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

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Volume 17 ~ Issue 5 May 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,

VOLUNTEER DINNER
Celebrating the work
that volunteers do year round!

Sunday - May 21, 2017 - 2:00 PM
Barbeque Dinner
Volunteers who have 'signed in" will be getting a
"Special Invitation"

May (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 (3) (10) (17)
10:00 AM Ping Pong
1:00 PM Senior Bingo (55 & older)

Thursday
10:00 AM Exercise
10:30 AM Free Blood Pressure Clinic (2)
11:00 AM Free Blood Pressure Clinic (18)
12:30 AM Health Informational Series (18)
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
May 3, 10, 17, 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 - May 18, 2017
11:00 AM ~ 12 Noon
****
Health Informational Series
12:30 - 1:30 PM
Topic: "Surprising Castor Oil Cures & New Memory Booster"

Free Blood Pressure Clinic, Glucose and "Ask-A-Nurse" Screenings
Thursday– May 2, 2017 (10:30 AM–12 (Noon)
sponsored by the
Lake Sunapee Region VNA & Hospice
More info: (603) 526-4077

Café Claremont ~ May Menu

Tues. (2) **Monthly Meeting**
Mac & cheese, ham, vegetable dessert.

Thurs. (4) Chicken & gravy, peas & carrots, mashed potatoes, dessert.

Tues. (9) Salisbury steak, potatoes, vegetable, dessert.

Thurs. (11) Pot roast, potatoes, vegetable, dessert.

Tues. (16) American chop suey, vegetable, dessert.

Birthday Celebration
Thurs.(18) Baked haddock, potatoes, vegetable, birthday cake.

Tues. (23) Salad, barbecued chicken, potatoes, vegetable, dessert.

Thurs. (25) Chef's salad, dinner rolls, dessert.

Tues. (30) Open roast beef sandwich, gravy, potatoes, vegetable, dessert.

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

Recipe of the Month

Date and Nut Bread

1 cup boiling water
1 1/2 cups pitted dates (cut fine with scissors)
1 tsp. soda
1 egg
3/4 cup sugar
1 tsp. vanilla
1/2 tsp. salt (scant)
2 cups sifted flour
3/4 cup chopped nuts

Pour boiling water over dates. Add soda and let mixture cool. In separate bowl, beat egg, add sugar and mix well. Stir in date mixture and remaining ingredients, mix well. Bake in loaf pan, greased or lined with wax paper for 1 hour or more at 350 degrees. Ice with plain frosting if desired.

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."

RENTALS

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

"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)
Thursday - May 4

(Vendor) Julie Richardson
Julie's ICare … Thursday - May 11
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!

Free Seminar...Open to Public

Sponsored by Beasley & Ferber
(The Elder & Disability Law Firm)
Presenter: Attorney Edward Beasley
Wednesday - May 31 - in the Mozden Room
2:00 - 4:00 PM or 6:00 - 8:00 PM
To register, call 1-800-370-5010

Happy May Birthdays!

Birthstone . . . Emerald
Flower . . . . . .Lily of the Valley

Lorraine Boggis
Douglas Craigue
Charles Fletcher
Cheryl Gagne
Joseph Helie
John Hurley
Robert Kroupa
Benoit Laliberte
Sally Leblanc
Norman MacLeay
Hazel Montano
Beverly O'Brien
Kathleen Perron
Bonnie Sanford
Kenneth Simoneau
Judy Wells
John Boynton
Joan Dumont
Sr. Louise Foisy
Gianna Gregorutti
Wayne Howe
Dorothy Kasaras
Shirley LaClair
Donald LaPointe
Oliver Leonard
Wanda Mardanes
Angelo Nestor
Claude Perron
Judy Rostallis
Sandra Santow
Edith Therrien

April Birthdays

Harvey Gilbert, Donat Gagne
Debbie Bedard, Henry Belanger

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.

May

2 National Teacher Day
6 National Nurses Day
14 Mothers Day
20 Armed Forces Day
29 Memorial Day

TRAVEL . . .

New trips for 2017

<u>Adam Trent (Magician Reinvented</u>
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.

<u>Bobby Darling</u>
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 (603) 558-3710

Monthly Meeting

See you all on May 2, 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 April "Free Lunch" winner was Moe St. Pierre

Senior Men's Breakfast

(for men only) May 22, 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
Call 543-5998 or
come to the center to sign up!

To Our Volunteers

V is for the very special people that you are

O is for the overwhelming support and compassion
you offer others during their time of need

L is for the little things you do that make such
a difference in someone's life

U is for the unspoken words that sometimes mean just as much

N is for the need you fill when others aren't able

T is for the time you give of yourselves
on top of your own busy schedules

E is for the emotional support you continually give

E is also for the endless energy you all seem to possess

R is for the responsibility you have taken on
and never once complained

S is for the smiles you bring by just being you!

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See you all at our VOLUNTEER DINNER

Barbeque Dinner - Sunday - May 21, 2017 - 2:00 PM
Volunteers who have 'signed in" will be getting a
"Special Invitation"

May is
"Older Americans Month"
Aging today, is about eliminating outdated perceptions
and living the way that suits you best!
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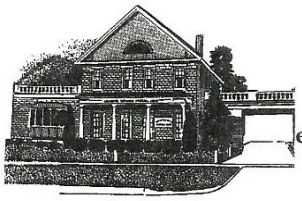
Any business that would like to put a business card size ad in our monthly newsletter is welcome!
Cost is $200.00 per year (12 inserts)



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Where
You Want To Be!"