

Pittsfield Area Senior Center

Your Resource for Healthy Aging



2024
603-435-8482

**Located in Joy
Church**

**55 Barnstead Rd
Pittsfield, NH
03263**

**Anne Albers-Reilly
Coordinator**
aalbers-reilly@capbm.org

**Carol Schiferle
Manager**
cschiferle@capbm.org

**Serving the
communities of:**

Barnstead
Chichester
Epsom
Loudon
Pittsfield

Hours:

Monday & Thursday
8am-2pm
Wednesday 8am-1pm

Lunch
Monday & Thursday
12:00pm

**Merrimack County
Service Link**
1-866-634-9412

Mailing Address
Pittsfield Area Senior
Center
PO Box 154
Pittsfield, NH 03263

All are Welcome!

Movie Wednesdays 10:00 AM:

Movie - We will be watching a movie every other Wednesday. The dates are May 1, 15, and the 29th. You will get to pick the movie from five different choices. Whoever shows up will vote on the movie for the day. During the movie we will snack on popcorn and have lunch. The movie starts at 10:00am. Cribbage and card players welcome during the movie at the back tables.

Wednesday's Breakfast Bingo

May 8, 2024
May 22, 2024

Schedule:

9:00-9:30 am—Breakfast
10:00-11:45 am—Bingo



Thursday, May 2, 9:00 AM:

At Home Hearing Healthcare- There will be a presentation from April Torreiro about At Home Hearing Healthcare. Which is a full service mobile clinic. She will be providing a free educational seminar. Please feel free to bring your existing hearing aids. They clean them for free

Thursday, May 16:

Birthday Celebration - We celebrate all the birthdays for the month of April. As we get older we start to realize that we have fewer and fewer birthdays left. So we need to celebrate together the ones that we do have.

**The Senior Center is Closed Monday, May 27, 2024 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.



HELPFUL INFORMATION

Welcome

Activity Schedule

Monday & Thursday 8am-2pm
Wednesday 7:30am-1pm

Senior Community Lunch: Monday & Thursday 12:00pm

Bingo: Monday and Thursday 10:00am-11:45pm (See the front page for special dates.)

Cribbage & Games: Wednesday 10-12pm

Walking at Center: Monday, Wednesday & Thursday 8:00am - 1:00pm

Sweatin to the Oldies: Mondays 9:00am

Chair Yoga: Thursday 9:00am

If you have an idea of program or event you would like to have at the center please share it with us.

Please remember that your center needs you! Talk to Anne about volunteering. Volunteers always make the center better!



Meals to Go

GO The center provides frozen meals to go to our seniors. These meals are great because you can pick them up when attending a function at the center and eat them whenever you want. You can also eat lunch at the center and take a frozen meal home for later. They are a great alternative to cooking.

Senior Health Clinics are being scheduled at the Pittsfield Community Center. They are on the **4th Monday 9:00 AM-3:00 PM**—VNA Senior Health Clinic, are in the community center. Call 224-4093 ext. 5815 to make an appointment.

Bus Transportation Schedule

	Monday	Tuesday	Wednesday	Thursday
Pittsfield Call CAT dispatch at 603-225- 1989 to reserve your seat	Canterbury	Barnstead	Barnstead	Alton
	Gilmanton	Belmont	Chichester	Barnstead
	Loudon	Chichester	Epsom	Belmont
	Northfield	Epsom	Pittsfield	Gilmanton
	Pittsfield	Pittsfield		Pittsfield
		Tilton		
Hours	8:30am-3pm	8:30am-3pm	8:30am-3pm	8:30am-3pm
Destination:	Concord	Tilton	Concord	Rochester

Important Community Resources

NH Legal Advice: This program is available to NH residents over the age of 60, free of charge, call 603-624-6000.

ServiceLink: This is your connection to information and support services for seniors, call 603-228-6625.

Commodity Supplemental Food: If you are looking for healthy foods, are lower income, and 60 or older you may qualify for this program. Call 603-225-2050.

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



SPECIAL INFORMATION

**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.

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

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

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. Call to save your spot as soon as you know you want to go on the trip. Space is limited.

Departure from the Pittsfield Senior Center, 55 Barnstead Road, Pittsfield, NH at 8:30 a.m. (Minimum of 10 required for pick up) Approximate time home 5:00 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.

Roan Family Funeral Homes & Cremation Service

2022
UNION LEADER
Readers' Choice

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

Our Family
Serving Yours

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

NATIONAL FUNERAL DIRECTORS ASSOCIATION WWW.ROANFAMILYFUNERAL.COM

fullerrv.com **FULLER RV** **usamotorhomerentals.com**
RENTALS & SALES

150 Shrewsbury St, Boylston, MA 01505, RTE 140



1 (800) 338-2578 Family Owned and Operated Since '84

HELLO RV AND CAMPING COMMUNITY!

CAMP
At Newfound Lake

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

Scan the Code for More info

Senior News Publications

ADVERTISE TODAY

We Offer Affordable Print & Online Advertising in Over 60 Towns Across New Hampshire and Massachusetts

Contact us for a Quote

TRI-TOWN FAMILY DENTAL
50 Pinewood Road, Allenstown, NH

USE MEDICARE FOR YOUR DENTAL AND MEDICAL PROCEDURES

- Comprehensive Care: Tailored for seniors under Medicare
- 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

Elder Services
Community Action Program, Belknap Merrimack Counties, Inc.
Suzanne Demers, Director - Heather O'Brian, 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: _____ (circle one above) _____
Phone # (if we have questions) _____ Send Acknowledgement to _____
Address: _____

Please make checks payable to CAPBMCI-MOW, And send to Community Action Program, Belknap-Merrimack Counties, Inc, P.O. Box 1016, Concord, NH 03302. *Thank you for your support.*



PITTSFIELD SENIOR CENTER 603-435-8482

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	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	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	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	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	30 Chicken and Rice Soup Vegetable, Dinner Roll Fruit Cup	31



PITTSFIELD SENIOR CENTER 603-435-8482

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>