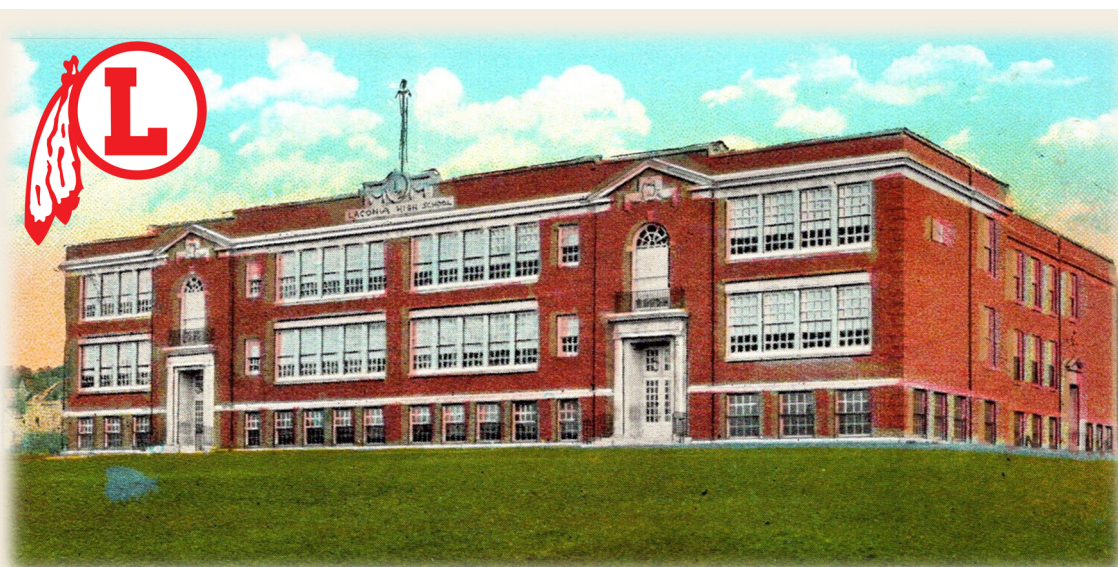




September 22, 2023 - Edition #607

The Dragon Boat Festival is this weekend on Saturday, September 23rd! See more information on page 9



Dear LHS Alumni,

This year, the LHS building is celebrating its 100th year open! The school community plans to kick off a year of celebrations with Homecoming week from October 2nd-6th (with the traditional parade on Friday, October 6th at 4:30 pm!)

LHS students and faculty hope to try something different by sharing some of the joys that make being a member of Sachem Nation special. The mission? Gather words, sentences, and phrases from the LHS alumni that answer the following question: "What was your favorite part about attending Laconia High School?"

For those wishing to share their thoughts, please email Taylor Osborne (tosborne@laconiaschools.org), along with your name and year of graduation!

Thank you!

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.



Library Programs

Week of September 25-30



LACONIA
PUBLIC LIBRARY

Drop-In Tech Help

Tuesdays @ 10am
Wednesdays @ 2pm



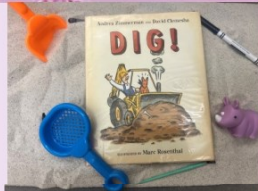
Sensory Storytime

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



Kids Graphic Novels Club

Tuesday, September 26
5pm
Best for ages 6-11



Do you love graphic novels and are you looking for your next favorite comic to read? Are you interested in starting to draw your own graphic novels? Come join us for our new monthly program, Kid's Graphic Novels Club! We will feature some of our favorite graphic novels from the Children's Room and provide materials for starting your own graphic novel.

Tinker Time: Pendulums and Pathways

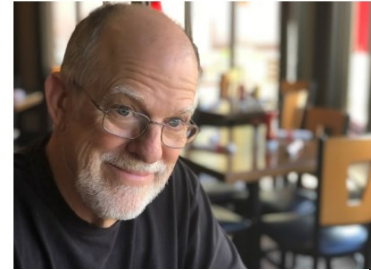
Thursday, September 28
3:15-4:45pm
Best for ages 6-11



Explore force and motion in this exciting fan-favorite Tinker Time theme. Work together to build cup towers and knock them down, or create a pathway for the marbles to travel across the room. The possibilities are endless!

"Quetico Connection": An evening with author John Doelman

Thursday, September 28
6-7:30pm
Adults



Author John Doelman will share his newly published book of poetry and nature photography, "Quetico Connection." Doelman crafted this beautiful and deeply personal collection of poems and nature photography while traveling by canoe in Ontario's Quetico Provincial Park. "Quetico Connection" brings the personal experience of wilderness canoe tripping to you through introspective poetry and connecting photography. Beauty and perfection abound in the symmetry of pristine wilderness. "Quetico Connection" uses that catalyst in discovering the spiritual relationship that innately lives within nature.

Teen Manga & Anime Club: Spy x Family

Tuesday, September 26
3:20pm
Laconia Rotary Hall Auditorium
Ages 12-18

Join us to discuss all things Anime and Manga, and to help pick out the next Manga the library will buy! This month we will watch the first episode of Spy x Family. Snacks will be provided.



TEEN MANGA & ANIME CLUB
Tuesday, September 26
3:30-4:30pm

Snacks Provided

Ages 12-18



<http://laconialibrary.org>

follow us: @laconialibrary

call: (603) 524-4775

text: (603) 556-4666

email: info@laconialibrary.org



Visit our
[website for all](http://laconialibrary.org)
[our Library](http://laconialibrary.org)
[events.](http://laconialibrary.org)

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!



Beginning Birding: Raptors

Raptors are aerial hunters that soar, glide, and swoop. Learn about their adaptations and behavior. Practice identifying and go on a "Hawk Watch" looking for migrating birds. Finally learn simple ways we can conserve and protect these amazing birds of prey.

Saturday, September 30; 10-12 pm

Trail Games: Forrest Trail Games for Kids & Adults

Can't convince your kids to go outside much less on a hike with you? Experience the many ways you can make time in nature with your kids fun through immersive games!

Saturday, September 30; 1-3 pm



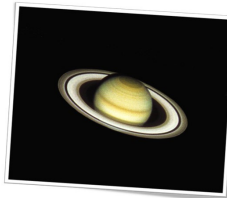
Eye on the Sky: Saturn

Saturn and its rings are easiest to see this time of year. Join us indoors for a short introduction to this fascinating planet and then head outside to look at the real thing.

Saturday, September 30; 8-9:30 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

The Laconia Daily Sun presents
An Evening with Alexander Prud'homme

Author of "Dinner with the President"

**Saturday, Oct. 14
7 pm**

**Lakeport Opera House
781 Union Ave. Laconia, NH**

*Enjoy an entertaining lecture
about the often surprising history
of presidential taste; what they
ate, why they ate it, and what
it tells us about the state of the
nation.*

**DINNER WITH
THE PRESIDENT**

*Food, Politics, and a History of
Breaking Bread at the White House*

ALEX PRUD'HOMME
Cousin of My Life in France

- Question & Answer session with the author
- Author signing (books for sale at Innisfree Bookshop in advance and at the event)
- Complimentary desserts & cash bar

GET YOUR TICKETS TODAY!

Admission is Free but Tickets are Required*

Pick up tickets at
The SUN office, 781 Union Ave., Laconia
*limit 2 tickets per person



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 (<\$0lbs)	\$20
CD / DVD Player	\$5	CRT Monitor (>\$0lbs) 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



Propane & Oil Since 1932

**The Runaway Pumpkin 10K and 5K
Run/Walk is coming!**

This is a community fundraiser for the WOW Trail that will be happening at Opechee Park on Saturday, October 28 as part of the New Hampshire Pumpkin Festival. Also, don't miss the Kids Fun!

You must register by Thursday, October 26 For details of the event and to register online [here](#).



**REDUCE
REUSE
RECYCLE**

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

Families in Recovery

HYBRID COURSE

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

OR virtually via Zoom



This series is appropriate for parents/ caregivers who are in treatment and/or recovery for Substance Use Disorder as well as partners or extended family members who may be caring for their children.

Topics Include: Self-Awareness, Child Development, Heightened Self-Esteem, Strengthening Self-Confidence, Building Healthy Family Relationships

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.

Brought to You By:



Tuesday evenings from 6:30-8:00 pm

17-Week Series begins

September 26, 2023

To register, go to:

www.lrcs.org/parentedregistration

or email: tricia.tousignant@lrcs.org



The Linden
Foundation



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



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 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



LENDING A HAND TO
LAKES REGION NONPROFITS SINCE 2013



SCAN THE QR CODE
TO PURCHASE ON LINE
OR VISIT www.tbhnh.org

\$40 NO FEES and plenty
of FREE PARKING

Tickets available on line or at select
retail locations:

- Cackleberries
- Innisfree Books
- Moultonborough Thrift Shop

Thank you to our event sponsors



Winter Clothing Drive

Donations can be dropped off at
Navigating Recovery of the Lakes Region
102 Court St. Laconia, NH
Sept. 25th - Oct. 26th

New or gently used

Coats|Scarves|Gloves|Hats|Boots|Sleeping bags|Blankets



PARKING ENFORCEMENT IN WEIRS BEACH

Just a reminder that parking is still being enforced in the public parking spaces on Lakeside Avenue and in the Endicott Rock Beach Parking Lot through Columbus Day (October 9, 2023).

Parking in these areas is
"pay by space".

Please ensure that you know your parking space number when you leave your car as the parking kiosks will ask for that information.





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 cornet 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.

taylorcommunity.org
A Nonprofit Since 1907

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

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

This weekend!



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



Your leaves and grass clippings can be a valuable resource OR a source of water pollution.

Our community cares about clean water and is doing its part to help prevent water pollution in our local waterways.

Please click on the image (above) to read information provided by the NH Department of Environmental Services and the City of Laconia on how you can help prevent pollution in our local waterways.



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





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.



DRAGON BOAT FESTIVAL SEPTEMBER 23, 2023

BENEFITING THOSE IMPACTED BY CANCER

COME WAKE THE DRAGONS!
SPECTATORS WELCOME!



**FREE SHUTTLE @
WEIRS COMMUNITY
CENTER**
Special thanks to
Bah Hoppa!



SCHEDULE OF EVENTS

Friday, 9/22 @7pm
Awakening of the Dragons
Ceremony

Saturday, 9/23 • 8am-1pm
Opening Ceremony & Races
94.1 FM LIVE, Raffles & More!
Flower Ceremony
Awards & Raffle Winners



Presenting Sponsor
Cash/CC Food & Drinks
NazBar Grill
1086 Weirs Blvd, Laconia

WIN A GAZELLE E-BIKE!



**COMMUNITY
DIVISIONS &
SURVIVORS/THRIVERS
DIVISIONS**
Over 300 paddlers
and 15 teams!

THANK YOU TO OUR SPONSORS!



WESCOTT LAW P.A. EST. 1927
Sound Counsel. Practical Solutions.



North Water Marine
LAKE WINNIPESAUKEE



The all-new Fall Fun
Guide is out now!

Click on the image
(left) to read about
everything going on
in the Lakes Region
this fall season.





LACONIA KIWANIS \$1,000 HOME HEATING FUEL RAFFLE

Drawing to be held on November 1, 2023 at 6 p.m via FaceBook Live Event

Fuel type is selected by the winner (Natural Gas, Propane, Oil, Pellets, etc.) and funds will be paid directly to the fuel company of the winner's choice!

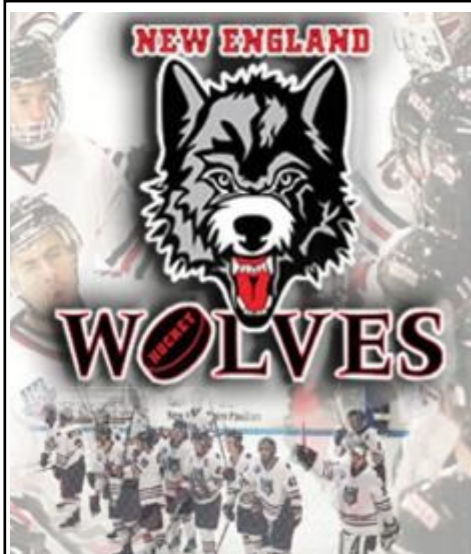
ONLY 250 TICKETS WILL BE SOLD!!

The mission of the Laconia Kiwanis Club is to empower our community to improve the world by making lasting differences in the lives of children. Our vision is to have a positive influence in our community so that one day, all children will wake up in communities that believe in them, nurture them and provide the support they need to thrive.

We do this through service and by also by providing financial support to many local programs in the Lakes Region



For tickets scan image above or go to:
<https://laconiakiwanis.ticketleap.com/2023-fuel/>



You won't
want to
miss this
season's
opening
games for
the New
England
Wolves!

Please join us at the Merrill Fay Arena, 468
Province Road, Laconia, NH this weekend on
Saturday, September 23, 2023:

EHL Premier Team vs. Connecticut Chiefs - 12:15 pm
Second game, same teams - 4:15 pm
EHL Team vs. Seacoast Spartans - 6:15 pm

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@lrsf.org or call 603.527-3533 • www.lrscholarship.org

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



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 mat) 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. Heath 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.





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

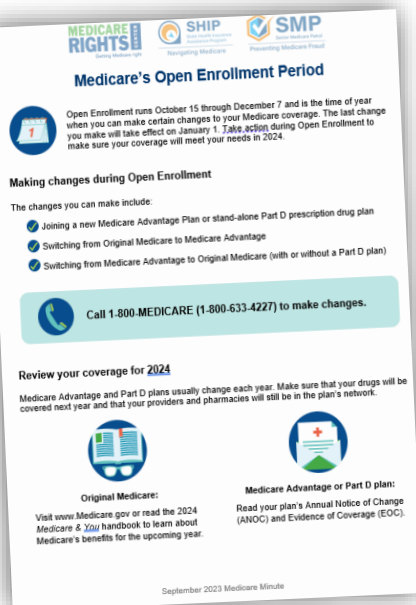


CITY OF LACONIA Notice of Public Hearing

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



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.



New Hampshire
FISH AND GAME
Connecting you to life outdoors



**Sharing the Forest:
Hiking During Hunting Season**

Click the image above for tips so you can safely enjoy the forest during this hunting season.

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



Mark your calendars for the dates
of this year's Fall Leaf Pickup!
October 30 - November 3
November 13 - November 17
Please check future issues of
Laconia Links for more details.



October 6, 2023, is the last day to change your political party affiliation prior to the presidential primary. The presidential primary date is TBD.

The Supervisor's of the Checklist will be meeting on Friday, October 6, 2023, from 7-7:30 PM at the Laconia City Clerk's Office. The purpose of this session is for making corrections/changes to the checklist. Registrations and changes will be accepted at this session. No political party changes will be accepted **after** this session until after the Presidential Primary which will be held in early 2024, the date is TBD.

Please click on the following link to see your current party affiliation:

[Voter Information \(nh.gov\)](https://www.nh.gov/voterinformation)

NH HUMANE SOCIETY'S
BE A HERO 5K

POWERED BY **EASTERN**
PREPARED & Q1 SINCE 1932



344

Coca-Cola



DRINK TICKET



Middletown
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).

LACONIA SENIOR CENTER

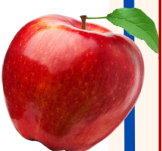


Bake Sale

*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





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 • Sand NAPA • The Prescription Center • VOYA FINANCIAL™
Davis & Towle Insurance Group • J.P. Morgan Chase & Co. • Martignetti Companies of Northern New England
Speedy Printing & Copying • Sulloway & Hollis, PLLC

CH CONCORD HOSPITAL | Laconia

CH CONCORD HOSPITAL | Franklin

ROCK STEADY BOXING & DOWN TOWN LAKES REGION GYM



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/RSBLAKESREGIONFORPARKINSONS5K](https://runsignup.com/Race/NH/LACONIA/RSBLAKESREGIONFORPARKINSONS5K)



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

[DOWNTOWNGYMLACONIA.COM](https://downtowngymlaconia.com)
603 581-9392 | 171 FAIR ST. LACONIA NH



September 28th | 6:00 p.m. | City Hall

Reminiscences with Ann Dearborn Kaligian Laconia's First Female City Clerk



A lifelong resident of Laconia, civic trailblazer and beloved Mrs. Claus, Ann has a tale to tell! With her signature style and wit, listen as she shares memories of her time in the State Legislature (1963-1969), as Laconia City Clerk (1972 to 2008), and her 30+ years as a Bail Commissioner. Whether she swore you in or bailed you out there's no denying the impact Ann has had on our City - all which makes for a great story!



Laconia Historical & Museum Society will host a presentation by lifelong Laconia resident, civic leader, and popular portrayer of Mrs. Claus, Ann Dearborn Kaligian. Open and free to the community, this event will take place in the Armand A. Bolduc City Council Chamber of Laconia City Hall on Thursday, September 28, 2023 at 6:00 PM.

With her signature style and wit, Mrs. Dearborn Kaligian will share her memories of her time serving as City Clerk, Bail Officer, and as a member of the New Hampshire State Legislature. Whether she swore you in or bailed you out, there is no denying the impact that this dynamic woman has made on Laconia.

Reminiscences with Ann Dearborn: Laconia's First Female City Clerk promises to tell a fantastic story. The Laconia Historical & Museum Society welcomes your attendance and hopes to see you on September 28th at 6:00 PM at City Hall. Free and open to the public, donations toward LHMS's goal of sharing and preserving Laconia's rich history are gratefully accepted.

For more information about this event or to learn more about the Laconia Historical & Museum Society, its programs, memberships, and volunteer opportunities, visit the LHMS website at www.laconiahistory.com or follow LHMS on Facebook.

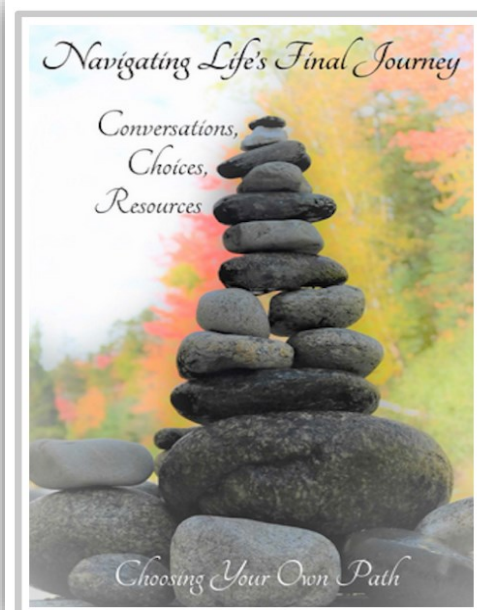
ONE PEER TO ANOTHER

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
<p>IMPORTANT INFORMATION:</p> <p>Local Warmline: 1-800-306-4334 Open 5 – 10 PM 7 / 365 days For when you need someone to talk to!</p> <p>Local Mental Health Agency: Lakes Region Mental Health Center (603) 524-1100</p> <p>Local Emergency Services: (603) 528-0305 24/7/365 days For when you are in crisis, feeling suicidal, or need professional assistance!</p> <p>IT'S OKAY TO ASK FOR HELP</p>	<p>Contact: Miranda Lessard Program Director (603) 528-7742 email: miranda@onepeer.org www.onepeer.org</p>	<p>Contact: Wayne Hilliard Peer Support Specialist (603) 528-7742 email: Wayne.h@onepeer.org www.onepeer.org</p>	<p>This month's Movie Title is: Happiness for Beginners Rated PG13</p>		<p>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</p>
	<p>4 CLOSED/HOLIDAY</p>	<p>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</p>	<p>6 9a- Check-In 10a- WOW Trail 11a- Worldview 12p- Chair Yoga 1p- Job Applications 2p- Resumes 3p- Cover Letters 4p- Check-out</p>	<p>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</p>	<p>8 9a- Check-In 10a- Square Breathing 11a- Meal Planning 12p- Budgeting 1-3p- Tie-dye 3p- Chair Yoga 4p- Check-out</p>
	<p>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</p>	<p>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</p>	<p>13 9a- Check-In 10a- Advocacy 11a- Journaling 12p- Coping Skills 1-3p- Movie & Popcorn 3p- Mutuality 4p- Check-out</p>	<p>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</p>	<p>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</p>
	<p>18 9a- Check-In 10a- Accomplishments 11a- My Toolkit 12p- WOW Trail 1p- Setting Limits 2p- Self Advocacy 3p- Being Assertive 4p- Check-out</p>	<p>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</p>	<p>20 9a- Check-In 10a- Personal Boundaries 11a- WOW Trail 12p- Inner Healing 1p- Staying Positive 2p- Ice Breakers 3p- Accomplishments 4p- Check-out</p>	<p>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</p>	<p>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 4p- Check-out</p>
	<p>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</p>	<p>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</p>	<p>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</p>	<p>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</p>	<p>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</p>



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

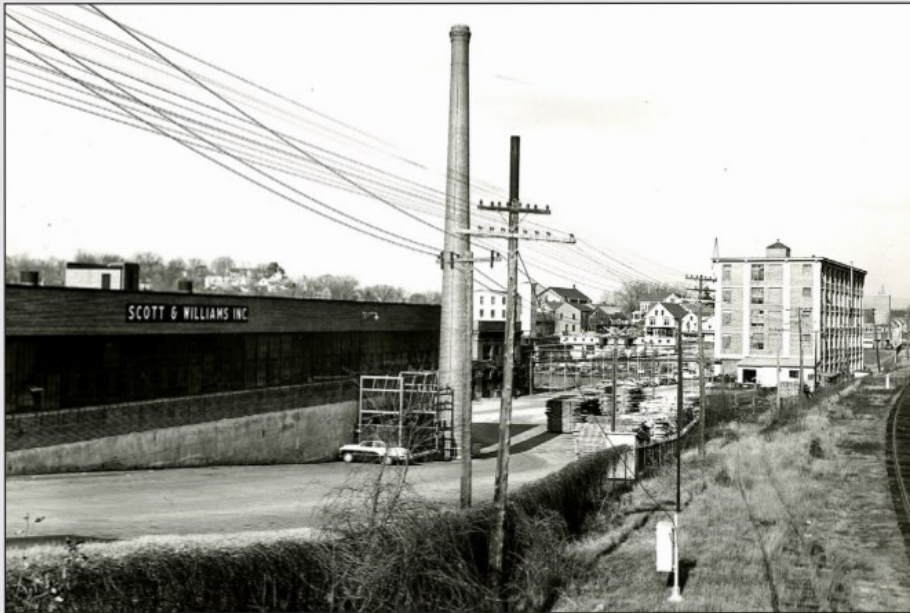
**Good Shepherd Lutheran Church
and Saint James Episcopal Church**
2238 Parade Road, Laconia NH

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)

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 ...

Looking north, up the railroad tracks toward Building 25 of Scott & Williams in Lakeport, sometime prior to 1957, when a two-story connector between Building 80 (at left) and Building 25 was completed. Building 80 had been built at the beginning of World War II for war work. In distance, buildings on Elm Street are seen at center, including the Halifax Mill — torn down in 1965 — at right beyond round chimney. (Laconia Historical and Museum Society)



... AND NOW


Building 80 and the 1957 connector (now Opechee Inn and O's Restaurant) are still there, but the 1918-1919 Building 25 was razed in 1991. Seen in distance at center is the new 51 Elm development, between Park Street and Railroad Avenue, completed recently. The railroad tracks and WOW Trail are obscured by the vegetation, center left. Union Avenue is at right, with roof of Belknap Tire Co. in lower right corner. (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 .				
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	1 BINGO 10-12
11 Share Stories 10-11 VNA Foot Care 9-12 (by appt) Manicures by Brenda 11-12:30	12 Thrift Shop Fashion Show 10-12	13 BINGO 10-12 Nickels 10-12:30	14 Meet & Mingle Lunch w/ Joel Arsenaault 11:30-12:30 Dijon Tarragon Chicken Salad, Cucumber & Tomato Salad Senior Companion Meeting 12:30-2:30	8 BINGO 10-12 Nickels 10-12:30
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)

VA Medical Foster Home

Safe, long-term care in a home setting



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!

Cooking Matters

at the Family Resource Center
719 North Main Street
Laconia, NH

September 21 | 6:00-8:00 PM

September 28 | 6:00-8:00 PM

October 5 | 6:00-8:00 PM

October 12 | 6:00-8:00 PM



A cooking and nutrition class designed for teens and their caregivers. Participants will receive groceries each week to practice their cooking skills. Food will be prepared in class each week. **Dinner will be served at 6:00 PM, with classes starting at 6:30 PM.** Topics covered include:

- making meals more nutritious
- tips for grocery shopping
- healthy & teen friendly recipes
- cooking skills for the family

Register at:
www.lrcs.org/parentedregistration/
or contact
Tricia Tousignant
603-528-0391
tricia.tousignant@lrcs.org



Extension
Nutrition Connections



For persons with disabilities requiring special accommodations, please contact Kate Bruchacova (603-397-3205) within 7 days of the event. Language assistance is available at no cost. The University of New Hampshire Cooperative Extension is an equal opportunity educator and employer. University of New Hampshire, U.S. Department of Agriculture and N.H. Counties cooperating. The preparation of this document was financed under a contract with the State of New Hampshire, Department of Health and Human Services. This material was funded by USDA's Supplemental Nutrition Assistance Program.

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.



September is National Healthy Aging Month to raise attention to the health and well-being of older adults, and to focus on supporting efforts to help people stay healthy and independent as they age. For information on vision and aging, please click the image (left) for more information from the National Eye Institute on how seniors can protect their vision and prevent vision loss.



City Meetings

Week of:
Sept. 25 - 29

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](http://www.laconianh.gov). 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:**

**Laconia Human Relations
Committee Special Meeting**
September 25, 2023, 3:30 pm
Agenda

City Council
September 25, 2023, 7:00 pm
Agenda

Laconia Historical Society
September 28, 2023, 6:00 pm

Library Board of Trustees
September 28, 2023, 5:30 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, Planning & Zoning Dir.	
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, Planning & Zoning Dir.	
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