

# 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

## MARCH ~ 2019



### **Tuesday March 5 - Mardi Gras**

#### **Show us your colors and get a free lunch**

Purple, Green and Gold colors...the organizers of Mardi gras began using these colors in 1872 when the Grand Duke, Alexei Romanov of Russia, visited New Orleans. The colors stand for justice (purple), faith (green), and power (gold).

### **Sunday March 10 – Daylight Savings Time Begins**

This is a good time to check you batteries in smoke detectors, carbon monoxide detectors, and other electronic devices.



### **Sunday March 17 – St. Patrick's Day Our Luncheon ~ Tuesday March 19**



Join us to celebrate the coming of the first day of spring and St. Patrick's Day with a traditional Irish lunch of Corned Beef and Cabbage! Yum!

### **Wednesday March 20 – first day of spring!**

The March wind roars like a lion in the sky, and makes us shiver as he passes by. When winds are soft and the days are warm and clear just like a gentle lamb, then spring is here.....*Anonymous*

***Save the date – Tuesday April 30, 2019 - For our Annual  
Volunteer Recognition Luncheon  
Theme to be announced soon!!***

***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! Let's hope we don't need this next month!!***

## **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 Thursdays in Bristol.

### **Volunteers Needed !!**

Learn more by calling Sandy at 536-6304.

## **MARCH 2019 BIRTHDAYS**



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

**Judy Wilson 3/3, Marge O'Brien 3/7, Judy Goss 3/8,  
Bill Sannella 3/13, Carolyn Mello 3/13, Elizabeth Meaney 3/18,  
Nancy Bodenstein 3/21, Lillian Lees 3/25.**

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.  
Liz Carlson, Cindy Defeo and Mary P. ....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.

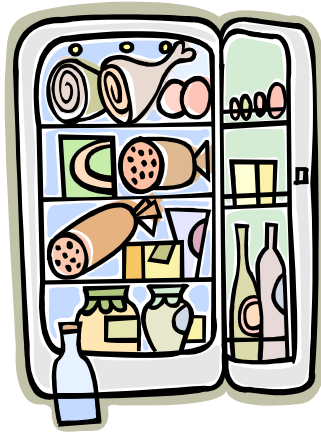
#### **FOOD FOR THOUGHT**

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

Delivered right here in Bristol

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

# MARCH 2019 ~ MENU



5<sup>th</sup>

**Hamburg Pot Pie  
Lettuce and Tomato Salad  
Rolls  
Dessert**

12<sup>th</sup>

**Chicken 'n' Gravy with Peas  
Mashed Potato - Corn  
Birthday Cake**

19<sup>th</sup>



## **St. Patrick's Day**



May the luck of the Irish  
Lead you to happiest heights  
And the highway you travel  
Be lined with Green lights.  
Wherever you go and whatever you do,  
May the luck of the Irish be there with you.

**Corned Beef and Cabbage  
Carrots - Potatoes  
Green Jell-O and Grapefruit**

26<sup>th</sup>

**Pot Roast  
Mashed Potato - Carrots  
Dessert**