

Town News

Amherst Recreation Facilities and Program Plan

By Cari Lane

About a year ago, the Amherst Recreation Department started work on a Facilities and Program Plan. The goal of the plan is to review current recreational services, programs and facilities; discover Amherst's future recreational needs and wants; and develop a plan to reach Amherst's current and future recreational goals. With the help of the Amherst Recreation Commission, the Amherst Recreation Department invited numerous architectural planning and development firms to submit proposals. Five firms were interviewed and Gale & Associates of Weymouth, Massachusetts was chosen to handle the Amherst Recreation project. Gale & Associates has extensive experience in facilities planning and design and was chosen for their comprehensive evaluation and assessment services. Gale & Associates has already conducted an inventory of Amherst's current recreation facilities and expects to begin the phase of program assessment within the next two weeks.

I recently met with Kim Parrett, a member of the Amherst Recreation Commission, to discuss the Amherst Recreation Department's Facilities and Program Plan.

Cari: Tell me a little about your background.

Kim: I have been part of the Amherst community for 19 years and an active member of the Amherst Recreation Commission for the last four years. I have also served on the Youth Soccer Board and the Souhegan High School Community Council.

Cari: Why do we need a Recreation Department Master Plan?

Kim: The Recreation Commission and Nancy McMillan, Recreation Director, recommended that in order to provide needed and desired recreational services to our entire community, we need a plan. We want to spend our money wisely and efficiently; and provide the greatest impact with available resources, especially during these tough economic times.

The way I see it, education, recreation, and essential services, such as fire police and public works, are like the three legs of a stool. They are the components that hold a community in balance. If any of the three components are not being satisfied, the community suffers. The Facilities and Program Plan will serve as one tool to help the Commission with recommendations to our Amherst citizens to meet current needs and plan for the future.

Cari: Why not just keep doing what we're doing?

Kim: The perception is that there are plenty of recreation activities and facilities for children and youth, but very little for adults. The baby boomers, the largest demographic in Amherst, spend their leisure time differently then their parents. They tend to have more time for recreation and are more active than past generations. We need to make sure that our commu-

nity is prepared to provide recreation programs and facilities for everyone. Additionally we expect that this comprehensive plan will dovetail and complement the Amherst Master Plan.

Cari: How much money will this plan cost taxpayers?

Kim: The expenditure for this plan has no tax impact. The Recreation Capital Reserve Fund monies used to pay the cost of the plan were not raised through taxes.

Cari: What is the next step in creating the plan?

Kim: We need to reach out to the community and ask residents what they desire the Recreation Department to provide. We can't guess what folks want. In order to be successful, we need good representation to understand our community's wants and needs. We need feedback from the entire community – kids, parents, and grandparents.

Cari: How will you accomplish this?

Kim: This will be done in a few ways. We are asking Amherst resident to participate in our Needs Assessment Survey. Through the survey, we hope to learn how Recreation facilities and programs are being used; what our residents expect from Amherst Recreation; and how we should plan for the future. We will also reach out to user groups and provide opportunities for folks to attend public forums to give their input.

I hope that every Amherst resident will participate in the survey because the results will have an impact on current and future planning. Residents at some point may be asked to fund the development of the recommendations

Kim Parrett encourages Amherst residents to help the Commission by taking the first step; inviting them to take the Needs Assessment Survey. In order to be successful, we need feedback from as many Amherst citizens as we can acquire. The survey can be found at: [https://www.surveymonkey.com/s.aspx?sm=ANz\\_2bX0mcJlrZcNAjX4UjGw\\_3d\\_3d](https://www.surveymonkey.com/s.aspx?sm=ANz_2bX0mcJlrZcNAjX4UjGw_3d_3d). Links to the survey are also available at many Amherst web sites, including the Amherst school web sites, [www.amherstnh.gov](http://www.amherstnh.gov), [www.pmec.org](http://www.pmec.org) and [www.amherstrec.org](http://www.amherstrec.org).

If a resident prefers to fill out a paper survey they can be picked up and dropped off at:

Amherst Recreation Department  
Peabody Mill Environmental Center  
Amherst Library  
Amherst Town Hall  
Amherst Fire Department

Programs for Seniors at Parkhurst Place

11 Veterans Rd. Amherst, NH 03031  
(603) 249-1600 [parkhurstplace@adelphia.net](mailto:parkhurstplace@adelphia.net)

Strength Training Classes (on-going)

(Join class at any time: fee will be pro-rated)  
6-week session began Tuesday, October 13th  
Two classes per week:  
Tuesdays & Fridays, 10:30 – 11:15 am OR  
Tuesdays & Fridays, 11:30 am – 12:15 pm  
Hampshire Hills Instructors: Joanne Leedy and Sue Greaney  
Cost: \$30/six weeks (for 2 classes per week)  
Please call Lorraine at 249-1600 to sign-up.

Join this popular chair-based strength training program using light weights to strengthen and tone muscles. Exercises also focus on improving balance, and flexibility and will be done seated and standing by a chair. Program is adaptable to individual limitations.

Gentle Yoga Classes (on-going)

(Join class at any time, fee will be pro-rated)  
One class per week: Mondays OR Thursdays  
Mondays, 8:15 – 9:15 am OR  
Thursdays, 10:00 – 11:00 am  
Instructor: Laurie Daley, Certified Kripalu Yoga Teacher,  
Cost: \$ 30 for 6-week session

Classes will include stretches, breathing techniques, poses and relaxation. The results will include an overall sense of well-being, in addition to improved strength, flexibility and balance. No experience is necessary. Please bring a yoga mat or large towel and a water bottle. Please call Lorraine at 249-1600 to sign-up.

Tai Chi Easy Classes

Wednesdays  
9:30 – 10:30 am  
Instructor: Susan Flanagan  
Bean Community Room  
Cost: \$5 per class or \$30 for 6-week session  
(Join any time)

Tai Chi is a mind-body integration practice that can reduce stress and may also help overall health, and is generally safe for people of all ages and levels of fitness. Older adults may especially find Tai Chi beneficial because the movements are low impact and place minimal stress on muscles and joints.

Art Instruction for Adults

6-week session began Tuesday, October 27  
(Join class at any time)

Tuesdays, 9:30 am -11:30 am  
Upstairs Activity Room  
Instructor: Susan Peterson  
Cost: \$10 per class or \$60 for 6-week session  
Join this class at any time. Students work at their own pace on their own projects under the direction of Peabody Mill Environmental Center artist, Sue Peterson. All levels, from beginners to experienced are welcome! Call Susan Peterson, instructor to pre-register: 673-5951.

Paper Crafts

Wednesday, November 4  
11:00 am  
Country Kitchen  
Instructor: Lori Hannon, mixed media artist  
Cost: Free

All area seniors are invited to participate in the monthly paper arts classes held at Parkhurst Place. All supplies are provided. Call Lorraine at 249-1600 to sign-up.

AARP Driver Safety Program (all area adults over age 50 invited....)

Monday, November 9 & Thursday, November 12  
9:00 am – 1:00 pm (with breaks and refreshments)  
Bean Community Room  
Cost: \$12 for both classes (AARP Member – bring your membership card)  
\$14 for non-members

Refresher course for drivers age 50 & older: Learn current rules of the road, how to operate your vehicle more safely and some adjustments to common age-related changes in vision, hearing and reaction time.

“Sisters by Heart – Partners in Aging” Program

Monday, November 16th  
1:00 pm  
Bean Community Room  
Mary Lou Fuller & Kay Amsden

An inspirational celebration of a lasting friendship, filled with hints on aging, presented with humor, strength and wisdom.

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Amherst Junior Women's Club

10th Annual Turkey Trot Fundraiser

The AJWC is hosting the 10th anniversary of their Turkey Trot fundraiser. The event this year will be the day after Thanksgiving, November 27, 2009. There will be a One Mile Fun Run at 9:30 am, as

well as a professionally timed 5K at 10:00 am. There will be age group prizes, raffles, refreshments, and more. Please don't miss this commemorative Trot! Registration forms will be at Moulton's, Amherst

Town Library, and Runner's Alley (Manchester). For more information write to Mary Lou Mullens at [AmherstTurkeyTrot@comcast.net](mailto:AmherstTurkeyTrot@comcast.net), or call 424-0687.



**Amherst Junior Women's Club**  
**TURKEY TROT REGISTRATION FORM**  
Race Day: November 27, 2009  
Amherst Village at 11 Church Street

**Race Day Registration and Bib # Pick up:**  
**One Mile Fun Run**  
**5K Walk/Run**

<b>ENTRY FEE:</b> \$15/person; by November 15, <b>OR</b> \$22/person on race day. Entry free is tax deductible. <b>EVENT SPONSORS:</b> Amherst Orthodontics, Coca Cola, Metro Sports, Milford Paint & Wallpaper, Moultons, Road ID, Runner's Alley, Stroller Sriders, Walmart	<b>8:00 – 9:30 am</b>
	<b>9:30 am</b>
	<b>10:00 am</b>

NAME(s):	SEX (M/F)	AGE
_____	_____	_____
_____	_____	_____
_____	_____	_____
CITY/STATE:	_____	_____

I understand that running is a hazardous activity and I should not enter unless I am medically able or properly trained to do so. I hereby for myself, heirs, executors and administrator waive and release any and all rights and claims for damage I may have against the sponsors, coordinating groups and any individuals associated with the Amherst Junior Women's Club, the representatives, successors and assigns, and will hold them harmless for any and all injuries suffered in connection with this event.

SIGNATURES: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

PARENT/GUARDIAN IF UNDER 18 \_\_\_\_\_ DATE: \_\_\_\_\_  
Make checks payable to: Amherst Junior Women's Club  
Mail to: Turkey Trot  
P.O. Box 513  
Amherst, NH 03031  
Questions? Please contact Mary Lou Mullens at [AmherstTurkeyTrot@comcast.net](mailto:AmherstTurkeyTrot@comcast.net)


10 Questions to Ask When Insuring Your Antique Home

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2. Does the policy have unlimited rebuilding cost on my home? In other words, no dollar limit or % cap?
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4. Do you offer unlimited building code coverage to protect me from paying for new laws & ordinances enacted since my home was built?
5. If there is a claim, do you pay me for the complete damage up front (replacement cost) for both my home & my belongings instead of actual cash value?
6. Does the policy include unlimited additional living expenses coverage while my home is being repaired?
7. Do you include unlimited water backup coverage?
8. Do you have unlimited debris removal coverage?
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