

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

June ~ 2019



THANK YOU FOR SUPPORTING STEP UP * STOP HUNGER

**Meals on Wheels Walkathon
!! IT WAS A GREAT SUCCESS !!**

Tuesday the 11th, in honor of Flag Day, if you incorporate a flag into your outfit you will get a “next meal on us” coupon.

We will also have a *Special Bingo* that day!!

!! Proud to be an American !!



Friday June 14 is Flag Day



**Happy
Fathers
Day! ★**

Sunday June 16 is Father's Day

Join us for lunch on Tuesday June 18 and enjoy
Val's Teriyaki Turkey Tenderloin! Yum!!!

Friday June 21 – Summer begins!!! Yeah!!!

Thought you might like to hear the Love Bucket replies from the Volunteer Recognition event:

We volunteer with meals on wheels because we enjoy meeting and greeting people that are familiar and it is a responsible job.

I started volunteering because I wanted to do something positive for my community. I have made lifelong friends and I was always smiling when I was delivering meals because it made me happy to see their smiling faces.

Love to be with other people and to help with anything I can. It always gives me a great feeling.

Love to do for others.

Love to see a smile on someone's face when you do something for them.

I love to volunteer as it is a way to serve people and give back and meet lots of new people.

To feel and bring Sunshine!

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.

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!

June 2019 BIRTHDAYS



Happy Birthday to You.....

**Ken Patten 6/6, David Powden 6/10, Besse Symington 6/14,
William Craig 6/22, Kent Richardson 6/22, Donna Nesteruk 6/22, Alicia
Warwick 6/24, Bob Patten 6/24, Joan Melanson 6/27, Martha Flanders 6/28.**
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.

June 2019 ~ MENU



4th

**Macaroni and Cheese
Kielbasa
Carrot Salad
Cookies**

11th

**Baked Crab Casserole or Chicken
Rice – Gravy - Salad
Dessert**

21st



**Teriyaki Turkey Tenderloin
Wild Rice - Vegetable
Chocolate Cake**

25th

**Meatloaf
Mashed Potato – Green Bean Casserole
Dessert**

