



# May 2024



TOWN OF DERRY  
Parks & Recreation

# DERRY SENIOR CITIZEN NEWS

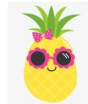
## DERRY PARKS & RECREATION DEPARTMENT

31 West Broadway, Derry, NH 03038 ♦ (603) 432-6136 ♦ [www.derrynh.org/parks-recreation](http://www.derrynh.org/parks-recreation)



JOIN US ON THURSDAY, MAY 16, 2024 AT 1:00PM FOR

OUR KICK OFF TO SUMMER LUAU!!!



TICKETS ARE \$10 PER PERSON AND WILL GO ON SALE

WEDNESDAY, MAY 1ST FOR DERRY RESIDENTS AND

WEDNESDAY, MAY 8TH FOR NON-RESIDENTS.

NO TICKETS WILL BE SOLD AFTER FRIDAY, MAY 10TH.

WE WILL BE SERVING HAMBURGERS, HOTDOGS, PASTA

SALAD AND POTOATO SALAD.



**SATURDAY, MAY 18, 2024**

**10:00AM-2:00PM**

**DERRY PUBLIC LIBRARY**

**PLEASE CALL 1-800-RED-CROSS TO SCHEDULE AN APPOINTMENT**

### FREE FITNESS ZUMBA GOLD

*Tuesday's at 12pm*

Join the Derry Parks & Recreation Dept. at 31 West Broadway for Zumba Gold! This FREE class is perfect for adults age 50 or better. Instructor Dawn B teaches all the original Zumba moves that you love at a lower intensity.

### WALKING FOR WELLNESS

Veterans Hall Gym

31 West Broadway

Monday—12-1:30PM

Tuesday—10:30-11:30AM

Wednesday & Friday—9-9:45AM

Thursday—11AM-12:00PM

### TAI CHI GONG CLASS

This class will take place on Monday's from 10:00am—11:00am and is instructed by Debby Roy. This class is FREE of charge. Please call the office with any questions you may have at 603-432-6136.

### LINE DANCING CLASS

Wednesday's & Friday's 10am-11:30am

This class with experienced instructor, Sharon Dobbie, will introduce you to line dance steps, patterns & easy dances. Line Dancing is proven to be one of the best activities, combining physical and mental effort at the same time.

Cost is \$3 pp Derry Resident and \$5 pp Non- Resident.

### DERRY PARKS & RECREATION DEPARTMENT

Veterans Hall, 31 West Broadway, Derry, NH 03038 Phone: (603) 432-6136

Email: [derryrecreation@derrynh.org](mailto:derryrecreation@derrynh.org)

Website: [www.derrynh.org/parks-recreation](http://www.derrynh.org/parks-recreation) Office Hours: Monday—Friday, 9:00am—4:00pm



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**ROCKINGHAM NUTRITION & MEALS ON WHEELS PROGRAM**

**May 2024**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6 #1 American Chop Suey Green Beans Apricots Whole Wheat Bread  #2 Chicken Rice Casserole  	7 Chicken Marsala Parslied Rice Broccoli Diced Peaches Biscuit  <i>Cold Meal</i> Ham & Swiss Lettuce 3 Bean Salad Cookie White Bread	8 Hawaiian Pineapple Chicken Fried Rice Stir Fry Blend Vegetable Oatmeal Bar Whole Wheat Bread  <i>Cold Meal</i> Gourmet Pork Sandwich Thinly Sliced Pork Spinach & Onion Marmalade Marinated Vegetable Salad Ditalini Pea Salad Orange & Wheat Burger Roll	9 <b>Mother's Day Special</b> <i>Stuffed Chicken Cordon Bleu</i> 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 #1 Breaded Fish Lyonnais Potatoes Bean Medley Cookie Whole Wheat Bread #2 Rib-A-Q  <i>Cold Meal</i> Chicken Caesar Salad Roll Carrot Dill Salad Pesto Pasta Salad Cookie Roll
13 #1 Burgundy Beef Pasta Mixed Vegetables Pineapple Whole Wheat Bread #2 Chicken Normandy Style	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 Oven Fried Chicken Mashed Potatoes Peas & Onions Cookies Whole Wheat Bread <i>Cold Meal</i> Turkey Club Sandwich Lettuce & Bacon Chips Confetti Coleslaw Orange Multigrain Bread	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 #1 Baked Haddock Baby Bakers Peas Chocolate Chip Cookie Roll #2 Spinach Frittata <i>Cold Meal</i> Italian Sandwich Ham, Salami, & Provolone Lettuce, Tomato & Onion Dill Pickle Pasta Salad Apricots Club Roll
20 #1 Chili Mac Broccoli Seasonal Fruit Whole Wheat Bread #2 Chicken Crème Rosa	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 #1 Chicken Fajita Spanish Rice Corn & Black Beans Pineapple Tortilla #2 Beef & Bean Burrito  <i>Cold Meal</i> Cape Cod Chicken Salad Confetti Coleslaw Citrus Rice Salad Jell-O Rye Bread	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 Hot Dog Mustard & Relish Baked Beans Carrots Applesauce Hot Dog Roll <i>Cold Meal</i> Turkey Gobbler Sandwich Sliced Turkey/ Stuffing Cranberry Sauce Green Bean Salad Applesauce White Bread
27 <b>HAPPY MEMORIAL Day</b> Would you like a frozen meal for the holiday? Circle <b>YES</b> or <b>NO</b>	28 #1 Chicken Cacciatore Pasta California Blend Veggies Orange Whole Wheat Bread #2 BBQ Kielbasa	29 Manicotti Marinara Bean Medley Mixed Fruit Whole Wheat Bread  <i>Cold Meal</i> Ham & Egg Salad Lettuce Marinated Vegetables Chickpea Salad Chocolate Chip Cookie Whole Wheat Bread	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 Sweet & Sour Meatballs Steamed Rice Peas M&M Cookie Whole Wheat Bread  <i>Cold Meal</i> Seafood Salad Sandwich Lettuce Coleslaw Spinach Salad w/ Dressing Mixed Fruit Cup WW Sandwich Roll

Menu Subject to Change

NAME: \_\_\_\_\_

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

SKIM MILK \_\_\_\_\_

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

Please return this menu by: April 24 2024

Suggested Donation \$3.00 per Meal

**Peabody Funeral Homes and Crematorium**

15 Birch Street Derry, NH 03038  
290 Mammoth Road Londonderry, NH 03053  
Ph: (603) 432-2801 Fx: (603) 432-0152  
www.peabodyfuneralhome.com  
Email: office@peabodyfuneralhome.com

Erik E. Peabody & Craig B. Peabody  
Owners & Funeral Directors

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**39 WEST BROADWAY**  
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**Derry Public Library**  
**64 East Broadway**  
**(603)432-6140**

No cost. No membership. No residency requirements.  
 If you don't know how to play, we will teach you.

Monday's	Rummikub	1:00-3:00
Tuesday's	Mahjongg	12:00-3:00
Tuesday's	Hand & Foot	12:00-4:00
Wednesday's	Relaxed Bridge	1:00-4:00
Wednesday's	Whist	1:00-4:00
Thursday's	Domino Train	12:00-3:00
Thursday's	Diamond Painting	1:00-3:00
Friday's	Cribbage	9:00-11:00
Friday's	45's	1:00-4:00
2nd & 4th Monday's	Knitting	10:00-1:00

**SOCIAL SECURITY PROGRAM: WED., MAY 5 6-8PM**  
**KNITTING/CROCHET MEETUP: TUES., MAY 7 6;7:30PM**  
**TUES., MAY 21 6-7:30PM**  
**FOREST HILL CEMETARY TOUR: INDUSTRIOUS DERRY**  
**OFFSITE TUES., MAY 7 6-7PM**  
**WEDNESDAY BOOK GROUP: WED., MAY 15 6:30-7:30PM**  
**FRIDAY BOOK GROUP: FRI., MAY 17 1:30-2:30PM**  
**EVENING CRAFT CLUB: TUES., 5/28 6:30-7:30PM**

## SPRING WORDSEARCH

J V Q J G H F R L R G S N L A D Y B U G  
 R O P E K X Q S R A A T N W Y B Y U B K  
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 V U U D Y U D M A P R I L T E L G I P E

**WORD LIST**

APRIL	COLORFUL	HONEYBEE	NEW LIFE
BUNNY	DRAGONFLY	LADYBUG	PIGLET
BUTTERFLY	DUCKLING	LAMB	RAINBOW
BUZZING	EASTER	MARCH	SHOWERS
CALF	EGG	MAY	SPRING BREAK
CATERPILLAR	FLOWERS	MEADOW	SUNSHINE
CHICK	FOAL	NEST	UMBRELLA
CLOVER	HATCHLING		

**DERRY PARKS & RECREATION DEPARTMENT**  
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 Website: [www.derrynh.org/parks-recreation](http://www.derrynh.org/parks-recreation) Office Hours: Monday—Friday, 9:00am—4:00pm