

Laconia Links

March 16, 2018 - Edition #330



Don't miss our annual Easter Egg Hunt! (See below)

LACONIA PARKS & RECREATION

and LEAVITT PARK ASSOC. Sunday, March 25, 2018

Present an

EASTER EGG HUNT

1:00pm

- * Rain or Shine (dress appropriately this is mud season)!
- * Located at Leavitt Park
- * Ages 2 through 5th Grade (must be accompanied by an adult)
- * Bring your own basket.
- * Prizes
- * Games
- * Decorate your own cookies
- * Goodies



Welcome to Laconia Links a weekly email newsletter update devoted to keeping you informed of City of Laconia department news, City projects, useful links, activities and events!

Look for a new edition of the newsletter each Friday. If you have already signed up to be on our distribution list to receive your newsletter by e-mail, thank you for your interest! If you would like to be added to our e-mail list (or to unsubscribe), please click [here](#).

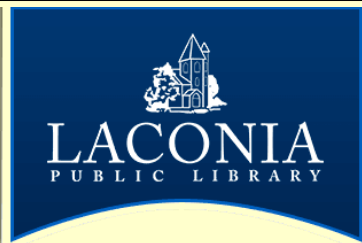
As always, we welcome your ideas and comments as to what you would like to see included in future issues. Just give us a call in the City Manager's office at 527-1270, or contact us by e-mail at info@laconianh.gov

We look forward to keeping you up to date on our beautiful City!



Leavitt Park is located on Elm Street in Laconia. The hunt will be held in the playground and field areas. All other activities will be held inside Parkhouse.

Don't forget to...
Bring your own Basket!!!



Upcoming EVENTS

ADULT PROGRAMS

ADULT CRAFT: BUTTON PAINTING

AFTERNOON SESSION

Tuesday, March 20
*1pm
Laconia Rotary Hall

*note the different time.

Create a colorful, 3D painting
using buttons!



EVENING SESSION

Tuesday, March 20
6pm
Laconia Rotary Hall

Create a colorful, 3D painting
using buttons!

Sign up for one of two time slots by emailing: aalwyn@laconialibrary.org, or call the library at 524-4775.

TEEN ART: NIGHT AND DAY PAINTING

Tuesday, March 20
3:30 - 5pm
Laconia Rotary Hall



Celebrate Youth
Art Month and
the Vernal Equi-
nox together with
some Night and
Day themed art-
work.

TEEN CRAFT: MELTED CRAYON ART REDUX

Wednesday, March 21
3 - 4:30pm
Laconia Rotary Hall

Create a melted masterpiece.



LACONIA HISTORICAL AND MUSEUM SOCIETY

CELEBRATE INDUSTRY IN LACONIA

New to the Upper Exhibit Gallery in
Late March



We'll be lowering the Opera House cur-
tain for a short viewing into mid April.
Our exhibit will grow after the curtain goes back up. We begin with
Celebrate Laconia 19th Century Industry, and add 20th/21st Century
Industry with the expanded exhibit into June.



Upcoming Meetings...

Keeping the public updated and aware of what's going on in our community and receiving residents' feedback is an important goal of the City Council. Check each week's issue of *Laconia Links* for a schedule of the upcoming week's meetings. As agendas become available, they will be posted to the City's website.

You can also contact any of the City's departments for more information on a meeting or to obtain a printed copy of the agenda. Meetings are open to the public. You are invited and encouraged to attend and provide input.

Follow this [link](#) to the "Calendar" page of the City of Laconia's website. Please check the "Calendar" page often for updated information and changes.

*Become involved in your
City and make a difference!*

Water Commission

March 22, 2018, 8:00 am
117 Stark St., Water
Treatment Facility Conf. Room

Board of Assessors

March 22, 2018, 5:30 pm
City Hall, Room 200B

Meeting
in
Progress

Zoning Board of Adjustment

March 19, 2018, 7:00 pm
City Hall, Room 200A
[Agenda](#)

Parks & Rec. Commission

March 19, 2018, 7:00 pm
Community Center
[Agenda](#)

Human Relations Committee

March 20, 2018, 3:00 pm
City Hall, Room 200B
[Agenda](#)

Conservation Commission

March 21, 2018, 6:00 pm
City Hall, Room 200A



PITMAN'S FREIGHT ROOM
94 NEW SALEM ST.
SATURDAY, MARCH 24, 2018
7:00 PM - 11:00 PM

.....
hors d'oeuvres ~ DYO8
50/50 raffle & photo booth
entertainment by Boston based bands
.....
THE HOUSE ON CLIFF

Let the Anniversary Celebrations Begin

Celebrate Laconia is honored to host the City's
birthday celebration and we welcome you to join us
for the "**March Anniversary FEST**"

Commemorate 125 years of innovation and community
and take part in our **Steampunk**
themed event.



TICKETS:

\$25.00 | PERSON \$30.00 | @ THE DOOR

LIMITED NUMBER OF TICKETS ARE AVAILABLE.

.....
purchase tickets at WWW.CELEBRATELACONIA.ORG,
on Facebook, or at Greenlaw's Music & Audio
in downtown Laconia.

... PITMAN'S ...
FREIGHT ROOM



.....
Question? Reach us at | CONNECT@CELEBRATELACONIA.ORG



**GOVERNMENT
DIRECTORY**

2018

**KNOW YOUR
GOVERNMENT
OFFICIALS**

Revised January, 2018

**NEW RESOURCES
NOW AVAILABLE ON
OUR WEBSITE!**

Our goal is to make the City of Laconia website a valuable and user-friendly source of information for our residents and visitors.

To that end, we have posted our ["Government Directory - Know Your Government Officials"](#) which provides City, State and Federal contact information.

We have also included our ["City of Laconia Resident Guide"](#). This document provides a directory and information on our City departments and their functions.

Just click on each of the images to view the documents!

**Come Experience Maple Sugaring
at one of our five sessions**

**Every Saturday in March
starting at 10 am**

Limited space - Register NOW

Prescott Farm

928 White Oaks Rd
Laconia, NH
(603) 366-5695

Environmental Education Center

PrescottFarm.org

**Remember to
put out your
recycling
the week of
March 19th!**

Thank you for recycling!

**We do
not accept
Credit/Debit
Cards**

**Looking for gently used children's clothing
toys and furniture at an affordable price?**

**LRGH Nursery Guild's
Spring Baby/Children's Boutique
Saturday, April 14**

9am - 2:30pm at the Laconia Community Center
Donations/Consignments of gently used
Spring & Summer children's clothing (NB-size 16)
toys, books and children's furniture.
(Please make sure clothing is clean)

**We are unable to accept
car seats, cribs and stuffed animals.**

**Donations/Consignments accepted at the
Laconia Community Center, Union Avenue**

Wednesday, April 11 • 6:00pm - 9:00pm

Thursday, April 12 • 9:00am - 6:00pm

Proceeds from this event support women's and children's
services and organizations in the Lakes Region communities.
LRGH Nursery Guild is a 501c3 nonprofit organization

For more information contact us at:
524-3211 x3018
or lrghng@gmail.com

Spread Your Wings and Soar



Central New Hampshire Skating Academy Is Proud to Present

Central New Hampshire



Ticket price \$15*
*(Children under 3 are free)



The Fourteenth Annual Skating Benefit

Saturday, March 17, 2018 at 6:00 P.M.
Merrill Fay Ice Arena
Route 107
Laconia, NH

Come see NH's Finest Local Figure Skating Talent and Support Max Gagnon and his Family.

Volunteer to Serve on a City of Laconia Board or Committee



Are you interested in having a positive impact on the future of the City of Laconia? There are numerous opportunities for you to volunteer by serving on one of our Boards or Committees. Contribute your talents and experience to our community and help to play an important role in ensuring that Laconia continues to be a special place to live, work and play!

Contact the City Manager's office at 527-1270 or by email info@laconianh.gov for additional information and for instructions on how to apply. We hope to hear from you soon!

Have you considered volunteering for one of our City Boards or Committees? Now is the perfect time! There are many opportunities available for you to become more involved in your community.

Copies of our new volunteer brochure are now available for you to pick up in several of our City departments. In the meantime, just click on the image (left) for a listing and brief description of the various groups that are available.

For more information, please contact the City Manager's Office at 527-1270, or email

info@laconianh.gov

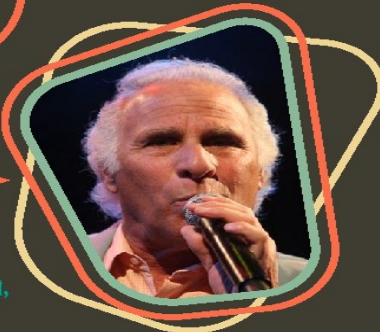
We hope to hear from you soon!

The Laconia Putnam Fund Presents

SHIRLEY AUSTIN REEVES
THE ORIGINAL LEAD SINGER OF
THE SHIRELLES

JAY SIEGEL
OF THE TOKENS

★★★★★
"A night we are excited about,
a night we will not forget."

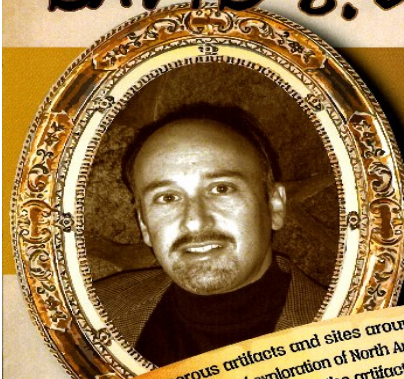


Free Admission
Saturday
April 14
7:00 PM

Laconia Middle School
First Come - First Seated
Like us on 

The Laconia Putnam Fund Presents

DAVID S. BRODY

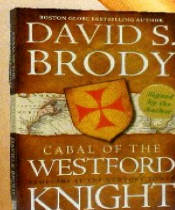


Where:
Taylor Community at Woodside Commons

Date:
March 19, 2018

Time:
7:00 PM.

"Numerous artifacts and sites around New England offer evidence of exploration of North America long before Columbus. Specifically, the artifacts seem to confirm legend of a group of Scottish explorers, with ties to the outlawed Knights Templar, island-hopping their way across the North Atlantic in the late 1300s who were they, and why did they come? Well, that's where the fun begins."



FREE ADMISSION
FIRST COME, FIRST SEATED

Like us on Facebook



<https://www.facebook.com/LaconiaPutnamFund>

SUICIDE PREVENTION TRAINING FOR YOUNG ADULTS (18 to 25)

*Suicide is preventable,
learn how you can help...*

Become a leader and an ambassador for the prevention of suicide by attending this important (and COMPLETELY FREE) training!

Substance misuse, mental wellbeing, and risk for suicide are issues that are challenging and impacting your generation.

This 1 1/2 day training will help you to examine these public health concerns in a clear and straightforward approach.

It will also address these issues in a way that will promote prevention, harm-reduction, recovery and well-being.

Please join us, because your voice matters!

There will be light refreshments both mornings, with lunch provided on the full day of training.

A gift card will be given to those participants who complete the entire training (attending both days).

PRESENTED BY

NAMI NH



Held on

Friday 03/16

8:30am to 4:30pm

- AND -

Saturday 03/17

9am to 12pm

Located at

Lakes Region
Community
College

379 Belmont Road
Laconia, NH



FACILITATED BY





workcampNE is looking for
eligible area homes needing
repair or renovation!

workcampNE is a non profit 501(c)(3) organization running week long camps enabling up to 500 students and adult volunteers to work on approximately 60 homes of the elderly, handicapped or severely under-resourced each year. All work is done **free of charge** to the community and to the residents. Residents are chosen primarily on references from local social service agencies.

As long as there is a viable need and a safe, healthy working situation for student volunteers, workcampNE will consider working at the home. Residents **must be** the homeowner. Jobs include roofing, scraping/ painting, deck repair, handicapped ramps, replacement windows and doors. Any work that is not structural, electrical or plumbing will be considered. All work done is carefully supervised by volunteer contractors and experienced handymen. We are beginning to line up homes in the Laconia area that can benefit from this assistance, so please get in touch with us soon if you know of homeowners who might qualify. *Any questions can be directed to **Kim Hamilton**, Outreach Coordinator at 603/289-9339, kimhamilton1015@gmail.com.*

We hope to hear from you soon!



Upcoming Dates for Laconia Little League

Tryouts

Minor League (Only for players league age 8 who want to play in Minors. Attend one):

- Saturday, March 17 8:30 – 9:00 AM Laconia Middle School
- Saturday, March 24 8:30 – 9:00 AM Laconia Middle School

Major League (Players age 9-12 wanting to play Majors, but did not in 2017. Attend one or both):

- Saturday, March 17 9:00 – 10:30 AM Laconia Middle School
- Saturday, March 24 9:00 – 10:30 AM Laconia Middle School

Free Winter Warm-Ups

For all players league age 5-12, bring a glove and bat/safety equipment along with indoor shoes

- Saturday, March 17 10:30 – 12 noon Laconia Middle School
- Saturday, March 24 10:30 – 12 noon Laconia Middle School
- Saturday, March 31 8:30 – 10:00 AM Laconia Middle School

Missed Registrations?

- **Returning players:** register NOW at www.LaconiaLL.org before it closes!
- **New players:** Laconia Middle School from 8:00–noon 3/17 & 3/24 at Laconia Middle School

Who: Boys and Girls who live or go to school in Laconia, Gilford, Belmont, Gilmanton, Bristol, New Hampton, and Meredith

How can I pay? Checks payable to Laconia Little League or cash. The fee is just \$35 for tee-ball and \$50 for other divisions per player. Family maximum is \$75 for 2018.

What if I am registering a new player? Please bring a copy of the player's birth certificate and either three proofs of address or proof of school enrollment in Laconia, Gilford, Belmont, Gilmanton, Bristol, New Hampton, or Meredith

What age must my child be? Ages 5-12 (must be 5 by August 31, 2018)

If you have any questions, please email LaconiaNHLL@gmail.com



**“KEEP NEW HAMPSHIRE GREEN”
LAKES REGION
CONSERVATION
TRUST BENEFIT
SCHUSTER’S
TAVERN AT THE
GUNSTOCK INN -
MARCH 16, 17 AND 18**



THE ANONYMOUS PEOPLE

RECOVERY IS OUR - TO CHANGE THE ADDICTION CONVERSATION FROM - PROBLEMS TO SOLUTIONS

Justice Video Series: The Anonymous People

Rev. Paula Gile, Associate Pastor of the Congregational Church of Laconia, partners with Navigating Recovery to present "Anonymous People," This powerful feature documentary is about the 23.5 million Americans living in long-term recovery from alcohol and other drugs.

The moving story is told through the faces and voices of the country's leaders, volunteers, corporate executives and celebrities and will be shown Sunday, March 18 at 2 p.m. in Taylor Community's Woodside Building. This free event is open to the public.

Putnam Fund Event – Author David Brody, March 19

David Brody – attorney turned fiction writer – is currently focusing his writing on sites and artifacts that evidence pre-Columbian exploration of America. This "Templars in America" series ties back to the medieval Knights Templar.



Join us Monday, March 19 at 7 p.m. in Taylor Community's Woodside Building for this free, Putnam Fund event. First come, first seated. The author uses artifacts and historical sites to trigger modern-day suspense plots in his books. *Publisher Weekly* writes of the series, "Brody does a terrific job of wrapping his research in a fast-paced thrill ride."

Barbershop Style Music with the Concord Coachmen Chorus

The Concord Coachmen Chorus has been delighting the greater Concord, NH area since 1955 with its presentation of timeless tunes sung Barbershop style.

Join the fun Wednesday, March 21 at 6:30 p.m. in Taylor Community's Woodside Building for the chorus's concert, which is free and open to the public.



AARP Safe Driving Program, March 22 at Taylor Community

The AARP Safe Driving Program is a six-hour classroom refresher course designed to ensure drivers 50 and older stay safe behind the wheel. Upon successful completion, participants may be eligible for automobile insurance discounts (check with individual providers).



The course is scheduled for Thursday, March 22 from 9 a.m. to 4 p.m. in Taylor Community's Woodside Building. The fee is \$15 for AARP members who show their membership card and \$20 for all others. Lunch will be available in the Woodside Café.

There is limited space for this program, so don't delay, register as soon as possible with Brenda Kean at 366-1226.



COMMUNITY RABIES & MICROCHIP CLINIC

SATURDAY APRIL 7, 2018

NH HUMANE SOCIETY
1305 MEREDITH CENTER RD
LACONIA

RABIES VACCINE \$15

MICROCHIP \$30

CATS 9am. -10am
DOGS 10a.m - 12 Noon

Rabies shots are 1 year
unless proof of prior
vaccine.

All dogs leashed please
All cats must be in carriers



The deadline for
licensing your dog is
April 30th!

Why not get your dog or
cat's rabies shot at the
Humane Society on
April 7th and get your
dog licensed at the
same time?

City of Laconia staff
will be on hand and will
be happy to
license your pet.

Dogs are due to be licensed by April 30, 2018!

Failure to register by April 30th is a violation of RSA 466:13 and subject to a Civil Forfeiture of no less than \$25 in fines and court fees plus any late fees. Please come into the City Clerk's Office, or use our convenient on-line service ([click here](#)).

Fees are as follows for licensing:

Altered dog (or puppy under 7 mos. old)	\$6.50	Late charge per month as of June 1	\$1.00
Unaltered dog	\$9.00	Civil fine for failure to register by 4/30	\$25.00
Senior (1st dog for owners over 65)	\$2.00		
Replacement tag	\$1.00		



Questions? Call the
Clerk's Office at
527-1265

LRGHealthcare is celebrating National Nutrition Month

NATIONAL NUTRITION MONTH EVENTS!

What to look for outside our cafeterias:

TASTE TEST THURSDAY!

- March 1, 11:30 a.m. - 1:00 p.m. & 5:00 p.m. - 6:00 p.m. at LRGH
- March 8, 11:30 a.m. - 1:00 p.m. at FRH

MEET & MINGLE

- March 8, 11:30 a.m. - 12:30 p.m. at FRH
- March 15, 11:30-12:30pm at LRGH
- Meet and mingle with our registered dietitians at both campuses and learn about hot nutrition topics



COOKING DEMONSTRATIONS

- March 15, 11:30 a.m. - 12:30 p.m. at FRH
Join chef Carol Raymond and dietitian Chris Rueffert for a cooking demo
- ★ ➤ March 22, 11:30 - 12:30 p.m. at LRGH
Join chef Sylvia Rivers and dietitian Chris Rueffert for a cooking demo

LEARN ABOUT THE WEIGHT INSTITUTE OF NH

- ★ ➤ March 22, 11:30 a.m. - 1:00 p.m. at FRH
- ★ ➤ March 29, 12:00 p.m. - 1:00 p.m. at LRGH
Visit Elizabeth White and learn about what the Weight Institute of NH has to offer

LRGHealthcare
care. compassion. community.

The Weight Institute of NH
527-2946

Faith Hope & Love Foundation

Faith Hope & Love Foundation



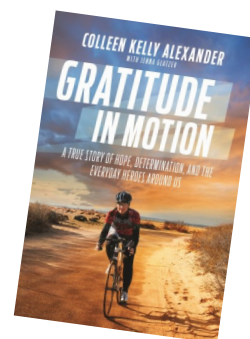
AUTHOR: COLLEEN ALEXANDER
PHOTO CREDIT: WINGELL WIMBER

The Spirit of Hope and Kindness Awards Committee is pleased to announce its Keynote Speaker on May 6th - Colleen Kelly Alexander. Colleen Kelly Alexander is a lifelong athlete and motivational speaker. With her indomitable spirit and amazing story of survival, Colleen teaches others how to aim higher, be stronger, and use adversity as a catalyst to make themselves and the world better. She was the executive director of the Common Ground Youth Center in Vermont for eight years, and a regional program manager for PeaceJam, where Nobel Peace Prize laureates mentor youth. She has also worked for, volunteered for, and is heavily involved with the Red Cross. Find out more at Colleenkellyalexander.com, [Facebook/ColleenKellyA](https://www.facebook.com/ColleenKellyA) or on Twitter @ColleenKellyA.

After the event Colleen will have a book signing, and a meet and greet. Her book focuses on a biking accident that almost killed her, and is entitled *Gratitude in Motion: A True Story of Hope, Determination, and the Everyday Heroes Around Us*.

The Spirit of Hope and Kindness Awards will take place on Sunday May 6, 2018 at beautiful Church Landing on Lake Winnepesaukee. The semi-formal event will honor children and youth ages 3-18 that live and attend school in the Lakes Region, that are living a life of kindness and service to others. Nominations are now open and will end on April 1st.

For more information on the event, to become a sponsor, to purchase tickets or to nominate a youth please email the committee at spiritofhopekindness@yahoo.com, or follow them on facebook "Spirit of Hope and Kindness Awards".





LAKES REGION SYMPHONY ORCHESTRA
Benjamin Greene, Conductor



An Evening at the Ballet

TCHAIKOVSKY
OVERTURE TO SWAN LAKE
WALTZ OF THE FLOWERS
SLEEPING BEAUTY WALTZ

GLIERE
RUSSIAN SAILORS DANCE

STRAVINSKY
BERCEUSE AND FINALE FROM FIREBIRD

COPLAND
APPALACHIAN SPRING

SAINT-SAENS
VIOLIN CONCERTO NO. 3
FEATURING **DANILO THURBER**
LRSO CONCERTO COMPETITION CO-WINNER

**INTER-LAKES AUDITORIUM
MEREDITH, NH**

**SATURDAY MARCH 24, 2018
7:30PM**

TICKETS
\$20 Adults - \$10 Students
Meredith - Innisfree Bookshop
Laconia - Greenlaw's Music
Phone - 800-838-3006

online
www.LRSO.org/TICKETS

Sponsored by The Robert T. Smith Family Trust



Weight Institute of New Hampshire PROGRAM OFFERINGS

WEEKLY WEIGHT-IN
After meeting with a Registered Dietitian to design an individualized meal plan, participants attend weekly weigh-ins and nutrition sessions.
Monday's, 3:45 - 4:45 pm, LRGH

OPTIFAST PROGRAM
An 18 week medically supervised, calorie restricted meal replacement program. You can opt for either a partial or full meal replacement program. Over the 18 weeks, one will transition to self-prepared 'everyday' meals and receive nutrition education and support.
Average weight loss is 50lbs.

TASTE TEST THURSDAYS
Try a different "super food" every month; samples, recipes and fact sheets provided-FREE
LRGH-the first Thursday of every month 12-1:30 pm
FRH-the second Thursday of every month 12-1:30 pm

NON-SURGICAL WEIGHT LOSS OPTIONS-INFO SESSIONS
Days and times vary, LRGH, FREE

INDIVIDUAL NUTRITION COUNSELING
One-on-one meetings with a registered dietitian to set specific goals & create a personalized meal plan.

BARIATRIC SURGERY INFO SESSIONS
2nd Tuesday of the month, LRGH, FREE

BARIATRIC SUPPORT GROUP
3rd Thursday of the month, 6:00-7:00 pm, LRGH, FREE

EASY COOKING CLASSES AT THE HUOT TECHNICAL CENTER
Enjoy three cooking classes designed to teach you how to construct a simple and well-balanced meal.
Cost: \$15 for all three classes

For more information or to register call 527-2946



care. compassion. community.

LRGHealthcare's mission is to provide quality, compassionate care and to strengthen the well-being of our community.



Fledglings Nature-Based Preschool Open House March 19



Fledglings Nature-Based Preschool at Prescott Farm is holding an Open House on Monday, March 19, 2018 from 2-4pm and 5-7pm at 928 White Oaks Rd, Laconia for families with children ages 3-5 years old who are looking for a unique preschool experience. Check out the amazing, eco-friendly classroom, meet the teachers and learn all about Fledgling's experiential, hands-on nature-based curriculum to prepare your child for kindergarten in a fully licensed program. Your child will develop fine and gross motor, problem solving and critical thinking skills through hands-on exploration of Prescott Farm's fields, forests and gardens.

"Learning how to respect nature and all that it has to offer helps to create caring, creative, empathetic, respectful, and responsible human beings," says Jayne Hastings, Director of Fledglings. "When children are allowed to build dams and bridges in the streams, catch frogs, make mud pies and perhaps create a musical instrument from a found natural object, it is not only a fun way to learn, but allows a child to make their own meaningful connections to the world around them and supports their natural sense of curiosity."



Open Enrollment for Fledglings Nature-Based Preschool at Prescott Farm starts in mid-April. For more information about Prescott Farm and all of its programming and ways to help, please visit www.prescottfarm.org.



Saturday, March 24, 2018
10:00 AM

The 14th Annual Funspot Indoor Triathlon is a "sporting event" like no other: A fun competition in bowling, mini-golf, darts, skee ball and pinball! Teams of four compete to win trophies and prizes, and entries into the Super Raffle. And by meeting the minimum team pledge requirement of \$200, teams may win their choice of a trip for two to Montreal, Washington DC or Niagara Falls! The more money you raise, the more tickets to the Super Raffle you'll receive! Pledge money raised by the teams benefits the NH Humane Society. Great giveaways will be presented to acknowledge everyone's support.

Register your team and start raising pledges [here](#)!

The animals are counting on you!

**The New Lakes Region
Creative Aging Resource Center**
17 Church Street, Laconia
will be offering some exciting new classes:

Drumming for the Health of it:

Starting Tues. March 27th, 1:30– 2:30pm.

Workshops will be held on the 4th Tuesday of each month.
In each session, you will:

- ♦ Experiment with different percussion instruments
- ♦ Help to de-stress while you enjoy group camaraderie

No musical experience or instrument required! Feel free to bring a percussion instrument if you have it (drum, rattle, maracas). If not, instruments will be provided. Together, we will have fun exploring the many health benefits of group drumming. Fee: \$7/ session.



Learn the Native American Style Flute:

Tues., March 27th– May 2nd, 11:00am- 12:00pm

This is a six-week course in which you will:

- ♦ Learn to read music and to play "from the heart" without music
- ♦ Acquire the ability to play a respectable solo at the end of the class

If you have your own A-minor native flute, feel free to use it. If not, you will be directed to an Amazon link in order to purchase a reasonably-priced flute, along with the course book. No prior music experience is necessary. Fee: \$90/ for the 6 week session.



CALL LINDA HOWARD AT (603) 273-0125 FOR MORE INFORMATION
OR TO RESERVE YOUR SPOTS!!!

The Lakes Region Creative Aging Center

17 Church Street, Laconia, NH

is offering a new take on your nutritional wellness!



Judy Cook, IN Certified Health Coach presents a three-part series:

Fridays, March 16th, 23rd, and 30th, 10:30– 11:30am

1. **Eating as We Age** will focus on the 3 primary food categories and how our bodies use those nutrients. We will also discuss:

- ♦ Which foods serve us or may not be serving us at this stage of our lives.
- ♦ How to know if a food or food group isn't serving our body.
- ♦ How to listen to our bodies instead of the media.

2. **Eating for the Seasons** will focus on Western Medicine's view of the following:

- ♦ That what happens in nature is replicated inside of our bodies.
- ♦ The importance of balance between the body's needs and the changing seasons.

3. **Downsizing Meals** is last so we can cook a little, learn a lot, and enjoy sharing food together! Learning how to cook for just 1 or 2 people is hard! We will discuss:

- ♦ How to cook and not waste food.
- ♦ How to avoid spending too much time preparing food.
- ♦ How to avoid spending too much money on food.



Healthy nibbles and recipes will be provided at each class!

You can attend one, two, or all three sessions in the series. Cost is \$10.00 per session or all 3 for \$25...to be paid on first session.

Call Linda Howard at (603) 273-0125 or lhoward@bm-cap.org
for more information or to reserve your place!

Lake Region Creative Aging Center

17 Church St, Laconia

will be offering a new yoga class to kick



YOGA

2018 off right!

Wednesdays.

March 21 2018 — April 11, 12:00 -1:00pm

presented by Certified Yoga Instructor Fran Nash. A minimum of 5 students is needed to hold the class. \$30.00 for the 4 week session.

The potential health benefits of yoga are endless!

- ♦ Increased strength, flexibility, and mind-body awareness
- ♦ Stress reduction, improved mood and overall sense of well-being
- ♦ Improved respiration, energy, and vitality
- ♦ Cardio and circulatory health

Join us and start your journey to better health!

Call Linda Howard at (603) 273-0125
or lhoward@bm-cap.org for more information!



WildQuest Spring Camp

April 23-27, 2018

9am - 4pm with extended day available



Register now **Prescottfarm.org**

Prescott Farm
Environmental Education Center

928 White Oaks Rd, Laconia
(603) 366-5695

WildQuest Summer Camp

June 25-August 24, 2018

9am - 4pm, extended day available

9 unique
nature-themed weeks!

Register Now

Prescottfarm.org

Prescott Farm
Environmental Education Center



928 White Oaks Rd, Laconia NH

(603) 366-5695

info@prescottfarm.org



Don't be Fooled! Lakes Region Scholarship Foundation Applications are due by April 1st!

Lakes Region Scholarship Foundation applications are now available online via our website at: lrscholarship.org. You can either fill them out on line and email them to us, OR print out a copy and mail them. The final deadline for filing an application is April 1, 2018. You can also get a copy from the guidance offices at area high schools, or by calling 603-527-3533.

*DON'T MISS
THE DEADLINE!*

We also have a few unique scholarships that are exceptions to our usual application process. The first is the Annalee Thorndike Art Competition Scholarship. This is available to high school seniors planning on majoring in art related fields. Another exceptional scholarship opportunity is the John F. Mullen Memorial Essay Competition award. The Mullen award requires students who compete to write an essay that describes an experience that has made a difference in the student's life, with an emphasis on a change in attitude, behavior or ambition which this experience might have caused in them. We also have two special awards available to students going into a construction related field, sponsored by the Lakes Region Board of Builders and Remodelers. This past year the Gilmanton American Legion Auxiliary Stockwell award added their scholarship to our family. This is also an essay competition, open to students from Gilmanton, NH. Please check our website lrscholarship.org for the specific requirements of these generous awards.



Historical Tours at the Belknap Mill

Treat yourself to a 45 minute historical tour of the Belknap Mill Knitting and Power House museums. Learn what a day in the life of a mill worker would have been like in 1910 and hear about the life of the Belknap Mill through it's heyday during World War II, the fight to keep it where it stands today and what is in store for its future!



**Dates: Wednesday, March 21 at
6:15 pm and Saturday, March
17 at 10:00 am and 2:00 pm.**

We hope you can join us!



**A Medication Collection and Disposal Box is located
in the lobby of the Laconia Police Department for your
convenience in disposing of old or unused prescription drugs
in a safe manner. Open 24 hrs/day, 7 days/wk.
The collection box is accessible 24 hrs a day, 7 days a week!**





Don't forget !
ServiceLink
Resource Center
(1-866-634-9412 or
528-6945)....it's the first
number to call for
senior services.



**Tuesday, March 20,
10:00 am
FESTIVAL OF
SPRING!**

We will celebrate with music, along with fun and games. There will be prizes and loads of laughter. Break out your spring wardrobe and show it off on our now famous runway competition!
Please join us for this fun event!

*Laconia Senior Center is located at
17 Church Street in Laconia.
Questions? Call 524-7689*

*We hope you have enjoyed this
Edition of Laconia Links*

*We welcome your input, comments
and suggestions!*

Feel free to contact us at the
City Manager's office, 527-1270,
or by e-mail at info@laconianh.gov

Have a great weekend!

Scott Myers,
City Manager
City's Website:
www.laconianh.gov



CITY OF LACONIA PHONE DIRECTORY

Airport	524-5003
<i>Airport Manager: Marv Everson</i>	
Assessing	527-1268
<i>Assessor - Deb Derrick</i>	
City Clerk.....	527-1265
<i>City Clerk - Cheryl Hebert</i>	
City Manager	527-1270
<i>City Manager - Scott Myers</i>	
Code Enforcement.....	527-1293
<i>Planning & Zoning Dir. - Dean Trefethen</i>	
Conservation	527-1264
<i>Conservation Technician - Evan Rathburn</i>	
Finance	524-3877
<i>Finance Director - Donna Woodaman</i>	
Licensing	528-6331
<i>Licensing - Lindsey Allen</i>	
Planning & Comm. Dev.	527-1264
<i>Planning & Zoning Dir. - Dean Trefethen</i>	
Tax	527-1269
<i>Tax Collector - Lindsey Allen</i>	
Fire Dept. (Central Station)	524-6881
Fire Dept. (Weirs Station)	366-2229
<i>Fire Chief - Ken Erickson</i>	
Library	524-4775
<i>Library Director - Randy Brough</i>	
Parks & Recreation.....	524-5046
<i>Parks & Rec. Director - Kevin Dunleavy</i>	
Personnel	524-3877
<i>Personnel Administrator - Paula Baumel</i>	
Police (Administration)	524-5257
Police (Crime Line)	524-1717
<i>Police Chief - Matthew Canfield</i>	
Public Works (Main Office)	528-6379
Public Works (Transfer Station)	528-5822
<i>Public Works Director - Wes Anderson</i>	
Water.....	524-0901
<i>Superintendent - Seth Nuttelman</i>	
Welfare.....	527-1267
<i>Welfare Specialist - Gail Denio</i>	
<i>Welfare Director - Donna Woodaman</i>	
<u>City Council Contact Info:</u>	
Mayor Edward Engler	630-4484
Bruce Cheney (Ward 1).....	528-7667
David Bownes (Ward 2)	524-4330
Henry Lipman (Ward 3).....	528-0191
Mark Haynes (Ward 4)	524-3605
Robert Hamel (Ward 5)	524-6360
Armand Bolduc (Ward 6).....	524-2514
E-mail: citycouncil@laconianh.gov	

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