

LONDONDERRY

Senior Center Newsletter

535 Mammoth Rd., Londonderry, NH 03053
Tel: 603 - 432 - 8554



May/June 2024

Hello from Ilona: Happy Happy Springtime! Let's brush away the cobwebs of the slow winter months and start anew. I have published this newsletter for almost 2 years now. I try to come up with information that I feel our growing membership (540ish at this writing) would find useful. Some of you like things the way they were and others embrace change. I am one that likes to mix things up, shake things around, rearrange and reinvent to keep things interesting. I also look for and listen to feedback about what you, our members, would like to see in this newsletter. I am also open to new event and program suggestions. We are a strong community, social club, exercise venue, craft shop and a great place to grab a cup of coffee and a snack. I have included a directory in this issue so we can see where all of our programs fall on a week to week basis. There is space for more. If you have a special talent you would like to share with others we can grab a time slot and put something together. We would love for you to share your particular talent with our large membership community. Our many wonderful volunteers give a total of over 300 hours a month! We have room for more!

Feature Activity: We will start this month's edition by featuring one of our most popular programs, **BONE BUILDERS!** RSVP (Retired and Senior Volunteer Program) is a national service program under AmeriCorps Seniors and under the bigger umbrella of the Corporation for National and Community Service. Nationally, RSVP programs join forces to show how Senior Volunteers are a critical part of community service. Many of the Londonderry Senior Center folks are RSVP volunteers along with being LSCI volunteers. There are RSVP volunteers in the Meals on Wheels program, general Senior Center activities, and *the Bone Builders class, which is a signature program of RSVP led by RSVP volunteers.* This program has been a great success here in Londonderry. The senior population has truly benefited from this well-run program. Bone Builders is a twice a week, ongoing program, as the science behind it shows twice a week is necessary to have an impact or improvement in bones and balance. Our Bone Builders class is often above capacity! It is wonderful to have such great participation. We have a wait list for anyone new. Anyone missing 6 weeks in a row will be taken off of the attendance list and put onto the wait list. Let us know if you will be away seasonally (i.e. Winter months). Also, if you have had a recent medical challenge, injury and/or have been going through rehab we would need a new release from your physician to continue with the program. If you have any questions about this, please see Carol Jablonowski, Addie Tarbell (atarbell@friendsprogram.org) or Ilona Arndt.

NEW Facebook Page!!

Visit and like and follow our NEW Facebook page: "Londonderry Senior Center"





Welcome to our newest members: Habeeba Asar, Margaret Butler, Barbara Chapman, Patricia Freitas, Luc Grandchamp, Jan Hansen, Thomas Kendall, Lynn Lavigne, Linda McCullough, Judy Noonan, Marianne Parker, Richard Perreault, Nancy Darveau, Diane Gilman, Rita Gorman, Gisele Marquis, Ann Marie Putman, Patricia Robbins, Deborah Sullivan, Gloria Thompson, Barbara & Gerald Zahn, Denise Paquette, Paul Hicks, Ann Snediker, Jean Brodeur, Andrew Bryceland, Daniel LaCarbonara, Mary Ruth Patenaude, Donna Tanner, Thomas Shea, Rene Belanger, Jack Haag...



Past and Future Events



Jam Session March 3rd 2-5pm with an Irish twist: We had a record number (70ish) of participants, guests and food for this wonderful afternoon of Irish songs, laughs and friendship. At this time, we plan on having **our next session on Sunday June 9th** with a summer theme, of course.



St Pats Breakfast: Over 60 members enjoyed a Friday morning March 15th breakfast feast prepared by Liz Duggan and a cheerful team of volunteers. Irish tunes played in the background and we were treated to a bagpipe performance by the talented Captain Patrick Cheetham of the LPD. Many attendees wore the green to commemorate the event. Eight lucky members won some random prizes doled out by Ilona after being forced to sing an appropriate tune.

Concord Orthopedics: We had about a dozen folks attend this presentation on March 28th. Concord Orthopaedics is committed to providing the highest quality of orthopaedic care available in the State of New Hampshire covering all orthopaedic subspecialties. Dr. Dion spoke about arthritis, knee & hip replacements. A portion of his presentation was about when he goes overseas to Nepal every year to do knee replacements.

Off Our Rockers: Unfortunately, a spring snowstorm forced us to cancel this event on April 4th. We have since rescheduled with the Off Our Rockers group and look forward to seeing them make us laugh on Thursday May 30 th at 11:30am!!



Londonderry Town Lantern: Check out this new publication on the Town of Londonderry website! The Lantern is published every other week on Tuesdays. We look forward to bringing you information about the town on an even more frequent basis, and there are some great issues planned as we head into spring and summer. Consider applying for a Town board or committee, connect with a volunteer opportunity, and see the date for this year's 125th Annual Old Home Day. It will connect you to what is going on around town twice a month. It is a wonderful publication put together by our own Kirsten Hildonen. [Londonderry, NH | \(londonderrynh.gov\)](http://londonderry.nh.gov)



DID YOU KNOW???? The Londonderry Senior Center is **available for rental** on the weekends and Friday evenings. Consider having a family party, company gathering/meeting at the facility. The Londonderry Senior Center is open Monday through Friday from 8-2. Please call 603-432-8554 for all information regarding hall rental.





Donation Guide



Donations accepted:

Complete Puzzles (500 piece or less)
Paperback Novels
Magazines (no more than 2 months old)
Unused greeting cards
Unused yarn

NOT accepted:

NO Hardback, self-help, cooking, religious, educational, technical books...
NO Clothing, Shoes
NO Food
NO Gadgets, electronics, kitchen gear
NO Linens

See Ilona or the front desk with any questions. Unacceptable donations will be tossed out. There are many donation locations in town. *Please fill those bins with your gently used items.*



Newsletter Availability: Copies of this newsletter are available at the Senior Center, Town Hall, Leach Library and Town of Londonderry website. If you have an email on record with us we automatically send a link to you.



The Londonderry Senior Center will be closed on Monday, May 27th to observe Memorial Day



6 Safe Gardening Tips For Seniors

Posted In: **Senior Health & Wellness**

If you are a senior who enjoys gardening or the adult child of one, you have likely already discovered its many physical and mental health benefits. Gardening can help older adults maintain muscle strength, experience, lower incidences of depression, and enjoy a more positive outlook on life. Some safeguarding tips will help you enjoy gardening even more. To avoid injuries, you may want to leave more complicated landscaping tasks or residential yardwork to professionals.

But health conditions that are more common with aging can cause some necessary garden test to be more challenging. Arthritis might make it harder to grip the handle of a trowel or a pair of pruners. Decreased flexibility can make bending and kneeling painful. If you or your senior loved one is struggling with this favorite hobby, there are steps you can take that will allow you to continue enjoying time in the garden.

1. **The Warm Up:** Remember that gardening can be a fairly strenuous form of exercise. Taking a few minutes to stretch and warm up your muscles and joints before you head out to work in the garden is important. Stretching and loosening up your muscles and joints can help you prevent an injury.
2. **Garden Benches:** Make it easy to take frequent rest breaks by placing benches and chairs in multiple locations throughout the garden. They are a great way to prevent falls.
3. **Long-handled Garden Tools:** Another safety tip is to invest in long-handled tools that allow you to garden without a lot of bending and kneeling. The Arthritis Foundation has compiled a list of Handy Garden Tools like garden hose and Layflat Hose Coupler that they scored high for safety and ease-of-use.
4. **Raised Beds:** If it is becoming increasingly difficult for you or the senior gardener you love to safely get up and down from the ground, having raised flower beds installed can help. They can be built at whatever height that is most comfortable.
5. **Invest in a Wagon:** Using a wagon with larger, sturdier wheels instead of a wheelbarrow to move plants and tools around the yard can also increase safety. Wagons are easier to use for gardening than wheelbarrows because they don't require lifting or pushing.
6. **Paint the Handles:** If you or your senior gardener lives with vision loss, it might be difficult to find tools amid the grass and flowers. One way to make them easier to find is to paint the handles a bright color that will stand out among the greens.

Finally, remember to exercise caution, if you are gardening during the steam your days of summer. Try to work in the yard early in the morning and later in the afternoon to avoid the midday heat. Also, keep a bottle of water with you in the garden, so you can stay hydrated and avoid experiencing a heat related illness.





Coming Together

LSCI NEWS CORNER

May-June 2024

Dear LSCI family,

Ah spring is finally here. Let's take advantage of the great outdoors before the summer heat.

Happy to announce that we will purchase 2 Blacktop Grills for the Senior Center so we can have some fun this summer and many more summers Barbecuing for our seniors.

Please contact Julie Gasper of the Sunshine Committee at (603) 548-2895 if you know of anyone who is sick or home bound.

MEMBERS PLEASE READ

We are reorganizing our membership drive to be in line with the "My Senior Center System." In the past our membership drive began on **June 1st** of each year and concluded on **May 31st** of the following year. LSCI Board of Directors and President have decided to update our yearly membership drive to be aligned with the Londonderry Senior Center calendar and key tag system. As a result, you will not be receiving your next membership renewal form until November 1, 2024. This means for **this year only** you will be receiving 5 months of membership free. In 2025 we'll be on track for our customary 12-month membership drive cycle beginning each November. As has been our policy since LSCI inception, the membership fee remains \$10.00 per person.

We appreciate each and every one of our LSCI family and thank you for your cooperation and dedication to the Londonderry Senior Center.

"It might do us good to remember from time to time that, while differing widely in the various bits we know, in our infinite ignorance we are all equal"

Karl Popper

Bonnie Ritvo
President

Activities Schedule

Day	Time	Lounge	Main Hall	A	B	C	Activity Guide
Monday	8:00						
Monday	8:30						
Monday	9:00	Cards/Games					Game
Monday	9:30						
Monday	10:00						
Monday	10:30					Chair Exercise	
Monday	11:00	Meals On Wheels	Bone Builders				Food
Monday	11:30						
Monday	12:00						
Monday	12:30		Line Dancing	Mah-Jongg	Cribbage	Ceramics	
Monday	1:00						Physical Exercise
Monday	1:30						
Tuesday	8:00						
Tuesday	8:30						
Tuesday	9:00	Cards/Games	Yoga				Craft
Tuesday	9:30						
Tuesday	10:00						
Tuesday	10:30			Hearing Test (2nd Tue)		Chair Exercise	
Tuesday	11:00	Meals On Wheels					Once a month
Tuesday	11:30	Lunch					
Tuesday	12:00						
Tuesday	12:30		Bingo				
Tuesday	1:00						
Tuesday	1:30						
Wednesday	8:00						
Wednesday	8:30						
Wednesday	9:00	Cards/Games					Chair Exercise
Wednesday	9:30						
Wednesday	10:00			Murder Mystery (3rd Wed)			
Wednesday	10:30				Xint/Crochet/Crafts		
Wednesday	11:00	Meals On Wheels					
Wednesday	11:30	Lunch					
Wednesday	12:00						
Wednesday	12:30		Bingo				
Wednesday	1:00						
Wednesday	1:30						
Thursday	8:00						
Thursday	8:30						
Thursday	9:00	Cards/Games	Yoga				Chair Exercise
Thursday	9:30						
Thursday	10:00						
Thursday	10:30						
Thursday	11:00	Meals On Wheels					
Thursday	11:30	Lunch					
Thursday	12:00						
Thursday	12:30		CornHole		Cribbage		
Thursday	1:00						
Thursday	1:30						
Friday	8:00						
Friday	8:30						
Friday	9:00	Cards/Games					Chair Exercise
Friday	9:30					Book Club (2nd Fri)	
Friday	10:00						
Friday	10:30						
Friday	11:00	Meals On Wheels	Bone Builders				
Friday	11:30	Lunch					
Friday	12:00						
Friday	12:30		TaiChi		Greeting Card Class (3rd Friday)	Diamond Art	
Friday	1:00						
Friday	1:30						

May 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	09:00 Cards/Games 10:00 Chair Exercise	09:00 Cards/Games 09:00 Yoga	09:00 Cards/Games 10:00 Knit/Crochet/Crafts	09:00 Cards/Games 09:00 Yoga	09:00 Cards/Games 10:00 Chair Exercise	09:00 Cards/Games 10:00 Chair Exercise
	11:00 Bone Builder 11:00 Meals on Wheels 12:15 Cribbage 12:00 Mah Jongg 12:30 Ceramics 12:30 Line Dancing	10:00 Chair Exercise 11:00 Meals on Wheels 12:15 Bingo	10:00 Chair Exercise 10:30 Walking Club 11:00 Meals on Wheels 12:15 Bingo	10:00 Chair Exercise 11:00 Meals on Wheels 12:15 Cribbage 12:30 Cornhole	11:00 Bone Builders 11:00 Meals on Wheels 12:00 Diamond Art 12:30 Tai Chi	
28-Apr	29-Apr	30-Apr	1-May	2-May	3-May	4-May
				Visiting Angels Presentation 11am-12pm		
5-May	6-May	7-May	8-May	9-May	10-May	11-May
				10-12 Hearing Test	9:30 Book Club	
12-May	13-May	14-May	15-May	16-May	17-May	18-May
Mother's Day			10:00 Murder Mystery	Alzheimer's Presentation and Luncheon 12pm-1pm	12:15 Greeting Card Class	
19-May	20-May	21-May	22-May	23-May	24-May	25-May
				AARP Smart Tech Presentation 10:30am		
26-May	27-May	28-May	29-May	30-May	31-May	1-Jun
	Closed Memorial Day		BIRTHDAY CAKE	Off Our Rockers 11:30am		

June 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	09:00 Cards/Games 10:00 Chair Exercise	09:00 Cards/Games 09:00 Yoga	09:00 Cards/Games 10:00 Knit/Crochet/Crafts	09:00 Cards/Games 09:00 Yoga	09:00 Cards/Games 10:00 Chair Exercise	09:00 Cards/Games 10:00 Chair Exercise
	11:00 Bone Builder 11:00 Meals on Wheels 12:15 Cribbage	10:00 Chair Exercise 11:00 Meals on Wheels 12:15 Bingo	10:00 Chair Exercise 10:30 Walking Club 11:00 Meals on Wheels 12:15 Bingo	10:00 Chair Exercise 11:00 Meals on Wheels 12:15 Cribbage 12:30 Cornhole	11:00 Bone Builders 11:00 Meals on Wheels 12:00 Diamond Art 12:30 Tai Chi	
	12:00 Mah Jongg 12:30 Ceramics 12:30 Line Dancing					
2-Jun	3-Jun	4-Jun	5-Jun	6-Jun	7-Jun	8-Jun
				Knowing Your Veteran Benefits (tentative)		
9-Jun	10-Jun	11-Jun	12-Jun	13-Jun	14-Jun	15-Jun
Jam Session 2-5pm				10-12 Hearing Test	9:30 Book Club	
16-Jun	17-Jun	18-Jun	19-Jun	20-Jun	21-Jun	22-Jun
Father's Day			10:00 Murder Mystery	<u>LSCI Luncheon</u> Game Day	12:15 Greeting Card Class	
23-Jun	24-Jun	25-Jun	26-Jun	27-Jun	28-Jun	29-Jun
			BIRTHDAY CAKE			
30-Jun	1-Jul	2-Jul	3-Jul	4-Jul	5-Jul	6-Jul

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