
May Newsletter 2019



Orford Area Senior Center

United Congregational Church Rt. 10

603-353-9107

Program Coordinator.....Lisa Minickiello

Cook.....Kathleen Sanborn

Outreach Workers.....Florence Thornton

603-787-2539



Please join us, it's a fun day!!

Meals on Wheels Walk-A-Thon

Saturday, May 18th

Horse Meadow Senior Center

Registration 9 AM~~ Walk Starts at 10 AM

BBQ @ 12:00. There will be entertainment and crafters.

Sponsor forms are available at each center.

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Spring is finally here! We've had the April showers and we're patiently waiting for May flowers. Let's all try to get outside and enjoy the fresh air, warm sunshine and maybe a walk...even if it's a small one. Let's all set at least one goal for ourselves.

"Be kind whenever possible. It is always possible." The Dalai Lama

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### Upcoming Events

**May 12**

Mother's Day

**May 18**

Step Up Walk-A-Thon

**May 27~Closed**

Memorial Day

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### HAPPY BIRTHDAY!

**Helen Marsh 5/27**

**Ken Liddiard 5/28**



For those 60 years and over we suggest a donation of \$3.00

For those under 60 the cost is \$8.75. Thank You.



**Tuesday, May 7th**    **Chicken, Potato, Carrots,  
Salad, Pudding**  
**Music: "Galen Mudgett"**  
**Foot Clinic \$15 please bring a small towel**

**Tuesday, May 14th**    **Mother's Day Celebration**  
**Lasagna, Broccoli, Salad**  
**Faye's Moon Cake**  
**Music: "Dan Frehofer"**

**Tuesday, May 21st**    **Turkey with all the "fixins"**  
**Pumpkin Dump Cake**  
**Music: "No Strings Attached"**

**Tuesday, May 28**    **Memorial Day Celebration**  
**Hot Dogs, Baked Beans, Potato Salad,  
Salad, Cake**  
**Bingo 11:00**

All meals are served with bread, butter, coffee, tea and milk.

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 state and federal government funds. The rest is from local communities and individuals who donate to GCSCC to support local senior center. Please consider donating, either by mail (GCSCC, 10 Campbell St., Lebanon, NH 03766) or online