

# 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 ~ 2020



### **Every Tuesday – Join us for Coffee Hour!**

Between 11 and 12 in the dining room, you will have an extended opportunity to socialize! Meet someone new! Bring a friend who might enjoy a tour of our Center and then have lunch with our fun group of people!

### **Tuesday March 3 we will be reviewing the Community Survey Results**

**Rebecca and Gail will be available for discussion at lunch**

### **Sunday March 8 Daylight savings time begins**

Don't forget to check your batteries!

### **Tuesday March 10**

**Rebecca Herr will present info on the Dash Diet and Hypertension**  
in the dining room before lunch



### **Tuesday March 17 - St. Patrick's Day**



Celebrate with us and the **Joyful Noise Ukulele Band!**  
Let your wardrobe reflect Hawaiian style or St. Pat's Day (or both ☺)  
and get your next lunch on us!

### **Thursday March 19 - First Day of Spring - YAY**

### **Tuesday March 31 – Census**

Brittany from Minot Sleeper Library will be here at 11 am

### ***Have you tried Chair Yoga yet?***

Starting Tuesday February 25

For the next 8 weeks.

Tuesdays at 1:00 pm and Fridays at 11:00 am

*Thanks so much Hannah and NANA!!*

## 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. Thank you for your generosity and to The Jack & Dorothy Byrne Foundation for their dollar- for- dollar match!*

## March 2020 Birthdays



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

**Ken Belyea 3/1, Judy Wilson 3/3, Margie O'Brien 3/7, Judith Goss 3/8, Bill Sannella 3/13,  
Carolyn Mello 3/13, Elizabeth Meaney 3/18, Nancy Bodenstern 3/21, Lillian Lees 3/25, Phyllis Robie 3/28**

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.  
WE NEED YOU ~ 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 Associate</b>
<b>Scarlet Hicks...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, Cindy DeFeo and Heather Walker.....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 meal 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 2020 ~ MENU



3<sup>rd</sup>

**Pizza and Salad**

10<sup>th</sup>

**Baked Chicken**

17<sup>th</sup>



**St. Patrick's Day**



May the luck of the Irish  
Lead you to the 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 Dinner**

24<sup>th</sup>

**Spaghetti Pie**

31<sup>st</sup>

**Baked Pork Chops**

Although GCSCC welcomes political candidates at our senior centers and permits them to conduct speaking engagements, doing so does not constitute an endorsement or recommendation by GCSCC. Any views and opinions shared are solely those of the speaker.