Claremont Senior Times

Official Publication of the Claremont Senior Center, Inc.
5 Acer Heights Rd. ~ Claremont, NH 03743 ~ Tel. (603)543-5998
E-mail: seniorctr5@comcast.net Website: cnhcs.org
Hours of Operation
Monday - Friday 9:00 AM - 3:00 PM

Board of Directors

Chairman	Tom Liveston	542-5725	Kenneth Lewis	542-7224
Co-Chairman	June Silva	504-6535	Faith Labelle	542-6004
Treasurer	Larry Johnson	562-0305	Arthur Fines	558-5104
Secretary	Marilyn Gilbert	542-5798	Debbie Bedard	558-3710

Executive Director & Newsletter Editor Claire Lessard 543-3617

Volume 17 ~ Issue 4 April 2017

Mission Statement

The Claremont Senior Center, Inc. is a non-profit organization registered in New Hampshire, to benefit senior citizens in Claremont and the surrounding area. This organization enhances networking and provides educational, health, nutritional, artistic, social and recreational opportunities and resources.

"VENDORS EXPO"

**Come explore the worlds of Avon,
Tupperware, Sentsy, Mary Kay, Tempo Wireless,
Pampered Chef Juice Plus, Arbonne,
Princess House, Dove and other surprises!**

**Saturday
April 1, 2017
9:00 AM - 2:00 PM
Lunch 11:30 AM - 1:30 PM**

April (Mon. - Fri.)

Sunday
1:00 PM "Sunday at the Center"

Monday
10:00 AM Chair Yoga
1:00 PM Adult Coloring

Tuesday
10:00 AM Exercise
11:45 AM Lunch
6:00 PM Game Night

Wednesday
8:30 AM Foot Clinic (5) (12) (19)
10:00 AM Ping Pong
1:00 PM Senior Bingo (55 & older)

Thursday
10:00 AM Exercise
10:30 AM Free Blood Pressure Clinic (6)
11:00 AM Free Blood Pressure Clinic (20)
12:30 AM Health Informational Series (20)
11:45 AM Lunch
1:00 PM Bridge

Friday
10:00 AM Ping Pong
1:00 PM Mahjongg
12:00 PM Knitters

Pool … Mon. - Fri. (9:00 AM - 3:00 PM)

FOOT CLINICS
April 5, 12, 19, 2017 (8:00 AM - 3:00 PM)
There is a charge ($25)
Appointments needed … Call (603) 526-4077
Sponsored by
Lake Sunapee Region VNA & Hospice

Free Clinics sponsored by
Lake Sunapee Region VNA & Hospice

Blood Pressure Clinic
Blood Sugar Clinic (by request only)
Call (603) 526-4077
Thursday - April 20, 2017
11:00 AM ~ 12 Noon

****

Health Informational Series
12:30 - 1:30 PM
Topic: "Cereal Smarts - How to Pick A Winner & 5 Little Habits That Can Do Big Damage To Your Teeth".

Free Blood Pressure Clinic, Glucose and "Ask-A-Nurse" Screenings
Thursday–April 6, 2017 (10:30 AM–12 (Noon)
sponsored by the
Lake Sunapee Region VNA & Hospice
More info: (603) 526-4077

Café Claremont ~ April Menu

Tues. (4)	**Monthly Meeting** Chicken Divan, vegetable, dessert.
Thurs. (6)	Sloppy Joes, vegetable, dessert.
Tues. (11)	Meatloaf, potatoes, vegetable, dessert.
Thurs. (13)	Ham, baked sweet potatoes, vegetable, dessert.
Tues. (18)	Chicken & biscuits, vegetable, dessert.
Thurs.(20)	**Birthday Celebration** Homemade baked beans, hot dogs, cole slaw, dessert.
Tues. (25)	Spaghetti with meat sauce, vegetable, desert.
Thurs. (27)	Sweet & sour pork, rice vegetable, dessert.

Reminder… we have a "Free Lunch" drawing at our Tuesday and Thursday luncheons!

Recipe of the Month

Baked Macaroni & Cheese

4 cups uncooked macaroni 5 cups milk
5 tbsp. butter 1/3 cup flour
2 rounded tsp. salt 2 rounded tsp. dry mustard
10 oz. sharp Cheddar cheese (cut in pieces)
10 oz. extra sharp white cheese (cut in pieces)

Bring large pot of salted water to a boil. Slowly add macaroni. Boil 10 minutes, stirring occasionally. Drain. Place macaroni in buttered 4-quart blass baking dish.

While macaroni is boiling, melt butter in another saucepan. Remove pan from heat. Blend in flour, salt, mustard. Return to heat and gradually add milk, stirring constantly until sauce thickens and is smooth. Bring to a boil. Carefully add cheese pieces to boiling milk mixture, stirring until all cheese is melted. Pour cheese mixture over cooked macaroni. Mix evenly. Bake at 350 degrees for 45 minutes or until golden brown and bubbly.

Seniors Game Night

Every Tuesday (6:00 - 9:00 PM) for members. Non-members are welcome but must sign in. Three visits are allowed before membership is required. Mahjongg, Hand & Foot card game and Pool are popular but other games are available. Attendees should bring a snack to share!

"Sunday at the Center"

For members and bona fide guests! Center is open 1:00 - 4:00 PM. Watch television, play Pool, (Hand & Foot card game a favorite), other games, Ping Pong, Mahjongg (instructions given) or just socialize. Bring a snack to share and bring your own beverage.

Seniors Bingo

(for center members 55 years of age and older) every Wednesday at 1:00 PM. Come early, have lunch! Sale of cards stops at 12:50 PM. No cards sold after that time!

BINGO

Every Thursday night
sponsored by
Croydon Ladies Auxiliary

Doors open at 4:30 PM / Games start at 6:30 PM.
Open to the public, however you must be18
and older per NH State Gaming Laws!

"Memorial Bricks"

$100 per brick!

In Memory of Deceased or
In Honor of Living
Family Members and Friends!
Come see our "Brick Wall."

"Vendors / Crafters " Corner

Open to any Vendor / Crafter
on Tuesday and Thursday 10:00 AM - 1:00 PM

Rent one 8' table for $15.00 (in entrance lounge).
Only 1 vendor/crafter per date. Pay at registration!

(Crafter) Sharon Oszajca (cards for all occasions)
Tuesday - April 4

(Vendor) Julie Richardson
Julie's ICare … Thursday - April 13
More info, call (603) 543-3216

Business Card Ad

Any business that would like to put a Business Card size ad in our monthly newsletter is welcome! Cost is $200.00 per year (12 inserts).

"Tabs for Taylor"

We are still collecting tabs. These aluminum can tabs go to the center for kidney dialysis at the Shriners Hospital IN Springfield, MA.

Adult Coloring

Come join the fun! Open to the public every Monday (1:00 - 3:00 PM). Grab your crayons, colored pencils, markers and come on over to the center. Some supplies provided. Bring your personal coloring book to share your finished pages. Center members free. Non-members $1.00.

CHAIR YOGA . . .

Arthritis? Researchers from the Journal of American Geriatics Society state that arthritis suffers who do Chair Yoga find relief from pain and fatigue. Exercises are performed while seated and holding a chair for support. Join in every Monday at 10AM for Chair Yoga thoughtfully guided by Charlene Robalard. Cost $5 for an hour of stressless exercise!

RENTALS

We have several types …weddings, hourly, one-day, funeral receptions, showers, birthday parties and board room (8 person capacity). 1st come, 1st served!!!

Happy April Birthdays!

Birthstone . . . Diamond
Flower . . . . . .Sweet Pea

Mary Ann Bailey
Robert Belaire
Carol Bishop
Larry Bodeur
Lynn Davidson
Donat Gagne
Phyllis Hewes
Constance Lawry
Lorraine Potvin
Betty Showmaker
Barbara Tenney
Jeanne Thompson
Patricia Walter
Roy Winot
Debbie Bedard
Henry Belanger
Raymond Brodeur
David Carver
George Edson
Harvey Gilbert
Henry LaPointe
Jim McCubbin
Brenda Ranney
Patricia Simpson
Jeanne Thibault
Lucille Viens
Ronald Whittemore

March Birthdays

Norman Lessard, Dennis Francis
Dennis Fontaine, Susan Pare
Harvey Cheater

Gift Certificates . . .

Give someone a great gift for a birthday, anniversary, any celebration or occasion with a $5.00 gift certificate for a Tuesday or Thursday lunch at the center. Membership certificates also available for $20.00.

Free Beginners Bridge Course

Free 7 week course introducing players to the card game of bridge taught on Thursdays starting April 27 (1:00-3:00 PM). Course will conclude on June 8. Instructor Alan Grigsby will begin by describing the deck of cards, explain Standard American Bidding and teach effective card playing techniques. Register at the center or for more info call Mr. Grigsby (603) 542-2031.

Monthly Meeting

See you all on April 4, 2017
12:45 PM in the Mozden Room

Come for lunch...stay for the meeting!

If you attend...you might be the lucky winner who wins a free lunch! The March "Free Lunch" winner was Claire Lessard

Rabies Clinic (for dogs / cats)

Sponsored by
Sullivan County Humane Society
Mozden Room at the center
Saturday - April 22
(8:00 AM - 12 Noon)
Please use entrance (left of the building)

TRAVEL . . .

New trips for 2017

Tall Ships - June 21, 2017

If interested, a $25 / $50 deposit required...sooner rather than later. This is necessary to be able to go on this trip as Best of Times has only 1/2 a bus to fill. Cost: $107 pp.

Adam Trent (Magician Reinvented
April 19, 2017
Lantana's in Randolph, MA

Star of the Broadway hi show-The Illusionists and the #1 selling magic show in the world.
$107 pp includes transportation, driver gratuity, lunch, show, tax & meal gratuity.

Bobby Darling
August 15, 201
Twin Lobsters Lobsterbake
HuKeLau - Chicopee, MA

$101 pp includes transportation, driver gratuity, lunch, show, tax & meal gratuity.

Come on over to the center
and take a look at more trip flyers!
More info, call Debbie Bedard, Travel Coordinator at

April

9	Palm Sunday	10	Passover begins
11	Passover	14	Good Friday
16	Easter	22	Earth Day
24	Holocaust Remembrance Day		
26	Administrative Professionals Day		

Thank You!

The Board of Directors and members of the center wish to gratefully convey their deep appreciation and recognition of Carol St. Pierre's many years of service providing meals at the center. Carol retired several weeks ago! The meals program certainly would not have flourished if not for her effort and dedication. We hope to see her often as she continues her catering service.

Senior Men's Breakfast

(for men only) April 17, 2017

Come join in a morning of socializing,
kibitzing or telling tall tales of the past.
Menu: Pancakes, sausage or bacon, juice and coffee.

Members $2.00 Non-member guests $3.00
Meet at 8:00AM Serving at 8:15 AM Speaker at 8:45 AM

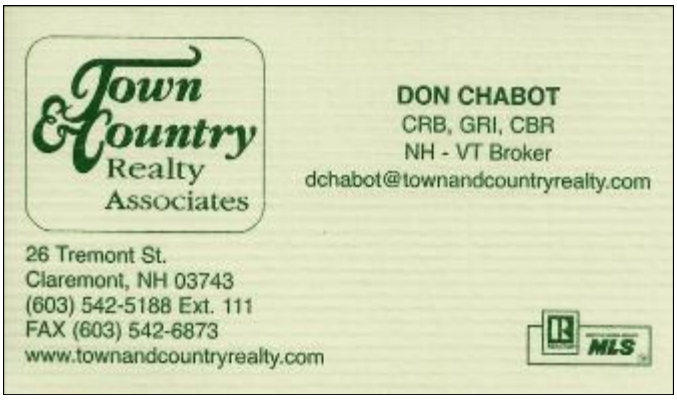
Steppin' UP To End Violence
11th Annual 5K
Walk & Fun Run
Benefit Turning Points Network
Saturday - May 6, 2017
Rally 9:45 AM
Walk at 10:00 AM
Starting at
Claremont Middle School
More info: (603) 543-0155

April is National Volunteer Month

Celebrating the work
that volunteers do year round!

National Volunteer Week is April 10-16

Due to other events and activities we were not able to celebrate our volunteers in April but we will on
Sunday - May 21, 2017
Volunteers who have 'signed in" will be getting a "Special Invitation".
More details will follow in the invitations!

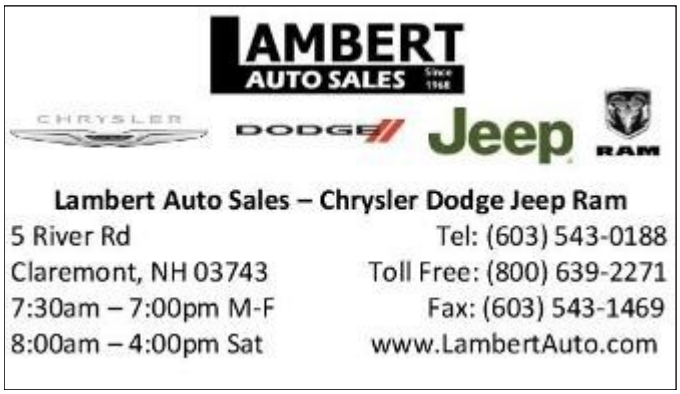


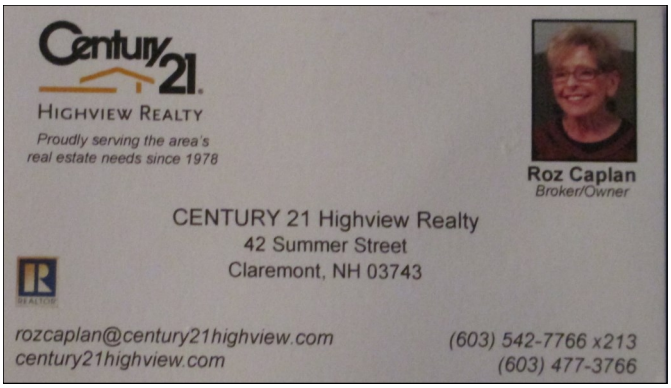
Frances J. Tolles Home Complex

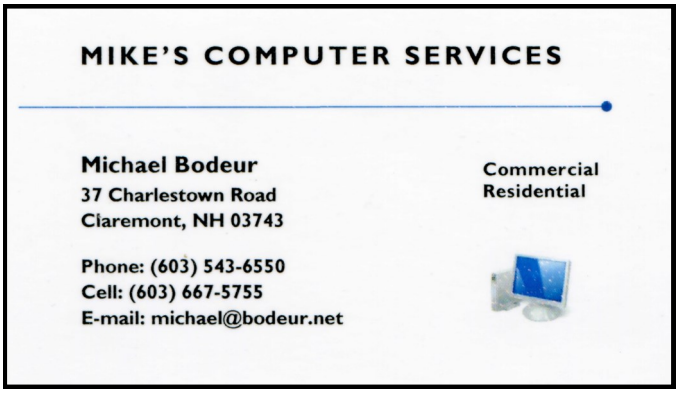
Private rooms with meals for Elderly Women

Apartments for Elderly Men and Women

44 Sullivan St.
Claremont, NH 03743
(603) 542-3070







Business Card Ads

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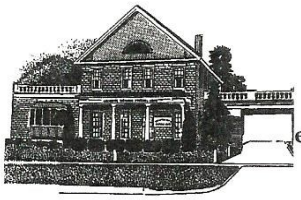
Cost is $200.00 per year (12 inserts)



603-543-3146

Fax- 603-542-9223

email: memorials@stringerfh.com

Stringer Funeral Homes, Inc. & Crematorium

GENERAL AUTO SALVAGE

LATE MODEL AUTO & TRUCK PARTS

Local: 603-542-9595
New England: 800-782-6565
Nationwide: 800-562-3845
Fax: 603-542-2978

239 Old Newport Road
P O Box 1100
Claremont NH 03743-1100

Website: www.generalautosalvage.com
Email: sales@generalautosalvage.com

Silver Maples Residential Care

Kristen Lidbeck

Administrator
5 Winter Street
Claremont,
NH, 03743

Ph: 603-543-3628
Fax: 603-543-3608
Silvermaplesnh@gmail.com
www.silvermapleshome.com

Valley Regional Hospital

243 Elm Street
Claremont, NH 03743

(603) 542-7771 ▪ VRH.org

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Sugar River Pharmacy, LLC

46 John Stark Highway
Newport, NH 03773

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Fax: (603) 863-4533

Mon-Fri 8:30 am – 6:30 pm
Sat 9 am – 4 pm

Chad Beane, RPh Tom Wilmot, RPh

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*2016 CMS Hospital Compare Survey

Valley Regional Healthcare

Integrity | Excellence | Accountability | Compassion

Summercrest

A Senior Living Community

LEIGH E. STOCKER
Director of Marketing

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(603) 863-8181 • Direct (603) 863-9674 • Fax: 863-7418
lstocker@summercrest.net • www.summercrest.net

CLAREMONT SENIOR CENTER INC
5 ACER HEIGHTS RD
CLAREMONT NH 03743

RETURN SERVICE REQUESTED

Claremont Senior Center, Inc.

"The Place
Where
You Want To Be!"