 1p- Walk & Talk 2p- Creative Writing 3p- Advocacy 4p- Check-out
Local Mental Health Agency: Lakes Region Mental Health Center (603) 524-1100	4  CLOSED/HOLIDAY	5 9a- Check-In 10a- Socialization Skills 11a- Coping Skills 12p- Positive Affirmations 1p- Goal Setting 2p- Recipe Sharing 3p- Healthy Choices 4p- Check-out	6 9a- Check-In 10a- WOW Trail 11a- Worldview 12p- Chair Yoga 1p- Job Applications 2p- Resumes 3p- Cover Letters 4p- Check-out	7 9a- Check-In 10a- Canvas Art 11a- Ice Breakers Jenga 12p- Moving Towards 1p- Meditation 2p- Healthy Meals 3p- Staying Present 5-6:30p Recovery Group	8 9a- Check-In 10a- Square Breathing 11a- Meal Planning 12p- Budgeting 1-3p- Tie-dye 3p- Chair Yoga 4p - Check-out
Local Emergency Services: (603) 528-0305 24/7/365 days For when you are in crisis, feeling suicidal, or need professional assistance!	11 9a- Check-In 10a- Creative Writing 11a- Walk & Talk 12-2pm St. Vincent Food Pantry 12p- Rock Painting 1p- Ice Breakers 2p- Coping Strategies 3p- Inner Healing 4p- Check-out	12 9a- Check-In 10a- Emotional Well-being 11a- Sleep Hygiene 12p- Rock Painting 1p- Walk & Talk 2p- Connection 3p- Goal Setting 4p- Check-out	13 9a- Check-In 10a- Advocacy 11a- Journaling 12p- Coping Skills 1-3p- Movie & Popcorn 3p- Mutuality 4p- Check-out	14 9a- Check-In 10a- Self Kindness 11a- Healthy Relationships 12p- Rock Drop 1p- Socialization Skills 2p- Ice Breakers 3p- Music Trivia 4p- Check-out 5-6:30p Recovery Group	15 9a- Check-In 10a- Healthy Boundaries 11a- Emotional Well-Being 12-2p FIELD TRIP Stone Mountain Farm Belmont 2p- Reducing Stress 3p- Creative Writing 4p- Check-out
	18 9a- Check-In 10a- Accomplishments 11a- My Toolkit 12p- WOW Trail 1p- Setting Limits 2p- Self Advocacy 3p- Being Assertive 4p- Check-out	19 9a- Check-In 10a- Positive Affirmations 11a- Creative Art 12p- Healthy Boundaries 1p- My Toolkit 2p- Goal Setting 3p- Coping Skills 4p- Check-out	20 9a- Check-In 10a- Personal Boundaries 11a- WOW Trail 12p- Inner Healing 1p- Staying Positive 2p- Ice Breakers 3p- Accomplishments 4p- Check-out	21 9a- Check-In 10a- Coping Skills 11a- Emotion Meters 12p- Guided Meditation 1p- Rock Painting 2p- What do I need? 3p- Square Breathing 4p- Check-out 5-6:30p Recovery Group	22 9a- Check-In 10a- Vision Boards 11a- Walk & Talk 12-2pm Walmart Gilford 12p- Positive Affirmations 1p- Open Discussion 2p- Staying on Track 3p- Sleep Hygiene 4b- Check-out
	25 9a- Check-In 10a- Walk & Talk 11a- Forgiveness 12-2pm St. Vincent Food Pantry 12p- Budgeting 1p- Self Compassion 2p- Personal Healing 3p- Anxiety Techniques 4p- Check-out	26 9a- Check-In 10a- Positive Affirmations 11a- Self Kindness 12p- Ice Breakers Jenga 1p- Rock Painting 2p- Healthy Lifestyles 3p- Staying Present 4p- Check-out	27 9a- Check-In 10a- Self-Care 11a- WOW Trail 12p- Connection 1p- What do I need? 2p- Creative Writing 3p- Mindfulness Activity 4p- Check-out	28 9a- Check-In 10a- Positive Self-Talk 11a- Mutuality 12p- Goal Setting 1p- Walk & Talk 2p- Budgeting 3p- Sleep Hygiene 4p- Check-out 5-6:30p Recovery Group	29 9a- Check-In 10a- Effective Communication 11a- Games/Uno 12p- Yoga/Stretching 1p- Self Love 2p- Creative Writing 3p- Positive Affirmations 4p- Check-out



Troy Kennett of Kennett Equipment Services in Belmont recently donated \$500 to the Lakes Region Children's Auction to launch a corporate challenge for other area businesspeople to match the KES donation. Pictured, left to right, are Paige Thompson, chair of the auction's Community Engagement Committee; Troy Kennett of Kennett Equipment Services; and Dirk Nadon, president of Lakes 101.5 FM.

To donate to the auction, visit ChildrensAuction.org and click on the Donate button.

Our yesterdays

Our sincere thanks to Warren D. Huse, the Laconia Historical and Museum Society, and the Laconia Daily Sun for providing a glimpse into our community's past.....



THEN ...

The 'old' half-mile track — originally used for horse races — at Opechee Park, Laconia, is seen in the early 1960s, with the Junior High School (opened in September 1961) visible at top center and Opechee Cove, at bottom left. In mid-December 1965, work to replace the horse racing track with a quarter-mile cinder track and 220-yard straightaway began. (Laconia Historical and Museum Society)



... AND NOW

A brand-new Middle School opened on the site of the 1961 structure in September 2008. A new cinder quarter-mile track at the south end of the park opened, May 21, 1966, being revamped in 1998 and reopened in August of that year as 'Smith Track,' for school track events — with a rubberized surface installed on an asphalt base. The bathhouse, next to Opechee Cove beach was built in 1991. The Opechee Park Clubhouse, at extreme right in the earlier view, was demolished in November 2012. (Jon Decker/The Laconia Daily Sun)



LACONIA SENIOR CENTER 524-7689

SEPTEMBER 2023 ACTIVITIES / MENU

ACTIVITIES SUBJECT TO CHANGE

Mon	Tue	Wed	Thu	Fri
	The Center will be hosting the Belknap Mill Quilter's Show on Saturday 9/23 . Set up and take down occurs on days prior and afterwards, resulting in activities shifting days. Come visit and support the Center's Bake Sale.			1 BINGO 10-12
4  Center Closed	5 MOW Projects / Arts& Crafts 10-12	6 Candy Bar BINGO 10-12	7 Lunch 11:30-12:30 Chicken Teriyaki Rice, Vegetable Cribbage 12:30-1:30	8 BINGO 10-12 Nickels 10-12:30
11 Share Stories 10-11 VNA Foot Care 9-12 (by appt) <u>Manicures by Brenda 11-12:30</u>	12 Thrift Shop Fashion Show 10-12	13 BINGO 10-12 Nickels 10-12:30	14 Meet & Mingle Lunch w/ Joel Arsenault 11:30-12:30 Dijon Tarragon Chicken Salad, Cucumber & Tomato Salad Senior Companion Meeting 12:30-2:30	15 BINGO 10-12
18 Arts & Crafts 10-12	19 Quilter's Drop Off 10-12 Peer Support Group 1-2:30	20 Quild Pre-Stage Racks, Set up etc. <u>NO BINGO</u>	21 BINGO 10-12 BP Clinic 10:15 Lunch 11:30-12:30 Orange Chicken, Steamed White Rice, Vegetable Quilters Registration 4-6	22 Center Closed for Setup 23 Belknap Mill Quilter's Show 10-5 & Senior Center Bake Sale 10-2
25 Quilter's Rack Retrieval (Center Closed to Activities)	26 Guild Member's Takedown 11-12	27 BINGO 10-12	28 Toilet Paper Toss 10-11 Lunch 11:30-12:30 Chicken Tortilla Soup w Vegetables	29 BINGO 10-12 Maddy's Food Clinic 9-11:30 (by appt)

Navigating Life's Final Journey

Conversations,
Choices,
Resources



Choosing Your Own Path

Navigating Life's Final Journey

All are welcome to this free interactive program on Planning Ahead, Advocacy and Taking Control, for you and your loved ones in the medical maze often faced during the last stage of life.

**Saturday, September 30th from 9:00am-12:30pm
Optional light lunch to follow**

**Good Shepherd Lutheran Church
and Saint James Episcopal Church
2238 Parade Road, Laconia NH**

Led by Patricia "Pat" O'Connor, Nurse Practitioner with 40 yrs experience in Palliative Medicine and Hospice. More details about Pat are available at patocwriter.com.

**Hosted by Good Shepherd & Saint James Churches
and Helping Hands for the Lakes Region**
(a Volunteer Senior Service Nonprofit Corporation)

Laconia Multicultural Festival





The SMP is hearing reports of catheter kits showing up on beneficiaries' Medicare statements when they weren't ordered or necessary.

Be sure to report any claims that seem suspicious to the

SMP
Senior Medicare Patrol
Preventing Medicare Fraud
SUPPORTED BY GRANT # 90MPRG0002 FROM ACL

www.SMPRESOURCE.ORG 877.808.2468

Be sure to review your Medicare Summary Notices (MSNs) and report any suspicious activity to New Hampshire SMP

NH SMP counselors are located in your local ServiceLink

1-866-634-9412

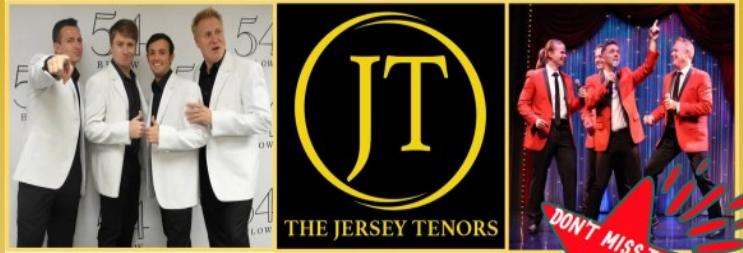


This information is provided by an Agreement between the NH ServiceLink ADRC and the NH Department of Health and Human Services and funded by the Administration for Community Living, grant 90MPPG00057



The Belknap Mill maintains a significant collection of historical papers, photographs, manuscripts, materials, and machinery that document its history, as well as the broader context of the Mill and the surrounding Laconia community. Katherine aims to organize and make these records accessible to researchers, scholars, and the public to promote a deeper understanding of the Mill. Cataloging, with the longer-range plan of digitizing collection materials, will create compelling narratives and bring the Mill's rich history to life through educational programming, workshops, and exhibits.

THE JERSEY TENORS



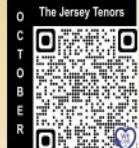
Starring in their ALL NEW show
"Tribute to Hollywood"

SATURDAY, OCTOBER 28, 2023
Showtime 7:30

Inter-Lakes Community Auditorium

A benefit concert for
Interlakes Community Caregivers
 Presented by

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 LAKES REGION NONPROFITS SINCE 2013

The Jersey Tenors

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Thank you to our event sponsors



Belknap Mill Welcomes Volunteer Archivist

The Belknap Mill is pleased to welcome volunteer Katherine Switala-Elmhurst. Katherine came upon the Mill as a member of the Central NH Writers Group, a program of the Mill. After learning a little of the Belknap Mill's history, she decided to put her love of old industrial buildings to use in the Mill's archival collections.

Katherine brings over 20 years of experience in preservation and sustainable building design and has worked with historic museums in helping to solve complex climate management issues for collection environments. She holds a Ph.D. in civil engineering and a graduate certificate in historic preservation.

City of Laconia

Laconia City Hall
45 Beacon St. East
Laconia, NH 03246
www.laconianh.gov
info@laconianh.gov



CITY HALL HOURS:
8:30 am to 4:30 pm
Monday through Friday
(603) 527-1270

SENIOR RESOURCES

ServiceLink Resource Center
(603) 528-6945 is the first number
to call for senior services.

FIND MEDICARE PROVIDERS



Do you need a new healthcare provider?
Click the image (left) to find and compare providers in your area.

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City Meetings



Public participation and citizen input is a vital part of City government. Below is a list of meetings scheduled for the upcoming week. As agendas become available they will be posted on the City's [website](#). Also, printed copies of any agenda are available in the City department in charge of a particular Board or Commission. You are invited and encouraged to participate in any of our public meetings. All meetings are open to the public and are held at Laconia City Hall, unless otherwise noted:

Zoning Bd. Of Adjustment

September 18, 2023, 6:30 pm

Agenda

Parks & Recreation Comm.

September 18, 2023, 6:00 pm

Water Commission

September 18, 2023, 6:00 pm

Agenda

Planning Board

September 19, 2023, 6:30 pm

Agenda

Police Commission

September 20, 2023, 3:00 pm

Board of Assessors

September 21, 2023, 5:30 pm

Government Operations & Ordinances Subcommittee

September 22, 2023, 2:00 pm



CITY OF LACONIA PHONE DIRECTORY

(All phone numbers below must be preceded by 603)

Airport	524-5003
Airport Manager - Marv Everson	
Assessing	527-1268
Assistant Assessor - Tara Baker	
City Clerk	527-1265
City Clerk - Katie Gargano	
City Manager	527-1270
City Manager - Kirk Beattie	
Code Enforcement	527-1293
Katherine Menici, Interim Planning & Zoning Director	
Conservation	527-1264
Conservation Technician	
Finance	524-3877
Finance Director - Glenn Smith	
Licensing	528-6331
Licensing - Hilary Young	
Fire Dept. (Central Station)	524-6881
Fire Chief - Tim Joubert	
Fire Dept. (Weirs Station)	366-2229
Library	524-4775
Library Director - Deann Hunter	
Parks & Recreation	524-5046
Parks & Rec. Director - Amy Lovisek	
Personnel	524-3877
Personnel Administrator - Lindsey Allen	
Planning & Zoning	527-1264
Katherine Menici, Interim Planning & Zoning Director	
Police (Administration)	524-5257
Police (Crime Line)	524-1717
Police Chief - Matthew Canfield	
Public Works (Main Office)	528-6379
Public Works (Transfer Station)	528-5822
Public Works Director - Wes Anderson	
Tax	527-1269
Tax Collector - Katie Gargano	
Water	524-0901
Superintendent - Ben Crawford	
Welfare	527-1267
Welfare Technician - Cathy Raymond	

City Council Contact Info:

Mayor Andrew Hosmer	496-2078
Bruce Cheney (Ward 1)	491-8946
Robert Soucy (Ward 2)	524-7054
Henry Lipman (Ward 3)	528-0191
Mark Haynes (Ward 4)	524-3605
Steven Bogert (Ward 5)	528-0613
Tony Felch (Ward 6)	998-1418

General Council E-mail:
citycouncil@laconianh.gov

Visit the City's website at:
www.laconianh.gov