

# 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

## JANUARY ~ 2019



The Center will be closed Tuesday January 1 for New Years.  
Happy New Year Everyone!

***Bling it on!!***

Wear your ***blingiest*** to lunch on Tuesday January 8<sup>th</sup>  
and get your next lunch free!

### **Monday, January 21 – Martin Luther King Day**

King was awarded the Nobel Peace Prize in 1964. His Nobel lecture, as well as his “*I have a Dream*” speech and “*Letter from a Birmingham Jail*” are his most studied speeches and writings.

*We are not makers of history. We are made by history.*

**Friday January 25th the Plymouth Senior Center is having a  
Fashion Show with Brunch. Fun!! Fun!! Fun!!**

If you would like to be a model talk to Gail.

***Weather permitting.....Mystery Bus Trip.....***

**We are looking for ideas for a Bus trip for  
Wednesday January 30<sup>th</sup>.**

**Submit your ideas for destinations to the office  
or give them to Liz at lunch.**

***Did you know.....***January received its name from the Latin word Januarius, named after Janus, the god of doorways and beginnings. Janus had 2 faces so that he could look forward and backward at the same time. Perhaps this signifies the lessons of the past and hope of the future.

***Please note....*** The Center will be closed Monday January 21 in honor of Civil Rights Day.

***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**

### **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.

## **JANUARY 2019 BIRTHDAYS**



**Happy Birthday to You.....**

**Barbara Stokoe 1/2, Paul Budro 1/7, Melva Day 1/8, Wendy Higgins 1/9, Sheila Munson 1/11, Donna Austin 1/12, Brenda Sharp 1/15, Dean Martin 1/16, Fran Olson 1/16, Peggy Robinson 1/23, Louie DeCarter 1/24, Lorna Patten 1/25, William Machado 1/27, Mary Dickerson 1/30.**

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**

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

## ***\*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.

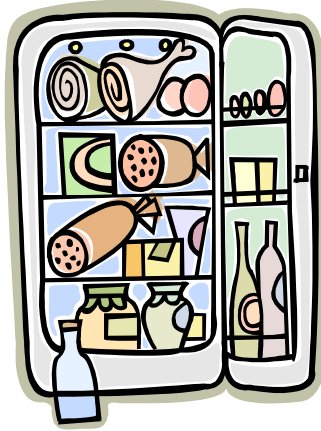
#### **FOOD FOR THOUGHT**

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

Delivered right here in Bristol

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

# JANUARY 2019 ~ MENU



1<sup>st</sup>

*CLOSED – HAPPY NEW YEAR*

8<sup>th</sup>

**Chicken Cacciatore  
Pasta – Garlic Bread - Salad  
Dessert**

15<sup>th</sup>

**Meatloaf  
Mashed Potato – Green Beans  
Birthday Cake for Dessert**

22<sup>nd</sup>

**Baked Pork Chop  
Potato – Mixed Vegetable  
Dessert**

29<sup>th</sup>

**Braised Beef  
Mashed Potato – Carrots  
Dessert**