

# Ray-Fre Senior Center

64 Main Street PO Box 252, Raymond NH 03077 | Tel: (603)895-3258 | Email: Ray-Fresc@outlook.com

*Open - 9 a.m. - 3 p.m. Monday through Friday*

## *Our New Roof!*



W.G. Construction and Roofing, LLC from Raymond, NH is to be commended for the professional, friendly, fairly-priced, knowledgeable and fast manner in which they stripped an old rubber roof and under that another old shingled roof, repaired areas, replaced 5 rafters, replaced many boards and put down a new rubber roof on our facility. Their team of 10 men worked two full days from start to completion of the project. They provided us with many pictures during the process, including drone pics. We had a significant snow storm and several days of rain since they completed our new roof and we haven't seen a leak or a drop of water entering our building!

This was all made possible by the generous donations of our local community!

**Thank you everyone!**



# What's Happening?



## MONDAYS

POOL ----- 9 A.M. - 3 P.M.  
 EXERCISE CLASS ----- 9 A.M.  
 BOARD OF DIRECTORS MEETING ----- (2ND MONDAY OF EACH MONTH) 1 P.M.  
 TURKEY SHOOT ----- (EXCEPT ON 2ND MONDAY OF EACH MONTH) 12 NOON  
 KNIT & CROCHET ----- 9 A.M. - 12 NOON

## TUESDAYS

MEALS ON WHEELS - \$3.00/MEAL ---- (SIGN UP REQUIRED IN ADVANCE) 11:30 A.M.  
 CRIBBAGE ----- 12 NOON - 3 P.M.  
 GARDEN GROUP ----- 12:30 P.M.

## WEDNESDAYS

BINGO ----- 12 NOON - 3:30P.M.

## THURSDAYS

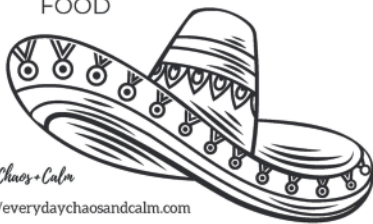
MEALS ON WHEELS - \$3.00/MEAL ---- (SIGN UP REQUIRED IN ADVANCE) 11:30 A.M.  
 MEMBERSHIP BUSINESS MEETING -- (THURSDAYS AFTER MONDAY B.O.D. MEETING) 1 P.M.  
 BOARD OF DIRECTORS MEETING ----- (2ND MONDAY OF EACH MONTH) 1 P.M.  
 CORN HOLE ----- (EXCEPT ON THURSDAY AFTER MONDAY B.O.D. MEETING) 12 NOON

## FRIDAYS

LINE DANCING ----- 10 A.M.  
 CRIBBAGE ----- 11:30 A.M. - 3:30 P.M.



AMIGO	GIUITAR
BUENO	MAY
BURRITO	MEXICO
CACTUS	MUSIC
CINCO	PINATA
CULTURE	SALSA
DANCING	SOMBRERO
FIESTA	SPANISH
FOOD	



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## Meet The Board of Directors

### OFFICERS

PRESIDENT ----- PRISCILLA CLEMENTS  
 1ST VICE PRESIDENT ----- JOE COTE  
 2ND VICE PRESIDENT ----- SHIRLEYANN WATTS  
 SECRETARY ----- TRACEY STICKNEY  
 ASSISTANT SECRETARY ----- POSITION OPEN  
 TREASURER ----- BARBARA AMERAL  
 ASSISTANT TREASURER ----- MARGIE DESJARDINS  
 MEMBERSHIP ----- GHISLAINE

### BOARD MEMBERS

1ST PLACE ----- OPEN  
 2ND PLACE ----- OPEN  
 JANE DUKETTE ----- 1 YEAR  
 4TH PLACE ----- OPEN  
 PAST PRESIDENT ----- SHIRLEYANN WATTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6	7 Chicken Marsala Parslied Rice Broccoli Diced Peaches Biscuit  <i>Cold Meal</i> Ham & Swiss Lettuce 3 Bean Salad Cookie White Bread	8	9 <i>Mother's Day Special</i> Stuffed Chicken Cordon Bleu Supreme Sauce Whipped Potatoes Baby Carrots Mixed Berry Cobbler w/Topping Rosemary Focaccia Bread <i>Cold Meal</i> Tuna Salad Sandwich Lettuce Barley Raisin Salad Broccoli Salad Chilled Pears Roll	10
13	14 Vegetable Lasagna Brussels Sprouts Jell-O Whole Wheat Bread  <i>Cold Meal</i> Ham Salad w/ Pickles Cucumber & Tomato Salad 3 Bean Salad Apple Wheat Bread	15	16 Swedish Meatballs Egg Noodles Carrots Sliced Pears Whole Wheat Bread  <i>Cold Meal</i> Chicken Salad Roasted Vegetable Salad Vegetable Pasta Salad Mixed Fruit Sandwich Roll	17
20	21 Spaghetti w/ Meatballs Marinara Sauce Spinach Birthday Cake Whole Wheat Bread  <i>Cold Meal</i> Greek Salad w/Grilled Chicken Roasted Red Pepper Hummus Chilled Apricots Pita Bread	22	23 Yankee Pot Roast Gravy Mashed Potatoes Mixed Beans Cookie Whole Wheat Bread <i>Cold Meal</i> Egg Salad Lettuce German Potato Salad Carrot Raisin Salad Apple Hot Dog Roll	24
27	28 #1 Chicken Cacciatore Pasta California Blend Veggies Orange Whole Wheat Bread  #2 BBQ Kielbasa	29	30 Cheeseburger w/ Cheddar & Bacon Potato Salad Carrots Applesauce Cake Wheat Burger Roll <i>Cold Meal</i> Roast Beef & Cheese Horseradish Aioli Red Cabbage & Grape Salad Macaroni Salad Apple Rye Bread	31

Menu Subject to Change  
NAME: \_\_\_\_\_

REGULAR MILK \_\_\_\_\_

Suggested Donation \$3.00 per Meal  
SKIM MILK \_\_\_\_\_

DIABETIC DESSERT \_\_\_\_\_

Please return this menu by: April 24 2024

happy  
Mother's  
Day



## Rockingham Meals on Wheels Senior Shuttle

\$2.00 DONATION (ROUND TRIP)

SHOPPING, PHARMACY, MEDICAL APPOINTMENTS

MONDAY THROUGH FRIDAY 8:A.M.-4:P.M.

RESERVATIONS REQUIRED IN ADVANCE.

CALL 603-834-6010



## Service Link

ROCKINGHAM COUNTY RIDES - YOUR SOURCE FOR

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CALL 211 OR 603-893-9769 - [SERVICELINK.NH.GOV](http://SERVICELINK.NH.GOV)

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**CYSTIC FIBROSIS FOUNDATION**



Cystic fibrosis is a genetic disorder that affects close to 40,000 people in the U.S. The Cystic Fibrosis Foundation is the world's leader in the search for a cure for CF, and supports a broad range of research initiatives to tackle the disease from all angles.

**HELP MAKE CF STAND FOR CURE FOUND  
DONATE TODAY**

WE ARE IN A RELENTLESS PURSUIT OF A CURE  
**WWW.CFF.ORG**

**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.**

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