



Suncook Senior Center Newsletter

Your Resource for Healthy Aging



All are Welcome

Monday, May 6, at 10:00am:

Cinco de Mayo Bingo - We will have a little celebration. If you own a sombrero or any other fun hat you are welcome to wear it.

Thursday, May 9, at 12:00 PM:

Birthday Luncheon - We celebrate all the birthdays for the month of April on this day. There is a new rule in place you need to eat at the center two times during the year in order to qualify for the free lunch.

Monday, May 13, at 10:00AM:

Mobile Hearing Clinic - At Home Hearing Healthcare is a mobile hearing clinic with over 38 years' experience. They provide complementary hearing clinics. At the clinics, our Board Certified Hearing Instrument Specialists service all makes of hearing aids (regardless of where they were purchased), clean ears, and conduct initial screenings. If a client would like a comprehensive diagnostic hearing test, our trained Patient Care Coordinators will schedule an appointment. These follow up appointments are offered in one of our clinics or in the comfort and security of their own home, based on their preference and needs.

Monday, May 13 at 12:00 PM:

Mother's Day Luncheon - Come on in and celebrate Mom's.

Arts and Crafts Every Wednesday at 10:00 AM

May 1: *Bottlecap Art*

May 8: *Bird Feeders*

May 15: *Windchimes*

May 22: *Come and Make or Take and Make*

May 29: *Summertime Welcome Sign*

Thursday May 16, After Bingo:

Food Raffle - This is a monthly fundraiser the center has to help purchase items for the special programs the center sponsors. Bring in some food for people to raffle off and take home.

Friday May 17, at 9am-1pm:

Sew it up!- We are starting a new sewing club. Here's an opportunity to begin or finish your sewing project, learn a new technique or participate in a sew-a-long. Bring your sewing machine, your sewing project and your enthusiasm. Meet new sewing friends and share ideas. From experienced sewists to beginners, all are welcome. Space is limited to 15.

Parfaits will be available Wednesday, May 15 and 29

The Senior Center is Closed Monday, May 27, In recognition of Memorial Day.



2024

1-603-485-4254

Located at the
Allenstown
Community Center
Boys and Girls Club

8 Whitten Street
Allenstown, NH
Senior Parking is
located on Reynolds
St.

Carol Schiferle,
Manager
cschiferle@capbm.org

Serving the
communities of:

Allenstown
Hooksett
Pembroke
Epsom

But all are welcome!

Hours

Monday-Thursday:

8:00am-2:00pm

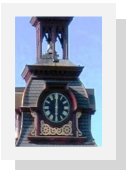
Friday:

8:00am-1:00pm

Merrimack County
ServiceLink: The first
number to call for
senior services:

1-603-228-6625 or

1- 866-634 -9412



Congregate Dining

Every Monday, Wednesday, & Thursday at 12:00 pm

Birthday Celebration 2nd Thursday of the month starting at noon

Please reserve your meal 1 week in advance
Sign up at the center or call 1-603-485-4254

Takeout Option!!!!

We are still offering frozen meal options at the center in takeout form

You can receive 5 frozen meals or more.
A \$15 donation is suggested for each pick up.
For more information or to sign up please call 1-603-485-4254

Granite VNA Health Clinic

8:30am-2:00pm Second Wednesday of the month. Call 1-603-224-4093 ext 5815 for an appointment.

Services offered include:

- Foot Care
- Blood Pressure Screening
- Medication Education
- Nutritional Education

COMMUNITY & CAPBMCI RESOURCE CENTER

New Hampshire Legal Advice – NH residents over the age of 60, free of charge. **1-603-624-6000.**

Service Link – This is your connection to information and support services for seniors. **1-603-228-6625.**

Commodity Supplemental Food – Are you looking for healthy foods? CSFP provides free nutritious foods such as cereal, cheese, fruits, vegetables, pasta and juice for low-income seniors aged 60 and older. **1-603-225-2050.**

Meals-on-Wheels delivers a meal to homebound seniors and individuals with disabilities Monday thru Friday. **1-603-485-4254**

CAPBMCI Volunteer Driver Program – For 60 years and above, or living with a disability, you qualify for rides through the Volunteer Driver Program! Rides are available Monday thru Friday 5:00am to 6:00pm. **1-603-225-1989** email dispatch@bm-cap.org.

Senior Companion Program: Senior Companions visit frail seniors or adults with disabilities in the community & receive a stipend plus other benefits. To learn more, call 1-800-856-5525 or 603-225-3295.

Help with your Heating and Electric Costs!

The Fuel Assistance Program will help pay your winter heating bills and the Electric Assistance Program can provide a discount on your electric bill if eligible. You may contact them by phone 603-223-0043 or email at fuellassistance@capbm.org. Please call the Area Center nearest you for more information or to make an appointment to apply.

Concord Area Center – 1-603-225-6880

Suncook Area Center – 1-603-485-7824

Activities Currently At Suncook Senior Center

MONDAY

8:45-9:45am: Bone Builders Great program, taught by seniors, which helps to build bone strength. Donations accepted. For more information call Nancy 1-603-485-9181

10:00am-12:00pm: Bingo Join the fun

12:30-2:00pm Klunk

Please come and join the fun!

TUESDAY

9:00-10:00am: Chair Yoga \$5.00

10:15-12:00pm: Cribbage Club Join the fun!

WEDNESDAY

8:45-9:45am: Bone Builders Great program, taught by seniors, which helps to build bone strength. Donations accepted. For more information call Nancy 1-603-485-9181

10:00am-12:00pm: Art and Crafts See the front page to see what the craft is.

12:30-2:00pm Klunk

Please come and join the fun!

THURSDAY

10:00am– 12:00pm: Bingo

12:30-2:00pm: Klunk

Please come and join the fun!

In Recognition of Memorial Day

Memorial Day has come to mean the beginning of summer, a time for picnics and barbecues, and a holiday to gather around the family. That happiness and freedom, however, is a product of the real cause for the holiday: the sacrifice made by men and women who have fought and died for the freedoms and liberties Americans hold dear. Memorial Day is a time to remember that the American way of life is not cheap but rather has been purchased by the lives and blood of so many who have sacrificed for us to live free and happily now.



**The Suncook and Pittsfield Seniors
with Royal Tours presents
*The Charles Riverboat Company
*Lunch at The Venezia Waterfront
Tuesday, July 16, 2024
\$127.00 per person**



Today you will be traveling to Boston, MA home to the Charles Riverboat Company where you will have a boat ride. Enjoy a 70-minute, fully-narrated sightseeing cruise along the Charles River. Your captain and crew will both entertain and educate while pointing out the historic and cultural sights of Boston and Cambridge. Sights include Beacon Hill, Esplanade Park, the Back Bay, Boston University, M.I.T., Harvard and countless sailboats and rowers!

Lunch today will be at the Venezia, located right on the waterfront. The Venezia Waterfront Restaurant offers incredible views, food, and service! See full menu below.

MENU

Bread or rolls
Garden Salad
Choice of Boston Baked Haddock
Topped with Seasoned Crumbs OR
Chicken Parmigiana with Home-
made Pasta
Coffee or Tea
Berry Shortcake
Coffee & Tea

A great way to spend the day! Includes: Transportation, boat ride, lunch, driver's gratuity, dining room taxes and gratuities.

All reservations for this trip must be made by contacting Nancy Despres at 603-485-9181 or by signing up at the Suncook Senior Center.

Departure from the Suncook Senior Center, 8 Whitten Street, (lower level on Reynolds Ave.) Suncook at 9:00 a.m. Home approximately 4:30 p.m.

*As with all tours, safety is first. A boat ride is determined to go or not go by the Boat Company. There may be times due to unforeseen circumstances or weather, that the boat ride is cancelled. In that case, we will try to provide a substitute activity.

*Please advise Nancy if you need a front or near to the front seat due to a walker or cane, or if you have walking difficulties at time of sign up.

Elder Services -Community Action Program, Belknap Merrimack Counties, Inc.
Suzanne Demers, Director, Heather O'brien, Operations Manager

Consider donating a tax deductible contribution to the Meals on Wheels Program in tribute to someone special, or to celebrate a special occasion.

Name: _____

In Memory/Honor of _____

Address: _____

Send Acknowledgement to _____

Phone # (if we have questions) _____

Address: _____

Please make checks payable to CAPBM and in the Memo section: MOW.

Send to Community Action Program, Belknap-Merrimack Counties, Inc, P.O. Box 1016, Concord, NH 03302. *Thank you for your support.*



Senior News Publications

Are You A **Local** Business Owner?



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We connect local businesses with their residents



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50 Pinewood Road, Allentown, NH

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- ✓ Hassle-Free: We manage all Medicare paperwork
- ✓ Trusted Comfort: Compassionate care

NANARAO KROTHAPALLI, DMD, MSD

SCHEDULE YOUR CARE TODAY!

603-945-8986

www.TritownFamilyDental.com



Help us end **Multiple Myeloma**

Your tax-deductible donation funds lifesaving research, treatment and care and would mean so much to someone fighting cancer.



Please donate today

donate.cancer.org

fullerrv.com

FULLER RV
RENTALS & SALES

usamotorhomerentals.com

150 Shrewsbury St, Boylston, MA 01505, RTE 140



1 (800) 338-2578

Family Owned and Operated Since '84

HIRING NOW

Paragon is hiring part-time early evening office cleaners in the Concord area. Must be able to work independently, give attention to detail, be reliable, and have transportation.

- 5-12+ hours per week; weekdays, early evenings and/or weekends available
- Flexible hours; choose how many hours will work best for you
- Individual cleaners or two-person teams welcome

PAY: \$18-22. PER HOUR CALL WAYNE AT 603-270-3401



Roan Family Funeral Homes & Cremation Service



ROAN FAMILY FUNERAL HOME
167 MAIN ST.
PEMBROKE, NH 03275
TEL: 1-603-485-9573

STILL OAKS CHAPEL
1217 SUNCOOK VALLEY HWY
EPSOM, NH 03234
TEL: 1-603-798-3050

Our Family Serving Yours

NATIONAL FUNERAL DIRECTORS ASSOCIATION

WWW.ROANFAMILYFUNERAL.COM

HELLO RV AND CAMPING COMMUNITY!



792 Mayhew Turnpike Bridgewater NH, 03222

CAMP AT NEWFOUND LAKE IS NOW ACCEPTING SEASONAL AND ALL OTHER RESERVATIONS FOR THE 2024 SEASON.

RESERVE YOUR RV/CAMPING SEASON!

Check us out at:
www.camp-nh.com



Or call us at:
603-744-3344





SUNCOOK SENIOR CENTER 603-485-4254

MAY MENU 2024


Community & Grab N Go Meals

Weekly Take-Away Offerings:	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Sweet and Sour Meatballs Chicken Provencal Hot Dog & Bean Casserole Chef's Choice	FOOD ALLERGY NOTICE: Please be advised that our food may contain these ingredients: Milk, Eggs, Wheat, Soybean, Peanuts, Tree nuts, Fish & Shellfish		1 Turkey & Pork Meatloaf Mashed Potato & Gravy Vegetable, Dinner Roll Fruit Cup	2 Chicken Corn Chowder Small Garden Salad Dinner Roll Fresh Fruit Cup	3 Menus are subject to change without notice
Stuffed Pasta w/ Marinara Italian Sausage Pepper/Onion Teriyaki Meatballs Chef's Choice	6 Cinco de Mayo Taco Pie Topped w/ Cornbread, Rice, Sour Cream & Salsa, Mixed Vegetable, Fruit Cup	7	8 Beef Chili with Beans Corn Bread Small Garden Salad Fresh Fruit Cup	9 Pulled Pork and Onions Whole Grain Dinner Roll Coleslaw, Baked Beans Fresh Fruit Cup	10
Teriyaki Chicken Pulled Pork w Sauce Pub Burger w/ Gravy Chef's Choice	13 Mother's Day Celebrate Chicken Stew with Biscuit Vegetable, Small Garden Salad Fresh Fruit Cup Apple Pie Day	14	15 Rub Pork Tenderloin Homemade Apple Sauce Mashed Potatoes, Vegetable, WG Dinner Roll	16 Chicken Taco Salad, Shred Chz, Tomato, Cucumbers, Blk Bean Salad, Salsa/ Sour Cream Dressing, Dinner Roll, Fruit Cup	17
Kielbasa w. Sauerkraut Chicken Stew Sweet and Sour Meatballs Chef's Choice	20 Baked Fish Fillet w/Tartar, Potato Wedges Vegetables, Fruit Cup WG Dinner Roll	21	22 American Chop Suey Vegetables Fruit Cup Garlic Bread	23 BBQ Chicken Strips Coleslaw, Potato Salad Fruit Cup, Dinner Roll	24
Breaded Fish Fillet w Tartar Chicken Broc Rice Casserole American Chop Suey Chef's Choice	27 CLOSED FOR THE MEMORIAL DAY HOLIDAY	28	29 Breaded Chicken Tenders Steak Cut Fries, Vegetables Fruit Cup, Dinner Roll	30 Chicken and Rice Soup Vegetable, Dinner Roll Fruit Cup	31



SUNCOOK SENIOR CENTER 603-485-4254

MAY 2024 MOW MENU

Mon	Tue	Wed	Thu	Fri
		1	2	3
<p>FOOD ALLERGY NOTICE: Please be advised that our food may contain these ingredients: Milk, Eggs, Wheat, Soybean, Peanuts, Tree nuts, Fish & Shellfish</p>	<p>Menu can change at anytime.</p> <p>LS=Low Sodium</p>	<p>LS Pork w/ Applesauce Buttermilk Pancakes</p>		<p>Grilled Chicken</p>
6	7	8	9	10
<p>LS Chicken & Rice Casserole LS Butternut Squash Raviolo</p>		<p>LS Chicken w/ Honey Garlic LS BBQ Pork</p>		<p>Chicken Provencal</p>
13	14	15	16	17
<p>LS Chicken Paprikash LS Chicken Lasagna</p>		<p>LS Tilapia w/ Florentine Meatballs & Marinara</p>		<p>Beef & Pork Meatloaf</p>
20	21	22	23	24
<p>LS Ground Beef Patty w/ Port Jus LS Orange Chicken</p>		<p>LS Shells & Cheese LS Chicken Pot Pie</p>		<p>Grilled Chicken w/ Teriyaki LS Chicken Broccoli Cheese Sauce LS Turkey A la King</p>
27	28	29	30	31
<p>AGENCY CLOSED</p> 		<p>LS Thia Style Coconut Curry Chicken LS Penne Pase Primavera</p>		<p>Meatballs w/ Tomato & Basil Pesto</p>