

**May 2024**

Senior Council

# EXETER

Newsletter



Exeter Senior Council Newsletter is published monthly for Exeter Area Senior News and other submissions should be sent to:  
Exeter Parks and Recreation Department: 32 Court Street, Exeter, NH 03833 Tel: 603-733-6151

## Senior Center Meals

The center is open by reservation Tuesday + Thursday 10:30am until 12:30pm (additional hours during specials). Hot meals are served at 11:45am. Please call (603) 778-8196 to reserve your spot. A \$3.00 contribution is suggested. In addition to the meal service, we also provide support services such as referrals to other agencies, information relevant to senior interest, activities and transportation in some areas.

## Senior Transportation

The town of Exeter through the Exeter Parks and Recreation and the Senior Council offers a Taxi Ticket program through Academy Taxi. Under the program, residents over the age of 60 may purchase a book for 20 vouchers for \$10 for which they can then use towards payment of their taxi transportation. The program is 50 percent subsidized by the town.

Rockingham Nutrition and Meals on Wheels Program in conjunction with support from the Town of Exeter offers Senior Citizens of Exeter van transportation to the Exeter Senior Center and expanded areas. Surrounding town seniors are eligible to ride the van to the center however they would not be eligible for the expanded areas.  
Monday - Friday 8:30am - 3:30pm.

Trips to the Senior Center are \$1.00 round trip and all other trips are \$3.00 round trip. Scheduling a ride must be done in advance to ensure availability.

A two weeks notice for medical appointments and 1 week for all other appointments. To Schedule Rides Call 603-834-6010

**The Senior Bus Phone Number is  
603-834-6010 TRIPLINK**



Meals on Wheels and SVdP Exeter  
present

## Food Pantry Delivery Service for Seniors

SVdP Exeter **senior** clients could qualify to have their pantry foods **delivered** to their door.

*Available to be SVdP Exeter Clients who are 60 years old and above who are residents of Exeter or Stratham.*

24-hour advance notice required  
Deliveries take place on Mondays, Wednesdays, and Fridays

Call 603-502-3629  
to schedule a delivery



**For additional information or updates on trips contact the office**

**Tel: 603-773-6151 Fax: 603-773-6152  
[www.exeternh.gov/recreation](http://www.exeternh.gov/recreation)**

*We are looking for new senior council members  
and if interested please email  
[dtovey@exeternh.gov](mailto:dtovey@exeternh.gov) or call 603-418-6434*

**Tune into Channel 98 for the  
New Public Access Station!**








The Society of St. Vincent de Paul Exeter offers food and emergency financial assistance to residents of Exeter, Stratham, Newfields, Brentwood, Kensington, and East Kingston.

**Food Pantry Hours:**  
**Mondays, Wednesdays and Fridays from 10:00am-12:00pm**  
**Monday Evenings from 7:00pm-8:00pm**

**Community Assistance Center Hours:**  
**Mondays, Wednesdays and Fridays**  
**8:30am- 4:00pm**

Society of St. Vincent de Paul  
53 Lincoln Street, PO Box 176  
Exeter, NH 03833  
(603) 722-9922 [www.svdpxeter.com](http://www.svdpxeter.com)

**May 2024**  
**Rockingham Nutrition & Meals on Wheels events**  
**603-778-8196**

Monday	Tuesday	Wednesday	Thursday	Friday
6 Shopping	7 <b>10:30 Coffee</b> <b>10:45 BINGO!</b> 11:45 Lunch reservation required - \$3 donation <b>At home hearing clinic here today</b> doing adjustment & cleaning	8 Shopping	9 - <b>10:30 Coffee</b> <b>10:45 Chair exercise!</b> <b>11:45 Mother's Day special</b> reservations required \$3 donation for meal	10 Shopping Market Basket 
13 Shopping 	14 <b>10:30 Coffee</b> <b>10:45 BINGO!</b> 11:45 Lunch reservation required - \$3 donation for meal	15 Shopping	16 - <b>10:30 Coffee</b> <b>10:45 Chair exercise!</b> 11:45 lunch reservations required \$3 donation for meal <b>Stroke clinic here @10:30 am</b>	17 Shopping Market Basket stroke clinic day the 16th or 23rd waiting to hear from them
20 Shopping Walmart <b>FOOT CLINIC</b> Call RVNA to schedule 603-580-6668	21 <b>10:30 Coffee</b> <b>10:45 BINGO!</b> 11:45 Lunch reservation required - \$3 donation for meal	22 Shopping <b>GAME DAY</b> assorted games being played <b>10:30 - 12:00</b> 	23 <b>10:30 Coffee</b> <b>10:45 Chair exercise!</b> 11:45 Lunch reservations required \$3 donation for meal	24 Shopping Market Basket
27 <b>Closed</b> Memorial Day 	28 <b>10:30 Coffee</b> <b>10:45 BINGO!</b> 11:45 Lunch reservation required - \$3 donation for meal	29 Shopping <b>FOOT CLINIC</b> Call RVNA to schedule 603-580-6668	30 <b>10:30 Coffee</b> <b>10:45 Chair exercise!</b> 11:45 Lunch reservations required \$3 donation for meal	31 Shopping Market Basket 
Exeter Parks & Recreation events 603-773-6151 - <a href="http://www.exeternh.gov/recreation">www.exeternh.gov/recreation</a>				
<b>Rides using triplink for RNMOV &amp; Medical appointments 603- 834-6010</b>				



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(603) 679-5391 EPPING

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**HELLO RV AND CAMPING COMMUNITY!**



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

**RESERVE YOUR RV/CAMPING SEASON!**

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**ROCKINGHAM NUTRITION & MEALS ON WHEELS PROGRAM**

**May 2024**

**Exeter Senior Center 603-778-8196**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6 #1 American Chop Suey Green Beans Apricots Whole Wheat Bread  #2 Chicken Rice Casserole	7 <b>Chicken Marsala</b> Parslied Rice Broccoli Diced Peaches Biscuit  <i>Cold Meal</i> Ham & Swiss Lettuce 3 Bean Salad Cookie White Bread	8 <b>Hawaiian Pineapple Chicken</b> 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> <b>Stuffed Chicken Cordon Bleu</b> 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 <b>Vegetable Lasagna</b> 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 <b>Oven Fried Chicken</b> Mashed Potatoes Peas & Onions Cookies Whole Wheat Bread <i>Cold Meal</i> Turkey Club Sandwich Lettuce & Bacon Chips Confetti Coleslaw Orange Multigrain Bread	16 <b>Swedish Meatballs</b> 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 <b>Spaghetti w/ Meatballs</b> 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 <b>Yankee Pot Roast</b> 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 <b>Hot Dog</b> 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 or NO</b>	28 #1 Chicken Cacciatore Pasta California Blend Veggies Orange Whole Wheat Bread #2 BBO Kielbasa	29 <b>Manicotti</b> 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 <b>Cheeseburger</b> 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 <b>Sweet &amp; Sour Meatballs</b> 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 \_\_\_\_\_

*Suggested Donation \$3.00 per Meal*

Please return this menu by: April 24 2024

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Thank!  
You!



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