



TRIP Senior Center

*News 'n Notes from:
Twin Rivers Intergenerational Program
Your Resource for Healthy Aging*

**MAY
2024**

**Senior TRIP Center
603-934-4151**

**Located at
12 Rowell Drive
Franklin, NH 03235**

**Serving the
Communities of:**

Andover
Danbury
Franklin
Hill
Northfield
Salisbury
Sanbornton
Tilton
Surrounding Towns

Hours:
Monday-Friday
8:00am-2:00 pm

Community Meal:
Monday-Friday
11:30am

**Door-to-Door Transport
Meals on Wheels
Educational Programs
Wellness Activities
Games**

**Belknap County
Service Link
1-603-228-6625**



Mother's Day Luncheon & Ice Cream Social

Come celebrate great Mother's on Monday May 13th at 11:30 and enjoy a delicious lunch and an ice cream sundae with all your favorite toppings made to order! We will have a raffle as well. Please sign up at the TRIP center or call 603-934-4151.



Older Americans Month 2024

Older Americans Month was established in 1963 when at the time, there were only 17 million living Americans that had reached their 65th birthday. Around a third of older Americans lived in poverty, and programs to meet their needs were not many. For that reason, there was a growth of interest in older Americans and their concerns. In April 1963, a meeting was held between President John F. Kennedy and members of the National Council of Senior Citizens (N.C.S.C.), leading to the designation of May as Senior Citizens Month, now Older Americans Month.

At first, Older Americans Month was observed as an appreciation of past and present older Americans for their contributions to the country, especially those who defended the country. Since then, every president has been issuing a formal proclamation during or before May, requesting all citizens to pay tribute to older Americans in their communities. Since 1978, according to Administration for Community Living (A.C.L.), Older Americans Month has been observed with a different theme each year. At the time, it was Older Americans and their families.

In 2019, the theme was Connect, Create, Contribute — as an encouragement for older Americans to connect with family, friends, and services; create by engaging in activities, and contributing. In 2020, it was Make Your Mark, in which individuals of all ages, communities, and organizations were encouraged to make their marks. The 2021 theme was Communities of Strength, celebrating the stories and contributions of older Americans that helped support and inspire others. In 2022, the theme for Older Americans Month was Age My Way. It's focused on how older Americans can plan to stay in their homes and live independently in their communities. In 2023 the theme was aging unbound, which offered an opportunity to explore diverse aging experiences and opportunities to discuss how commu-

Community Action Program Belknap-Merrimack Counties 603-225-3295

ONGOING EVENTS FOR MAY

LINE DANCING FRIDAYS 10:00 AM

BLOOD PRESSURE CLINIC THE FOURTH TUESDAY OF EACH MONTH AT 10:00AM BY FRANKLIN VNA



BINGO TUESDAY AND THURSDAY AT 12:00 AFTER LUNCH

CRIBBAGE GROUP EVERY TUESDAY AT 9:00 AM

KEEP MOVIN TUESDAYS AND THURSDAYS AT 8:15 AM

AFFORDABLE HEARING LLC FIRST THURSDAY OF EACH MONTH AT 10:45AM

TRIVIA WEDNESDAYS AFTER LUNCH

ADULT COLORING MONDAYS AT 10:30 AM

SUPPLIES ARE PROVIDED BY THE CENTER



CHAT WITH CITY OFFICIALS THE 3RD TUESDAY OF EVERY MONTH AT 11:00 AM

STOP BY THE CENTER AND JOIN IN! PUBLIC IS ALWAYS WELCOME

The TRIP center will be closed on Monday, May 27th, 2024 in observance of Memorial Day.



NEED A RIDE?

Our wheelchair accessible bus will come to your door and take you where you want to go. Whether you have an appointment, want to shop or come to the senior center to socialize and have lunch, we can get you there. Please call us 24 hours in advance to schedule your ride at 603-225-1989.



SPECIAL EVENTS FOR MAY

Mother's Day Luncheon & Ice Cream Social

Thursday, May 9th at 11:30 am

Come celebrate great Mother's and enjoy a delicious lunch and an ice cream sundae with all your favorite toppings made to order! We will have a raffle as well.

Please sign up at the TRIP center or call 603-934-4151.

MEMORIAL DAY BBQ

Thursday, May 23th at 11:30 am

Join us to remember all the ones we lost while defending our freedom. BBQ chicken thighs, potato salad, coleslaw, cucumber salad and cookies will be served. Please sign up at the TRIP center or by calling 603-934-4151.

Mother's Day Word Search

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



CARD	HOLIDAY
CARING	LOVING
CELEBRATE	MAY
CHILDREN	MOM
FAMILY	MOTHER
FLOWERS	PARENT



CRAYONSANDCRAYINGS.COM

FRANKLIN AREA RESOURCE CENTER

CAP's Franklin Resource Center is located at 12 Rowell Drive in Franklin. Our hours are Mon-Fri 8:30-4:30. We perform intake for the Fuel & Electric Assistance Programs. We also may be able to help with disconnects & shut offs for electric and natural gas.

COMMUNITY RESOURCES & EVENTS

FOOD PANTRIES/SOUP KITCHEN & CLOTHES CLOSETS

Bread & Roses Soup Kitchen
 Monday & Thursday 4:00pm—5:00pm
 206 Central St., Franklin (603) 934-2141

First Fruits Food Pantry
 1st & 3rd Wednesday of each month
 322 Upper Bay Rd., Sanbornton (603) 524-5996

Tilton/Northfield Congo Church Pantry
 Tuesday 9:00am—1:00pm
 283 Main St., Tilton (603) 455-7505

Twin Rivers Food Pantry
 Tuesday & Thursday 9:00am - 11:00am
 Wednesday Evenings 5:00pm—7:00pm
 2 Central St., Franklin (603) 934-2662
 (Across the street from Benson Auto, entrance is off parking lot behind building.)

One Mission—Baptist Church of Franklin
 Free personal care items
 1st Saturday of each month 9:00am—11:00 am
 21 Church St., Franklin (603) 934-0230
 Use School St. entrance and please bring picture ID

Rise Again Outreach
 Personal Care Items, Clothing & Food
 4th Saturday of each month 1:30pm—3:00pm
 Franklin Savings Bank (Main Branch) Parking Lot
 38 Central St., Franklin (800) 266-5017



NH ELECTRICAL ASSISTANCE AND FUEL ASSISTANCE PROGRAMS Call The Franklin Area Resource Center at **(603) 934-7369** for more information. Office hours are Monday— Friday 8:30 am—4:30 pm.

MEALS-on-WHEELS delivers a mid day meal to homebound seniors and individuals with disabilities Monday-Friday. Call the TRIP Center 603-934-4151 for more information.

CAP WEATHERIZATION PROGRAM Weatherization is the scientific audit of your home to determine how your building is using or wasting energy and the repair and improvement of any related problems that arise. If you qualify for fuel assistance and meet income guidelines for weatherization, you may be eligible for weatherization if you meet any of these additional requirements:

- No insulation in attic or walls
- Age 62 or older
- Age 6 or younger or

If there is a person with disabilities living in the house. There is no cost associated with weatherization; you don't pay for the audit or any related improvements made to your home. Give us a call at 603-225-3295.

CAPBM COMMODITY SUPPLEMENTAL FOOD PROGRAM— Free healthy food for adults 60 years and older. Call today **1-800-578-2050** to see if you qualify.



The TRIP center distributes “Meals to Go” on Monday and Thursdays. Please call Karen at 603-934-4151 for more information.

Community Action Program, Belknap Merrimack Counties,

Suzanne Demers, Director

Heather O'Brien, Wellness 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 CAPBM/MOW and send to Community Action Program, Belknap-Merrimack Counties, P.O. Box 1016, Concord, NH 03302. *Thank you for your support.*

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.

RESERVE YOUR RV/CAMPING SEASON!

Check us out at:
www.camp-nh.com



Or call us at:
603-744-3344



Help us end
Multiple Myeloma

Your tax-deductible donation funds lifesaving research, treatment and care and would mean so much to someone fighting cancer.



Please donate today

donate.cancer.org

The GoldenCrest
A Senior Living Community

ASSISTED LIVING & WELLNESS
IN THE HEART OF NEW HAMPSHIRE

29 Baldwin Street Franklin, NH

www.goldencrest.co (603) 934-6742



HELP MAKE CF STAND FOR CURE FOUND

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.

DONATE TODAY

[WWW.CFF.ORG](http://www.cff.org)



WE ARE IN A RELENTLESS PURSUIT OF A CURE

fullerrv.com

FULLER RV
RENTALS & SALES

usamotorhomerentals.com

150 Shrewsbury St, Boylston, MA 01505, RTE 140



1 (800) 338-2578

Family Owned and Operated Since '84



**We bring
Community
To You**

**We connect local businesses
with their residents.
Advertise Today**



**Senior News
Publications**



MAY Menu 2024

TRIP Senior Center

Congregate & GNG Meals

Weekly Take-Away Offerings:	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Sweet and Sour Meatballs Chicken Provencal Hot Dog & Bean Casserole Chef's Choice	Menus are subject to change without notice		1 Turkey & Pork Meatloaf Mashed Potato & Gravy Vegetable, Dinner Roll Fruit Cup	2 Chicken Corn Chowder Small Garden Salad Dinner Roll Fresh Fruit Cup	3 <u>Brunch Menu</u> Scrambled Eggs w Cheese, Potato Barrels, Salsa, Breakfast, Sausage Links, Fruit Cup, Tortilla Shells
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 Chicken Teriyaki Rice Pilaf, Vegetable Wheat Bread, Fruit Cup	8 Beef Chili with Beans Corn Bread Small Garden Salad Fresh Fruit Cup	9 Pulled Pork and Onions Whole Grain Dinner Roll Coleslaw, Baked Beans Fresh Fruit Cup	10 Greek Gyro on Pita Bread, Tzatziki Sa, Tomato, Lettuce Couscous Salad, Fruit
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 Sweet & Sour Meatballs Steamed Rice, Vegetables Fruit Cup WG Dinner Roll	15 Rub Pork Tenderloin Homemade Apple Sauce Mashed Potatoes, Vegetable, WG Dinner Roll	16 Chicken Taco Salad, Shred Chz, Tomato, Cucumbers, Blk Bean Salad, Salsa/ Sour Cream Dressing, Dinner Roll, Fruit Cup	17 Kielbasa w/ Sauerkraut Rice Pilaf, Broccoli Florets WG Dinner Roll Fruit Cup
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 Chicken Broccoli Rice Casserole, Vegetable WG Dinner Roll, Fruit Cup	22 American Chop Suey Vegetables Fruit Cup Garlic Bread	23 BBQ Chicken Strips Coleslaw, Potato Salad Fruit Cup, Dinner Roll	24 Chef Salad - Bed of Lettuce, Ham, Turkey, Eggs, Tomato, Cucumber, and Cheese Fruit Cup, Dinner Roll
Breaded Fish Fillet w Tartar Chicken Broc Rice Casserole American Chop Suey Chef's Choice	27 CLOSED FOR THE MEMORIAL DAY HOLIDAY	28 MEMORIAL DAY BBQ** Chef Salad - Bed of Lettuce, Ham, Turkey, Eggs, Tomato, Cucumber, and Cheese Fruit Cup, Dinner Roll	29 Breaded Chicken Tenders Steak Cut Fries, Vegetables Fruit Cup, Dinner Roll	30 Chicken and Rice Soup Vegetable, Dinner Roll Fruit Cup	31 Pizza Party Vegetable Salad, Cheese Stx Fruit Cup

Community Action Program Belknap-Merrimack Counties, Inc. - Elder Services

FOOD ALLERGY NOTICE: Please be advised our food may contain these ingredients: milk, egg, soybean, wheat, peanut, tree nut, fish and/or shellfish.



BELKNAP-MERRIMACK COUNTIES, INC.
EMPOWERING COMMUNITIES SINCE 1985

TRIP SENIOR CENTER

MAY 2024 MOW MENU

Mon	Tue	Wed	Thu	Fri
		1	2	3
<u>FOOD ALLERGY NOTICE: Please be advised that our food may contain these ingredients: Milk, Eggs, Wheat, Soybean, Peanuts, Tree nuts, Fish & Shellfish</u>	* Low Sodium Meal Daily meals are subject to change due to availability	*Chicken Broccoli Cheese Sauce *Turkey A La King		Meatballs w/ Tomato Sauce
6	7	8	9	10
*Ground Beef Patty w/ Mushroom Gravy Scrambled Eggs		Sweet and Sour Meatballs Chicken Tenders		Chicken Provencal
13	14	15	16	17
*Chicken Lasagna Meatballs and Marinara		*Chicken Paprikash *Beef Steak w/ Stroganoff Sauce		Beef and Pork Meatloaf
20	21	22	23	24
Baked Beans and Hot Dogs *Orange Chicken		French Toast Egg and Sausage *Ground Beef Patty w/ Port Jus		Grilled Chicken w/ Teriyaki Sauce *Pork w/ Applesauce Buttermilk Pancakes
27	28	29	30	31
AGENCY CLOSED 		*Thai Style Coconut Curry Chicken *Turkey A La King		Meatballs w/ Tomato and Basil Pesto