

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

APRIL ~ 2019



Tuesday April 2 – CLASH DAY

Do you dare to Clash?

Next lunch on us for those who *dare!*

April 7 thru 13 – National Volunteer Week

**Please join us for a Celebration on Tuesday April 23 to thank
our wonderful volunteers for all they do!**

We LOVE our VOLUNTEERS!!!

Tuesday April 16 – Easter Dinner

Val is serving baked ham in raisin sauce. Yum!!

Monday April 22 – Earth Day

Earth Day Network is asking people to join our *Protect our Species* campaign.
Our goals are to:

- Educate and raise awareness about the accelerating rate of extinction of millions of species and the causes and consequences of this phenomenon.
- Achieve major policy victories that protect broad groups of species as well as individual species and their habitats.
- Build and activate a global movement that embraces nature and its values.
- Encourage individual actions such as adopting plant based diet and stopping pesticide and herbicide use

For more information go to <https://www.earthday.org>

Did you know.....?

Your local Senior Center is a program of Grafton County Senior Citizens Council (GCSCC). Contributions from donors like you make it possible for GCSCC to provide the programs and services essential for older adults living in communities throughout Grafton County. Only half of our budget comes from the State and Federal Government funds. The rest is from local communities and individuals who donate to GCSCC to support local Senior Centers. Please consider donating, either by mail (GCSCC, 10 Campbell St., Lebanon, NH 03766) or online (www.gcsc.org). Thank you for your generosity!

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.

APRIL 2019 BIRTHDAYS



Happy Birthday to You.....

**Michael Loft 4/1, Glen Cilley 4/1, Sheree Pelletier 4/4, Tony Marques 4/4,
Tony Bonanno 4/9, Virginia Saulnier 4/9, Rose Knight 4/14,
Linda Mancini 4/19, Robin Sherman 4/25.**

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

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

BLOOD PRESSURE TESTING

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

BINGO

2nd & 4th 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.

APRIL 2019 ~ MENU



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**Spaghetti and Meat Sauce
Salad – Garlic Bread
Dessert**

9th

**Chicken Pie
Potato – Mixed Vegetable
Birthday Cake**

16th



**Baked Ham with Raisin Sauce
Asparagus - Carrots - Potatoes**

23rd

VOLUNTEER RECOGNITION

**Festivities to begin at 11:30
Lunch will be served at 12:00**

30th

**Stuffed Pepper
Sweet Potato – Wax Beans
Dessert**