



March 3, 2023 - Edition #578

Lakeport with a fresh blanket of snow!
(photo compliments of View From Above NH)



Automated Curbside Solid Waste Collection is Coming May 1, 2023!

What to do with the forest green recycling containers and save tax dollars at the same time...

Around 2012 the City sold approximately 1,000 64-gallon forest green recycling containers with "Laconia Recycles" stamped on them. These containers are supposed to be used for recycling, not trash.

If you still have these containers and they are large enough for your recycling and they are in good shape, you can continue to use them for recycling after the City converts to automated recycling. A single-family home is authorized only one recycling container under the automated collection program.

Please notify Public Works if you plan on continuing to use the 64-gallon recycling container instead of receiving a 96 gallon recycling container as part of the conversion to automated recycling. For every container that continues to be used, the taxpayers save \$61.56. If all 1,000 containers are used, the City's taxpayers will save \$61,560 that can be used for other City needs.

Please let Public Works know by filling out the survey at the following link:
<https://zfrmz.com/cjZ1ZiWojmRWmA25rJHh> or e-mail us at
publicworks@laconianh.gov



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.



Please note!

THE TRANSFER STATION WILL BE CLOSED ON SATURDAY, MARCH 4 DUE TO THE ANTICIPATED WINTER STORM

Please call Public Works at 603-528-6379 with any questions you may have.



Laconia Public Library Events and Programs



Click [here](#) to access the Library's Event Calendar for more information on any program you're interested in!



**SHAYLA'S
TECH HELP**
Tuesdays at 10am
Wednesdays at 2pm

Have your basic computer and electronic device questions answered by a librarian. Most Tuesdays at 10 am and most Wednesdays at 2 pm, in the Volpe Room; check our event calendar to confirm.

PRESCHOOL PALS



THURSDAYS AT 10AM FOR AGES 3 TO 6

TODDLER TIME

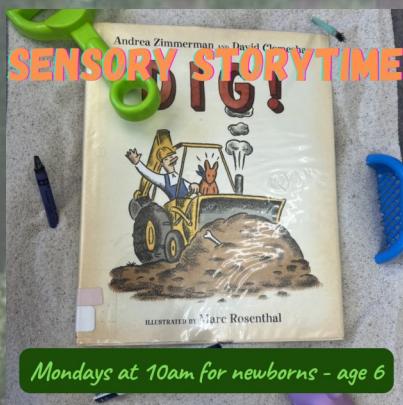


Wednesdays at 10am for newborns to age 3

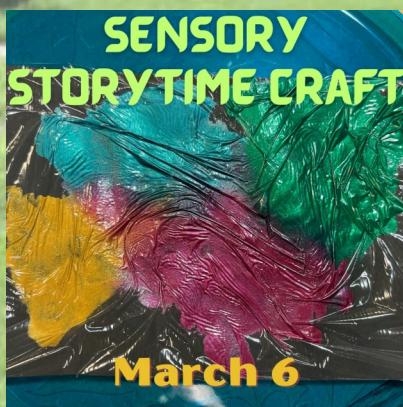
Storytime Craft



MARCH 8 & 9



Mondays at 10am for newborns - age 6



March 6



SATURDAY, MARCH 11, 10 AM-12 PM
KIDS THROUGH TEENS

A Walk Back in Time: The Secrets of Cellar Holes



Wednesday, March 8

NEW HAMPSHIRE
humanities

Connecting people with ideas

6:30pm

Family Craft: Paper Roll Sunbursts



Monday, March 6, 3:30 pm
Best for ages 3-12

TEEN MANGA CLUB

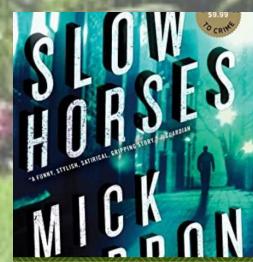


TUESDAY,
MARCH 7

3:30-4:30PM

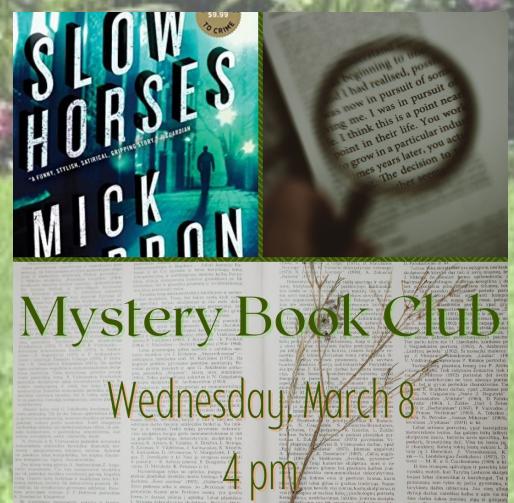
SNACKS PROVIDED

Ages 12-18



Mystery Book Club

Wednesday, March 8
4 pm



WINTER IS FUN AT BOLDUC PARK!

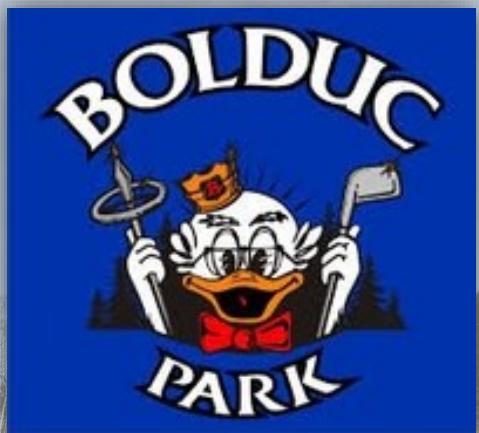
Looking for a budget friendly way to have fun and fresh air this winter? At Bolduc Park year round disc golf and cross country skiing are available to the general public for a modest donation and free to lower income youth and one supervising adult.

A nine hole wooded disc golf course and 10 kilometers of groomed cross country ski trails are maintained at the non-profit Bolduc Park at 282 Gilford Avenue on the Laconia/Gilford town line.

In the warm weather, golf and golf lessons are offered to adults and youth.

For general information or to learn about the benefits of volunteering at Bolduc Park call 603-524-1370 or check out www.bolducpark.com.

Funding from the Greater Lakes Region Children's Auction makes it possible for Bolduc Park to offer lower family income kids and teens free cross country skiing, golf and disc golf and lessons. Call 603-630-5650 for more information.



Save the date!

upcoming mobile food pantry



Friday, Mar. 31st from 12:00-2:00

(while supplies last)

**Lakes Region Community College
379 Belmont Rd. Laconia, NH**

The NH Food Bank will bring truckloads of food to distribute to families and individuals.

*This event is open to all. No proof of residency or income needed.
This is a drive thru event. All items will be distributed to you in your vehicles.*

Sponsored by:



Lakes Region
Scholarship Foundation
Winter Blues Raffle



- Full size handmade exquisite quilt
- Nubble Lighthouse Canvas Print
- Handcrafted Earrings and Pendant
- 20 Handcrafted Notecards
- \$100 Common Man Gift Card
- Additional items may be added

Raffle tickets \$5.00 each or 3 for \$10.00
Purchase online

or
send a check:

LRSF
PO Box 7312
Gilford NH 03247-7312

Scan here to
purchase online



LRSF Winter Blues Benefit
Night Tickets, Wed, Jan...

www.eventbrite.com

Live Raffle Drawing - LRSF - Fratello's Benefit Night

March 8, 2023

Need not be present to win!

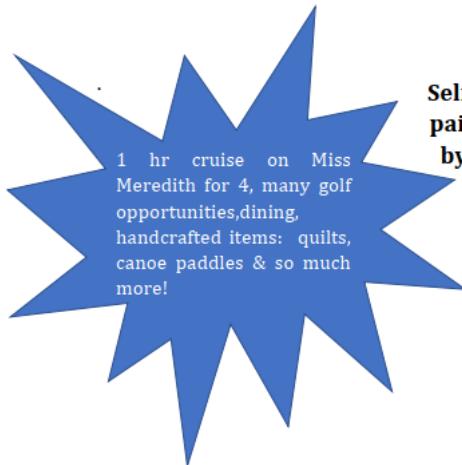
Purchase raffle tickets online - link is on
our website: lrscholarship.org



BELKNAP HOUSE
ONLINE AUCTION
MARCH 14TH-18TH, 2023

EMPOWER FAMILIES WHILE SHOPPING!

Belknap House provides not only safe shelter for parents and children, also classes and resources to help parents become self-sufficient.



Additional items
Gift certificates,
Self care items, gift baskets,
paintings and photography
by local artists and more.
Items added daily.



Bids will be placed at:

<https://www.32auctions.com/BelknapHouse2023>

Want to donate an item? Please call 527-8097.

BELKNAP MILL PRESENTS: *A Winter Concert Series* BELL & BRICK

February 9, 2023

Green Heron



February 16, 2023

Angela Stewart



March 2, 2023

Bob McCarthy Trio



Rescheduled
to March 30!

March 16, 2023

Katie Dobbins



April 6, 2023

Andrianna Nap Band



April 20th, 2023

Lakes Region
Woodwind Quintet

Event Details

Tickets: \$10

Concert: 7-8p

Backflow Testing

LACONIA WATER WORKS BACKFLOW TESTING RATE CHANGE

At their regularly scheduled meeting on January 3, 2023, the Board of Water Commissioners voted to proceed with increasing its backflow rates. The fees for testing backflows were raised to \$50 per test for 1 or 2 devices and \$40 per test for 3 or more devices.

This increase is necessary as the cost of our operation and maintenance of the department has been steadily rising.

Laconia Rotary Club Pancake Breakfast

SUNDAY, March 19th | Belknap Mill
8 AM - 12 NOON

\$6 Includes

Pancakes, Sausage,
Coffee, Tea, Juice



Thank you for supporting
the Laconia Rotary Club!

**\$6 ADULTS
\$5 CHILDREN**

PROCEEDS BENEFIT
ROTARY PARK BANDSTAND REPAIR

FOR INFO, visit www.LaconiaRotary.org



2023 ART WALK

JOIN THE BELKNAP MILL'S
ART WALK DURING
NEW ENGLAND COFFEE FESTIVAL

**MAY 20TH
9AM-3PM**

INTERESTED ARTISTS
Jill@belknapmill.org



Memorial Park Skating Rink is open!



**Bundle up and get outside
with your family to have
some fun!**

**Questions? Please call Parks
& Rec at (603) 524-5046.**



MARCH MADNESS



For
Make-A-Wish.[®]
NEW HAMPSHIRE



Saturday March 11, 3-7:30pm
St. Andre Bessette Parish Hall Gymnasium

Family Fun Activities
Basketball Themed Games for Kids – Sports Bar for Adults
\$5,000 & \$10,000 Prize Opportunities for Kids and Adults
Food, Snacks, Soft Drinks, Adult Seltzers, Beer
TVs playing NCAA Men's Conference Championship Games
Join the NCAA Men's Tournament Bracket Pool and win up \$1,250

Purchase Brackets Here:
<https://form.jotform.com/Vschuck/ncaa-basketball-bracket>

Improve the energy efficiency of your home.

FREE Home Energy Workshop



NHSAVES Button Up Workshop

is a 1½ hour presentation about improving the energy efficiency of your home. It covers energy saving tips and NHSAVES energy efficiency programs. Learn about saving electricity, insulation and air sealing, energy audit and weatherization programs, rebates on electric and gas appliances, and other incentives from NH's energy utilities. New Hampshire residents that want to use energy wisely and save money will find the information very useful.

WHEN NEW HAMPSHIRE SAVES,



PRESENTATION:

Join us for a **NHSAVES** Button Up Workshop

WHEN:

Monday, March 20, 2023, 6:00–7:30 P.M.
Light refreshments will be served.

WHERE:

Laconia Library
695 North Main Street
Laconia, New Hampshire

PRESENTER:

Andy Dunoan, Energy Training Manager, LRCC

QUESTIONS:

Unitarian Universalist Society of Laconia
603-524-6488 • uusl@myfairpoint.net

SPONSORED BY:

NHSAVES: www.nhsaves.com

LOCAL PARTNERS:

Green Sanctuary Committee of the
Unitarian Universalist Society of Laconia
The City of Laconia
Congregational Church of Laconia
Laconia Gilford Lions Club

Visit https://nhsaves.com/learn/?resource_type=event for dates and locations of all Button Ups.

Workshops are organized by Plymouth
Area Renewable Energy Initiative, (PAREI)
www.PlymouthEnergy.org • 603-536-5030

The workshops are FREE thanks to funding provided by





Hip- Hip Hooray!!! 17 more days till Spring!! And March is looking like a full month at the Laconia Senior Center. March 6th will be starting our VNA Foot Care and moving right into the Social Hour at 10 am, then Brenda will be here to make your nails shine at 11 am.

With the weather lately, the congregate meal will be a refreshing taste of beef stew with vegetables and a warm dinner roll, fruit cup for dessert. Don't forget on the 17th of March is our St. Patrick's Day Dinner and that will be the traditional corn beef. Call and make your RSVP. All are welcome and we would love to meet and greet you.

Activities coming up on Friday 3/10/23 at 10 am: "Trivia Thyme" by the VNA and that afternoon will be another movie selected by the Gilford Library. Snacks and a drink provided. Bingo at 10-12 on 3/8/23.

Did you know? From Harvard Health Letter by Harvard Medical School, 4 Blackfan Circle, 4th Floor, Boston, MA 02115: You can prevent blood clots in your legs. Knowing the most common causes could help you avert a serious health crisis. Blood clot triggers include being bedridden for long periods, sitting for even 3-4 hours in a car, plane or train, not getting enough activity, having blood pool in your legs because valves aren't working properly, and taking medication which promotes blood clotting. Signs of a dangerous blood clot that can happen in seconds: Deep vein thrombosis (DVT) signs COULD BE a swollen, red and painful leg. If the blood clot breaks off, you could have shortness of breath and chest pain upon taking a deep breath. How to avoid these blood clots? By staying hydrated, stretch and move your legs around, don't cross your legs and wear compression stockings to prevent swelling and keep blood from pooling in the legs. If you experience symptoms go to the emergency room STAT.

Easy herbs and potted veggies. What you will need to do is start your seedlings within the month of March. Take old buckets, flower pots, or large tin cans and put holes in the bottom. Line with weed covering or a paper towel, fill with rocky soil and top off with potting soil. Use a pencil to make a hole to put the seed in. Cover with plastic wrap and place in a well-lighted window. When ready to transplant, say around the end of April, place in a larger container or just keep in the same pot if large enough. Later in the season you will have fresh herbs all summer or veggies later in the fall. Coffee grinds are awesome for fertilizer as well as clean eggshells.

Follow us on in Laconia Links for updates and special events coming soon. You can always call me at 603-524-7689.

Debbie Haskell, Laconia Senior Center Resource Manager

City Clerk's Office



Now is a Good Time to Get Your Boat & Jet Ski Registration!

Did you know you can process your boat or jet ski registration at the same time as you conduct other business at City Hall? It's easy and convenient! Just bring in your photo identification and prior year's registration (if you have it) and we can get the paperwork out of the way so you will be ready to put your boat in the water when spring arrives!

No waiting for your registration to be mailed back to you! Get it done early and conveniently at the City Clerk's Office. We are open Monday through Friday from 8:30 a.m. to 4:30 p.m.

Please make checks payable to [City of Laconia](#). In accordance with RSA 270-E:5, II (c) an additional \$5 will be collected for each registration processed as an authorized agent, and an additional \$1 Clerk fee will also apply, for a total of \$6. Please do not make out your check before coming in if you are unsure of the amount .

Questions? Please call the City Clerk's office at (603) 527-1265.

Click [here](#) for the Clerk's website



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 ...

Main Street, Laconia, looking south in the early 1890s. White three-story building at left was the Perley Block and, beyond it, the Unitarian Church towers over the scene. On the right, the building in distance with Mansard roof was the Eagle Hotel, torn down in 1937 to make way for a Woolworth store (later occupied by Benjamin's and Sundial Shop.) White house at right was the Noyes residence and wooden buildings at right housed various businesses. (Laconia Historical and Museum Society)



... AND NOW

Today, the Colonial Theater has replaced the house behind the fence at left, and the Laconia Antique Center occupies the site of the Perley Block. The Unitarian Church burned in 1938. On the right, the Cook Block replaced the Noyes House in 1898 and the Pemaco Block replaced the old wooden buildings at near right in 1926. (Jon Decker/The Laconia Daily Sun)

Prescott Farm

Environmental Education Center
Every Saturday in March

Tap into Maple

Learn Something SWEET in
March at Prescott Farm!

Experience an old fashioned
New England tradition –
making maple syrup.

90 minute programs begin on the hour from 10 am – 3 pm.

Registration & FMI: prescottfarm.org

WRITERS' NIGHT OUT MEET AND MINGLE

(FREE) MEET-UP FOR LOCAL WRITERS
BROUGHT TO YOU BY **N H W P**

FIRST MONDAY
OF THE MONTH

6:00PM
BELKNAP MILL



Marriage, Medicare & Medicaid

WHAT SAME-SEX COUPLES NEED TO KNOW

Tips for same-sex couples who are married or thinking about marriage so you can understand how marriage affects Medicare and Medicaid rights.

Since the Supreme Court decision in Obergefell v. Hodges (2015) made same-sex marriage legal in every state, married same-sex couples have been able to get coverage under the same Medicare and Medicaid rules as married opposite-sex couples in all states. Where the couple lives or when or where they were married makes no difference.

MARRIAGE & MEDICARE

Qualifying for Medicare Part A coverage based on your spouse's work history. Medicare Part A is the health benefit that covers hospital care. To qualify for free Medicare Part A, you must have 40 "quarters" of work history, roughly 10 years, based either on your own work record or your spouse's work record. If you or your spouse do not have a qualifying work history, the cost of Part A premiums can be as high as \$500 per month.

What are the rules about Medicare coverage for spouses?

- You must be a spouse in a marriage recognized by the jurisdiction in which it was performed. Registered domestic partnerships, civil unions and common law marriage may

Medicare.gov
The official U.S. Government website for Medicare
Medicare coverage for spouses

Quality in limited cases, depending on your state. Medicare recognizes marriages performed in any state as valid marriages performed in one's home state.

- You must have been married at least one year for you to qualify for Medicare based on your spouse's earnings record.
- If you are divorced, you can qualify, but only if your marriage lasted at least 10 years. If you start receiving the spouse benefits while

JUSTICE IN AGING
FIGHTING SENIOR POVERTY THROUGH LAW

SHIP
Senior Health Insurance Program
Navigating Medicare

SMP
Senior Medicare Premium
Preserving Medicare Fraud

SAGE
Advocacy & Services for
Elderly
National Resource Center
on Aging & Justice

Marriage,
Medicare &
Medicaid -
What Same-
Sex Couples
Need to
Know!

Please click
on the image
(left) for
helpful
information .

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 **March 13, 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:

ACCEPTANCE OF A 2023 NH DEPARTMENT OF ENVIRONMENTAL SERVICES (NHDES) EXOTIC AQUATIC PLANT CONTROL GRANT IN THE AMOUNT OF \$42,530.00.

Katie Gargano, City Clerk



CITY OF LACONIA Notice of Public Hearing

The City Council will hold a Public Hearing on **March 27, 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:

POTENTIAL PURCHASE OF THE FORMER LAKESHORE SPUR, A 3.63 +/- ACRE AREA OF STATE OWNED DISCONTINUED RAIL CORRIDOR, PART OF THE CONCORD-LINCOLN CORRIDOR IN LACONIA

Katie Gargano, City Clerk



Laconia Senior Center 524-7689

MARCH 2023 ACTIVITIES

Mon	Tue	Wed	Thu	Fri
		1 Bingo 10-12 Taxes Free 12:30—3:30 PM by appt.	2 BNH fraud Protection 10: to 11:AM Taxes Free 12:30—3:30 PM	3 Bingo 10-12 Movie 12:30—2:30 PM w/snack & drink
6 VNA Foot Care 9-1 by appt Coffee Social 10-11 Manicure by Brenda 11- 12:30 by appt	7 Activity Mtg. 10: AM Beef Stew w/ Vegetables Fruit Cup warm dinner roll	8 Bingo 10-12 Taxes Free 12:30—3:30 PM by appt.	9 Taxes Free 12:30—3:30 PM	10 Trivia Thyme 10-11 by VN Movie 12:30—2:30 PM w/snack & drink
13 Coffee Social 10-11	14 Scrapbooking 9-11 ** Country Singer Don Smith 11-12	15 Bingo 10-12 Taxes Free 12:30—3:30 PM by appt.	16 Hearing Clinic @ 10:15 Taxes Free 12:30—3:30 PM	17 Bingo 10-12 St Patrick's Dinner Traditional Corn Beef Movie 12:30—2:30 PM w/snack & drink
20 Bank of NH Fraud Protection 10:AM—11:AM	21 Knitting /Sewing 9-11 BP Clinic @ 10:30 Sweet & Sour Chicken, Brown Rice	22 Bingo 10-12 Taxes Free 12:30—3:30 PM by appt.	23 Thrift Shop Crawl 9- 12 RSVP Taxes Free 12:30—3:30 PM	24 Healthy Heart Healthy You 10-11 by VN Movie 12:30—2:30 PM w/snack & drink
27 Breaded Chicken Strips Seasoned Potato Wedges Vegetable, Dinner Roll Fruit Cup	28 Scrapbooking 9-11 Foot Care by Maddy by appt 9-12	29 Bingo 10-12 Taxes Free 12:30—3:30 PM by appt.	30 Taxes Free 12:30—3:30 PM	31 Bingo 10-12 Movie 12:30—2:30 PM w/ice cream sundaes

PLEASE JOIN US!

**Fratello's is donating 25% of orders
placed to support Lakes Region
Scholarship Foundation Operating
Fund
when you mention us!**

eat in or order take out- mention lakes region
scholarship foundation
Live raffle drawing will be held early evening!
You do not need to be present to win.

**WEDNESDAY, MARCH 8, 2023
4PM - CLOSE
FRATELLO'S LACONIA**



Fratello's Laconia - 603-528-2022

Lakes Region Scholarship Foundation - 603-527-3533



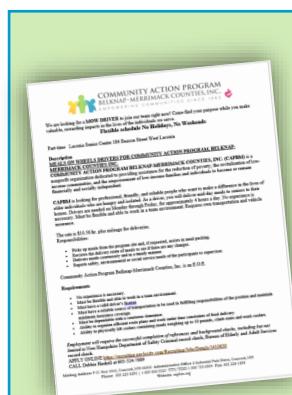
**MARCH
IS
NATIONAL
KIDNEY
MONTH**



**March is National
Kidney Month!**

Did you know that
kidney disease is
often referred to as a
“silent disease,”
because there are
no symptoms in its
early stages?

Click [here](#) to read more about it provided by the
National Institute of Health.



Community Action Program's
Meals on Wheels is looking for
a driver to join their team!
Please click on the image (left) for
more information.





IRS Certified Volunteers Providing FREE TAX PREPARATION

IRS VITA/TCE return preparation sites are operated by certified volunteers. Site operating hours and services offered may be limited. In addition, by law, some sites provide priority services to seniors. Please be advised that you may not be immediately served. Your patience and understanding are appreciated.

Will Prepare

- Wages, salaries, etc. (Form W-2)
- Interest Income (Form 1099-INT)
- Dividends Received (Form 1099-DIV)
- State Tax Refunds (Form 1099-G)
- Unemployment Benefits (Form 1099-G)
- IRA Distributions (Form 1099-R)
- Pension Income (Forms 1099-R, RRB-1099-R, CSA-1099)
- Social Security Benefits (Form SSA-1099, RRB-1099)
- Simple Capital Gain/Loss (Form 1099-B) *limited*
- Sale of Home (Form 1099-S) *limited*

- Prior Year and Amended Returns
- Self-Employed Income (Form 1099-MISC, Form 1099-NEC and Form 1099-K) *limited*
- Gambling Winnings (Form W-2G)
- Cancellation of Debt (Form 1099-C) *limited*
- Health Savings Accounts (Form 1099-SA) *limited*
- Itemized Deductions *limited*
- Education Credits (Form 1098-T)
- Child Tax Credit
- Earned Income Credit
- Health Insurance Statements (Forms 1095-A, B or C)

Will Not Prepare

- Schedule C with net loss, depreciation or business use of home
- Complex Schedule D, Capital Gains and Losses
- Form SS-5 (request for Social Security Number)
- Form 8606 (non-deductible IRA)
- Form 8814 (child taxed at parent's tax rate)
- Form SS-8 (determination of worker status for purposes of federal employment taxes and income tax withholding)
- Parts 4 & 5 of Form 8962 (Allocation of Policy Amounts, Alternative Calculation for Year of Marriage)

- Form W-7 (application for Individual Taxpayer Identification Number (ITIN))
- Returns with casualty/disaster losses



Please see a professional preparer for assistance with complicated returns.

What to Bring

- For married filing jointly, both spouses must be present
- Original photo identification such as driver's license, school, employer, military, or state id for you and your spouse (if married)
- Social Security cards or Individual Taxpayer Identification Number documents for you, your spouse, and dependents
- Birth dates for you, spouse, and dependents
- A copy of last year's tax return
- All Forms W-2 and 1099

- Forms 1095-A, B or C (ACA Statements)
- Information for other income
- Information for all deductions (including charitable contributions)/credits
- Total paid to daycare provider and their tax ID number
- For direct deposit of refund, proof of account and bank's routing number
- For prior year returns, copies of income transcripts from IRS (and state, if applicable)

Site Name: LAKES REGION VITA

Location: 184 Beacon St West Laconia (Laconia Senior Center)

Days: Tuesdays 5 - 8pm and Saturdays 9am - 1pm. 1/31/23 through 4/18/23

CALL 211 TO MAKE APPT OR ONLINE NHTAXHELP.ORG. Make sure to choose VITA

DO NOT CALL THE SENIOR CENTER!!!!



IRS e-file is fast, more accurate, secure, and simple.



Curbside recycling will be picked up the week of March 13 2023!



Daylight Savings Time begins at 2:00 am on **Sunday, March 12th**.

Don't forget to put your clocks forward one hour before you head to bed on Saturday evening.

Spring will be here soon!

APPLY NOW - SCHOLARSHIP DEADLINE APRIL 1ST

LAKES REGION
STUDENTS ATTENDING
HIGHER EDUCATION
2023 - 2024

APPLICATION ON OUR
WEBSITE

[Applicants | Lakes Region Scholarship Foundation \(lrscholarship.org\)](#)

OUR DONORS ARE LOOKING
FORWARD TO AWARDING
SCHOLARSHIPS TO YOU!

Completed qualified application packets (with all required documents) received by March 1, 2023 will qualify to be entered into a special bonus award raffle! One winner will be chosen at random and will win a BONUS \$275 Scholarship Award.

QUESTIONS??

Email - scholarship@lrscholarship.org
Call - 603-527-3533

Karen Switzer
Executive Director

Chris Guilmett
Assistant Director



[Home | Lakes Region Scholarship Foundation](#)
www.lrscholarship.org

Laconia Putnam Fund is seeking a new member!

The Laconia Putnam Fund, a volunteer board of the City, is seeking an individual to fill a term created by the resignation of a long-time member.

The Putnam Fund, working with the Trustees of the Trust Funds, uses the income from the Perley and Ellen Putnam Free Lecture Fund to provide free entertainment (lectures, theatrical and musical productions, etc.) to the citizens of Laconia.

We invite you to join our team! Meetings are generally held once a month.

To apply, please click [here](#).

Questions?

Please call the City Manager's Office at 603-527-1270.

March

What are the 5 primary nutrients for mental health?

5 key nutrients your brain needs

- B vitamins: B vitamins support your body's processes at a cellular level.
- Zinc: Zinc is an essential component to the development of your brain and bones.
- Omega-3: Omega-3 fatty acids play a vital role in your brain structure and function.
- Minerals: Minerals.
- Amino acids: Amino acids.

Concord Happenings:

- Mar 10th to 17th shopping at Local Walmart, Dollar Store, Sally's.
- Join us Mar 19th for games and win prizes.
- Mar 19th - Laconia Senior Society
- Mar 17th movie and popcorn starting at 1:00 pm.
- Mar 22 Nutrition with a nutrition talk about food. Our resident expert joins us once again to help us navigate the confusing world of eating healthy.

Upcoming Laconia Location Events:

- Monday March 13th join us for a Field Trip to Prescott Farms for a Discovery Tour from 12-1pm. This is a FREE event. Transportation will be provided. Please pack a bag lunch.
- Wednesday March 18th @ 2pm - Rock Painting
- Friday March 24th @ 10am - Creating your own "Vision Boards"
- Wednesday March 29th @ 10am - Budgeting Meals & Healthy Recipe Options

MARCH 2023

Click the image (left) to read the current edition of "One Peer to Another" newsletter!



ONE PEER TO ANOTHER Laconia, NH

Monday 8:30am - 4:30pm	Tuesday 8:30am - 4:30pm	Wednesday 8:30am - 4:30pm	Thursday 8:30am - 4:30pm	Friday 8:30am - 4:30pm
<p>Contact Program Director Miranda One Peer To Another 603-528-7742 328 Union Ave Laconia NH 03246 miranda@onepeer.org</p>		<p>9am Check-In 10am Gratitude 11am Worldview 1pm Self-Reflection 2pm Mutuality 3pm Deep Breathing Techniques</p>	<p>1</p> <p>9am Check-In 10am Ted Talk 11am Wants & Needs 1pm How am I feeling? 2pm Open Discussion 3pm Music Therapy</p>	<p>2</p> <p>9am Open Discussion 10am Healthy Relationships 11am Arts & Crafts 1pm Walk & Talk 2pm Moving Towards 3pm Journaling</p>
<p>6</p> <p>9am Open Discussion 10am IPS Topics 11am Peer Discussion 1pm Limits & Boundaries 2pm Short-Term Goals 3pm Chair Yoga</p>	<p>7</p> <p>9am Check-In 10am Dealing w/ Anxiety 11am What I like about me 1pm Long-Term Goals 2pm Deep Stretching 3pm Open Discussion</p>	<p>8</p> <p>9am Check-In 10am Self Reflection 11am Healthy Relationships 1pm Emotional Wellbeing 2pm Rock Painting 3pm Music Therapy</p>	<p>9</p> <p>9am Open Discussion 10am True Emotions 11am Strategies to Cope 1pm Decision Making 2pm Stress Management 3pm W.R.A.P</p>	<p>10</p> <p>9am Check-In 10am Meditation 11am Sit & Stretch 1pm WOW Trail Walk 2pm Personal Healing 3pm Music/Movement</p>
<p>13</p> <p>FIELD TRIP! (We provide transportation) Prescott Farm Discovery Tour (FREE) 12 pm-1 pm Pack Lunches!</p>	<p>14</p> <p>9am Check-In 10am Journaling 11am Walk & Talk 1pm Boundaries 2pm Coping Skills 3pm Sit & Stretch</p>	<p>15</p> <p>9am Open Discussion 10am Music Therapy 11am Chair Yoga 1pm Deep Breathing 2pm Staying Present 3pm Ice Breaker Game</p>	<p>16</p> <p>9am Check-In 10am Emotional Meter 11am WOW Trail Walk 1pm Self Care 2pm Mindfulness 3pm Looking within ourselves</p>	<p>17</p> <p>9am Open Discussion 10am Ted Talk 11am Self Reflection 1pm Sit & Stretch 2pm Meditation 3pm Peer Connections Happy St. Patrick's Day!</p>
<p>20</p> <p>9am Check-In 10am WOW Trail Walk 11am Arts & Crafts 1pm What do I need? 2pm Dealing w/ Depression 3pm Ice Breaker Game</p>	<p>21</p> <p>9am Open Discussion 10am Lifestyle Hacks 11am Creating Good Habits 1pm Music Therapy 2pm Limits & Boundaries 3pm Healthy Relationships</p>	<p>22</p> <p>9am Check-In 10am WOW Trail Walk 11am Healthy Eating Habits 1pm Meditation 2pm Making Connections 3pm Peer Discussion</p>	<p>23</p> <p>9am Open Discussion 10am Anxiety Techniques 11am Meditation 1pm Staying Present 2pm Arts & Crafts 3pm Music Therapy</p>	<p>24</p> <p>9am Check-In 10am Vision Boards 11am Coping Skills 1pm Meal Planning 2pm WOW Trail Walk 3pm Healthy Relationships</p>
<p>27</p> <p>9am Open Discussion 10am Deep Breathing 11am Chair Yoga 1pm Music Therapy 2pm Self Advocacy 3pm Arts & Crafts</p>	<p>28</p> <p>9am Check-In 10am Peer Discussion 11am Meditation 1pm Self Reflection 2pm WOW Trail Walk 3pm Healthy Choices</p>	<p>29</p> <p>9am Check-In 10am Budgeting Meals 11am Healthy Recipes 1pm Ice Breaker Games 2pm Art Therapy 3pm Mindful Breathing</p>	<p>30</p> <p>9am Open Discussion 10am Painting Rocks 11am Laugh Therapy 1pm Music Therapy 2pm Peer Discussion 3pm Chair Yoga</p>	<p>31</p> <p>9am Check-In 10am Goals 11am Positive Affirmations 1pm Worldview 2pm Open Discussion 3pm Sit and Stretch</p>

LACONIA RESIDENTS: DON'T FORGET TO REGISTER YOUR DOGS!

It's time to register your dogs for 2023!

To renew **online**: www.laconianh.gov, Online Bill Pay, Dog Licensing

By **Mail**: City Clerk's Office, PO BOX 489, Laconia NH 03247, please include a self-addressed stamped envelope.

1st dog for an owner 65+	\$2.00
Spay/Neutered dog	\$6.50
Unaltered dog	\$9.00
Late charge per month as of June 1	\$1.00
Civil Fine for failure to register	\$25.00

***All dogs are to be
registered by April
30th each year.***



Sign up for Power Chords - a new Broadway chorus!

Powerhouse Theatre Collaborative, a program of the Belknap Mill and the resident theatre company of the Colonial Theatre, announces its newest program - a Broadway chorus called Power Chords! Led by Lorraine Barrows (shown left), the group will have a short trial season this spring with about 6 weeks of rehearsals culminating in a 2-3 song repertoire to perform at a May 20 fundraiser for the Colonial.



Any adults 18+, regardless of singing experience, are welcome to register to join the group. Besides the fun of singing with a group of people, participants will get vocal direction and improve their singing skills. Barrows is a recently retired music teacher

who moved to the Lakes Region in 2021 and immediately auditioned for Powerhouse's production of Our Town knowing community theatre was a great way to meet people in her new community.

Says Barrows, "As a teacher and musical theatre director, my greatest pride has been in helping singers and performers reach their greatest potential. Rehearsals will be lively, efficient, and full of laughter. I love any genre of popular music, but show tunes are my favorite!"

All the details and how to register can be found at <https://www.belknapmill.org/powerchords>. There is a \$10 participation fee, but nobody will be turned away if this presents a hardship. After the initial trial period the group will discuss how to proceed and more people will be able to join.

This is a great opportunity to get involved with Powerhouse with a smaller time commitment than one of its big theatre productions requires. For all the news on Powerhouse and all the exciting programs at the Belknap Mill go to belknapmill.org.



Which Climate Solutions Work for You, our Community, and the World?

Come Explore Climate Solutions using MIT's EN-ROADS Climate Policy Simulator

with Peter Dugas
EN-ROADS Ambassador

Are you:
Concerned about climate change?
Would like to know what solutions work best?

Find out how to explore which technologies and policies work best for addressing climate change.

Laconia Public Library, Auditorium
March 11th 2023, 1-3 PM

Sponsored by:
NH Lakes Region Chapter, Citizens' Climate Lobby.

Admission Free, RSVP at:

www.eventbrite.com/e/which-climate-solutions-work-for-you-our-community-and-the-world-tickets-545321289657



Citizens' Climate Lobby



Laconia Senior Center

Thrift Shop Crawl

March 23, 2023

The bus will take a total of 10 people to the thrift shop stores in the Laconia Area.

We will leave at 9:AM and back at 12:PM

We will also have a prize for the person who brings home the smallest find.



Locations visited will be:

St. Vincent de Paul Union Ave Laconia NH

Used 2B Lake Street Gilford NH

Good Will Daniel Webster HW Belmont NH

Salvation Army Thrift Store New Salem St. Laconia NH

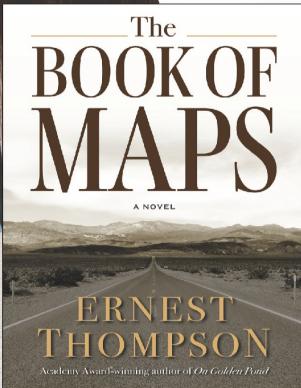
Meet the Oscar-winning Author of *On Golden Pond*

THURSDAY, MARCH 23 | 6:00 PM

for a conversation about his debut novel and book signing



*A good father despite himself;
a forgiving child despite it all.
Their adventures will make you
worry, weep, and laugh out loud.*
— Carly Simon



Innisfree Bookshop

Belknap Mill | 25 Beacon Street | Laconia, NH

For more information: (603) 524-8813

BOOKS WILL BE AVAILABLE FOR PURCHASE

www.thebookofmaps.com

NOELLE BEAUDIN PRESENTS

AMERICAN HURDY-GURDY CONCERT



A musical extravaganza bringing
a modern music sound
to an ancient instrument

MARCH 17TH, 2023 | 7 PM

UNITARIAN UNIVERSALIST SOCIETY OF LACONIA

TICKETS \$20 | CALL 603.848.2469

WWW.DEATHBYGURDY.COM

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.



The Social Security Administration needs your help regarding government imposters.

Learn how to spot scams, identify red flags and report suspicious activity [here](#).



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:](#)

Planning Board

March 7, 2023, 6:30 pm

Agenda

Laconia Putnam Fund

March 7, 2023, 8:45 am



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
Planning & Zoning Dir. - Dean Trefethen	
Conservation	527-1264
Conservation Technician Taylor Daigle	
Finance	524-3877
Finance Director - Glenn Smith	
Licensing	528-6331
Licensing - Hilary Young	
Planning & Comm. Dev.	527-1264
Planning & Zoning Dir. - Dean Trefethen	
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	
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
Robert Hamel (Ward 5).....	524-6360
Tony Felch (Ward 6)	998-1418

General Council E-mail:
citycouncil@laconianh.gov

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