

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

September ~ 2019



**The Center will be closed Monday, September 2
for Labor Day.**

**The Center will be closed Friday, September 27
for our Annual Safety Meeting.**

There will be no bus service for those days.....Sorry!

**We want to thank Hannah from Nana for Chair Yoga.
It was great!! We hope you will be back!!!**

Sunday September 8 - Teagan's Poker Run Fundraiser

Registration 8 - 9 am at Plymouth Senior Center. Final stop by 3 pm at
Sunset Grill Restaurant in Campton.

There will be a BBQ at Sunset Grill for the participants.

Proceeds to benefit Plymouth Senior Center for repairs to their Walk In Freezer.

The Newfound bus will be running for the event.

Call for more information at PSC 536-1204.

Interested in Ukulele classes?

Brought to us by *Experience Art*,

Classes will be at the Plymouth Senior Center

on Tuesdays, September 3 – October 22 from 12:30 to 2:30.

No experience necessary and it's free!

Tuesday September 10

**Rebecca Herr will make a presentation on Fall Prevention
at 11:45 in the Dining Room.**

**Tuesday September 17 - Ice Cream Social
Yum!!**

**"We know that in September, we will wander through the warm winds of
summer's wreckage. We will welcome summer's ghost." — Henry Rollins**

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!

September 2019 Birthdays



Happy Birthday to You.....

Nicolina Fitzgerald 9/3, Samantha Cilley 9/10, Tom Sheerin 9/11, Cathy Gilpatric 9/13, Jaqueline Howes 9/13, Anesa Curry 9/17, Judy Peterson 9/18, Nancy Hannagan 9/18.

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
Scarlet Hicks...Cook Lee-Ann Forsyth...Kitchen Assistant
Joe Labelle, Michael Loft, Cathy Gilpatric - Kitchen & Dining Room Assist.
Liz Carlson, Cindy DeFeo and Heather Walker.....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

September 2019 ~ MENU



3rd

**Pulled Pork Sandwiches
Dessert**

10th

**Spaghetti w/ Marinara & Sausage Sauce
Vegetable - Dinner roll
Dessert**

17th

**Meatloaf Dinner
Vegetable - Mashed Potato – Gravy
Dessert**

24th

**Ham Dinner with all the Fixin's
Dessert**