

# NEWFOUND AREA SENIOR SERVICES

GRAFTON COUNTY SENIOR CITIZENS COUNCIL

15 Church Street ~ P.O. Box 266 ~ Bristol, NH 03222

Office: 744-8395 Fax: 744-9399

Serving: Bristol, Bridgewater, Alexandria, Hebron and Groton

## DECEMBER ~ 2018



### HAPPY HOLIDAYS



With love from all of us at

**Newfound Area Senior Services – XOXOXOXO**

**Remember...Medicare Open Enrollment ends December 7<sup>th</sup>.**

**Act quickly to avoid possible penalties.**

This is your last chance to review Part D plans for 2019.

**Tuesday December 11**

**Special Holiday Bingo = \$\$ Fun \$\$**

**Every Tuesday this month we will have a  
Christmas Stocking Raffle.**

**Join us in the fun!!**

**Don't miss our Christmas Dinner on December 18<sup>th</sup>!!**

**Val and Lee Ann will be serving Baked Ham with Raisin Sauce  
and Bread Pudding for dessert!**

**Yum!!**



**Purchase a snowflake to help support our Center and turn**



**Bristol into a Snowflake Village**



**for more information ask at the Senior Center**

***Please note*.....the Center will be closed Monday December 24 and  
Tuesday December 25 for Christmas.**

***Winter Reminders*.....**

In inclement weather the Center will be closed. When local schools are closed we are too. Please watch WMUR Channel 9 for closing announcements. Home Delivered Meals cannot be delivered if driveways and walkways are not cleared and safe for you and our volunteers. Thank you!

## **SPECIAL PRESENTATIONS ~ EVENTS INFORMATION**

### ***MEDICARE – OPEN ENROLLMENT FOR 2019 COVERAGE***

**October 15, 2018 – December 7, 2018**

Outreach workers at our Senior Centers and Service Link are happy to help you navigate this enrollment period.

Please call Service Link at 448-7558 or Bristol Senior Center at 744-8395.

### **Foot Clinic Information**

Nana offers foot care and blood pressure clinics at various locations in the community, including our center.

**Call NANA at 744-2733 for information and to schedule your appointment.**

### **OH, SNAP!**

### **Supplemental Nutrition Assistance Program aka Food Stamps**

For more information about the program and eligibility .....  
Call Fran at 603-744-8395.

### **Day Away Program**

The Day Away Program is an adult, daycare program held every Thursday in Bristol. **Volunteers Needed !!** Learn more by calling Sandy at 536-6304.

## **DECEMBER 2018 BIRTHDAYS**



Happy Birthday to You.....

**Andrew MacLeod 12/4, Asa Bruno 12/4, Valerie Cilley 12/9,  
Allison Provencher 12/13, Harold Sheffield 12/17, Louise Hislop 12/19,  
Gail Shaw 12/23, Heidi Williams 12/24, Ann Fitzpatrick 12/27.**

If we omitted your name, we apologize. Please tell us so we can correct our records. If you would like to have your birthday listed here please let us know.

### **\*\* We love our VOLUNTEERS \*\***

**Call us at 744-8395 anytime, to discuss our many Volunteer opportunities. THANK YOU!!**

### **Center Office Hours:**

Monday 8:00-12:00 Tuesday 8:00 – 3:00 Wednesday 8:00-12:00  
Thursday 8:00-12:00 Friday 8:00 – 12:00 ..... and by appointment.

### **Newfound Area Senior Services Staff & Volunteers**

|  |                                     |
|--|-------------------------------------|
| Fran Olson...Outreach Worker   | Shirley Johnson...Bus Driver        |
| Gail Emmons-Shaw...Coordinator   | Linda Mancini...Program Assistant   |
| Valerie Cilley...Cook  | Lee-Ann Forsyth...Kitchen Assistant |
| Joe Labelle, Michael Loft, Cathy Gilpatric - Kitchen & Dining Room Assist. |                                     |
| Heather Walker, Liz Carlson and Cindy Defeo .....Office Assistants         |                                     |

## ***\*OUR ON~GOING EVENTS\****

### **WEEKLY LUNCHEONS ~ TUESDAYS AT NOON**

#### **HOME DELIVERED MEALS**

If you, or someone you know, is interested in home delivered meals or volunteering as a driver please call the Center.

#### **BUS TRANSPORTATION SERVICE**

#### **CRAFT GROUP**

1<sup>st</sup> & 3<sup>rd</sup> Tuesdays of the month at 9:00 a.m.

#### **BLOOD PRESSURE TESTING**

1<sup>st</sup> Tuesday of the month at 11:30 a.m. Thank you NANA!

#### **BINGO**

2<sup>nd</sup> & 4<sup>th</sup> Tuesdays of the month

#### **RSVP ~ BONE BUILDERS**

Tuesday and Friday at 9:30 AM ~ upstairs  
\$.50 suggested donation per class.

#### **NEWFOUND Senior Center COMPUTER LAB**

We have new computers getting set up ~ we'll keep you posted!

#### **Durable Medical Equipment**



The Senior Center in Plymouth has equipment available at no charge. If you or someone you know is in need of wheelchair, walker or commode, please call the Center at 536-1204.

#### **FOOD FOR THOUGHT**

#### **NH Commodity Supplemental Food Program**

Delivered right here in Bristol

For more information call: 1-800-578-2050 x 1135 or just ask us.

# DECEMBER 2018 ~ MENU



4<sup>th</sup>

**Roasted Chicken  
Cranberry Sauce  
Mashed Potatoes - Squash  
Dessert**

11<sup>th</sup>

**Shrimp or Chicken with Alfredo Sauce  
Pasta  
Salad – Garlic Bread  
Birthday Cake for Dessert**

18<sup>th</sup>



**Christmas Dinner**

**Baked Ham with Raisin Sauce  
Oven Roasted Potatoes  
Green Beans  
Bread Pudding for Dessert**