



## 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](mailto:seniorctr5@comcast.net) Website: [cnhes.org](http://cnhes.org)

Hours of Operation

Monday - Friday 9:00 AM - 3:00 PM

### Board of Directors

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**Executive Director & Newsletter Editor** Claire Lessard 543-3617

**Volume 18 ~ Issue 1 January 2018**

### 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.

Mark your 2018 calendar  
with this important info . . .

AARP Tax Aide will be at the center  
from February 2 to April 13, 2018.  
Call the center for an appointment  
(603) 543-5998

## January (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 (4)  
11:00 AM Free Blood Pressure Clinic (18)  
11:45 AM Lunch

### Friday

10:00 AM Ping Pong  
1:00 PM Mahjongg  
12:00 PM Knitters  
Pool ... Mon. - Fri. ( 9:00 AM - 3:00 PM )

## CLINICS

Sponsored by

Lake Sunapee Region VNA & Hospice

Foot Clinics

January 3, 10, 17, 2018

8:30 AM - 4:00 PM

There is a charge (\$25)

Appointments needed ... call (603) 526-4077

\*\*\*\*\*

Blood Pressure Clinics

Thursday - January 4, 2018 (10:30 - 12 noon)  
and

Thursday - January 18, 2018 (11:00 AM-12 noon)

Clinics held in Mozden Room

\*\*\*\*\*

## January 2018

- 1 New Year's Day
- 7 Orthodox Christmas
- 14 Orthodox New Year's Day
- 15 Martin Luther King, Jr. Day

## January Menu

Tues. 2 Soup, Salisbury steak, egg noodles, gravy, vegetable, dessert..

Thurs. 4 Soup, macaroni & cheese, ham, stewed tomatoes, dessert.

Tues. 9 Soup, baked beans, hot dogs, cole slaw, dessert.

Thurs. 11 Soup, baked cod, potatoes, vegetable, dessert

Tues. 16 Soup, chicken, gravy, vegetables over biscuits, dessert.

Thurs. 18 **Birthday Celebration**  
Soup, meatloaf potatoes, vegetable, birthday cake!

Tues. 23 Soup, stuffed peppers, stewed tomatoes, dessert.

Thurs. 25 Soup, open face turkey sandwich, gravy, vegetable, dessert,

Tues. 30 Soup, pulled pork sandwich, cole slaw, potato salad, dessert.

**Reminder... we have a  
"Free Dinner" drawing  
at our Tuesday and Thursday dinners!**

## Recipe of the Month

### Meatball Stew

1 lb. lean ground beef      1 cup thinly sliced carrots  
1/4 cup fine dry bread crumbs      1 tbsp. sugar  
1/4 cup chopped onion      1/8 tsp. basil leaves or  
parsley flakes

1 egg  
1 tsp. salt      1 lb. small potatoes  
(approx. 4 - cut up)

2 tbsp. oil  
2 cups tomato sauce      2 tbsp. flour  
Mix first 5 ingredients well and shape into 16 meatballs.  
Brown in oil in skillet; pour off fat. Add 1 1/2 cups tomato sauce along with next 3 ingredients. Cove and cook over low heat 15 minutes, stirring occasionally.  
Add potatoes and cook 5 minutes longer or until potatoes are tender. Blend remaining tomato sauce into flour until smooth. Slowly stir this into the sauce and cook, stirring, until thickened. Serves 6..

## 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 be 18  
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 ca-  
pacity). 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!

**Vendor ... Julie Richardson**

**Julie's ICare ... Thurs. - Jan. 11, 2018**

**More info, call her at (603) 543-3216**

## Aluminum Can Tabs

We are still collecting tabs.

## 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).

## 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 Geriatrics 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 thought-  
fully guided by Charlene Robalard. Cost \$5 for  
an hour of stressless exercise!

## Senior Men's Breakfast

(for men only) 2018 Schedule

**Jan. 22...Feb. 12...March 19...April 16...May 21**

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!

## ***Happy January Birthdays!***

***Birthstone ....Garnet***

***Flower .....Carnation***

Rita Bergeron	Alice Blais
Evangeline Breault	Raymond Chiasson
Donna Cornett	Katherine Descoteau
Kennett Domey	Joe Durphey
Debbie Fletcher	Bob Haselton
Dorene Haslam	Penny Hull
Gloria Johnson	Lawrence Johnson
David Lacasse	Lucille Matteau
Jacqueline Ouellette	Phyllis Pavlik
Stephen Pluta	Gisele Polleys
Elizabeth Ryan	Claire Stapleton
Robert Stringer	John Wolfe

## **TRAVEL . . .**

**New trips for 2018  
will be available soon!**

**More info, call Debbie Bedard,  
Travel Coordinator at (603) 558-3710**

## **Monthly Meeting**

**See you all on January 9, 2018  
12:30 PM in the Mozden Room**

Come for dinner...stay for the meeting!

If you attend...you might be the  
lucky winner of a free dinner!

The December free dinner winner was  
Denise Liveston.

## **December Birthdays**



**Merle Boardman, Lucy Fontaine, Sandi Rivette**

## **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.

## **3 Healthy Foods for Older Adults**

**Blue Berries** can improve your memory and are low in calories and higher in fiber.

**Mushrooms** are excellent for keeping your immune system healthy and protecting against flu and salmonella.

**Salmon** is rich in omega-3 fatty acids and is heart-healthy. Other fish in this category include tuna, sardines and mackerel. Canned salmon and sardines may be more affordable and are find...just watch for

**Annual Bridal Show  
is coming on  
Sunday - January 28, 2018.  
In the near future,  
look for more info  
in local newspapers!**

## A Reminder!

### 10 Ways Malnutrition Can Impact Your Health

*From National Council on Aging*

Good nutrition is vital at every stage of life, but as you age, staying well-nourished is even more important.

#### **Muscles & Bones**

Your body naturally loses muscle and bone as you age...however, malnutrition can accelerate these losses and impact your independence and ability to be active.

1. **Mobility** Weak muscles and bones make it harder to do everyday tasks, like walking, dressing and bathing.
2. **Posture** Muscles and bones are needed to help keep you upright. If they are weak, you may strain your neck, back and shoulder muscles, causing you to feel pain.
3. **Strength** Poor muscle strength may make it more difficult to do your favorite active ties.
4. **Falls** Muscle and bone problems are major risk factors for falls.

**Immune System and Healing** When your body lacks nutrition, your whole blood cell count can decrease, making it harder for your body to heal and fight illness.

5. **Healing** Your body's nutrition influences recovery from injury since wounds need energy, protein, vitamins and minerals to heal.
6. **Cancer** If you are malnourished, it is more difficult to tolerate chemotherapy.
7. **Illness** A poor immune system can increase your risk for illness and infection.
8. **Organs** Not having enough protein and other nutrients can harm your organs.
9. **Eyes** Vitamin and mineral deficiencies can accelerate vision loss caused by glaucoma, cataracts, and or macular degeneration.
10. **Brain** Nutrient deficiencies may speed up the rate at which your brain loses neurons, which can impair mental function.
11. **Kidneys** A lack of fluids and electrolytes can cause your kidneys to overwork, which can affect their ability to function.

### 5 Steps to Prevent Malnutrition

1. Understand what malnutrition is and isn't. Learn the facts and warning signs at [ncoa.org/Nutrition Tools](http://ncoa.org/NutritionTools).
2. Make smart food choices. Get tips to build a healthy plate at [ncoa.org/EatWell](http://ncoa.org/EatWell).
3. Try an oral nutritional supplement. It can provide you with balanced nutrition. Check with your health care provider.
4. Take care of your teeth. A healthy mouth makes it easier to eat.
5. Consult your healthcare provider if you have unplanned weight loss, a poor appetite, or other problems that affect eating.



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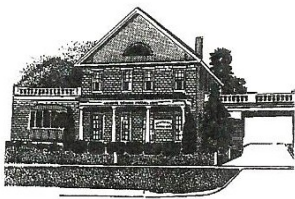
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