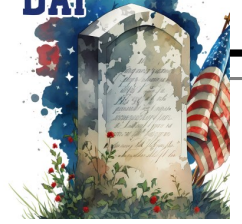


Mountain View Senior Center

134 E Main St, Bradford NH 603-938-2104

MEMORIAL
DAY



May 2024

Newsletter Your Resource for Healthy Aging

Quotes About Hope

"You are never too old to set another goal, or to dream a new dream" C.S. Lewis

"It is during our darkest moments that we must focus to see the light" Aristotle Onassis

"What you get by achieving your goals is not as important as what you become by achieving your goals." Zig Ziglar

"No matter what you're going through, there's a light at the end of the tunnel." Demi Lovato

"This is nother impossible to him who will try." Napoleon Hill

"You don't always need a plan. Sometimes you just need to breathe, trust, let go, and see what happens." Mandy Hale

"There is some good in this world, and it's worth fighting for." J.R.R. Tolkien

"Hope is that thing inside us that insists, despite all the evidence to the contrary, that something better awaits us if we have the courage to reach for it and to work for it and to fight for it." Barack Obama

"It's amazing how a little tomorrow can make up for a whole lot of yesterday." John Guare

Quotes about Perseverance

"A champion is defined not by their wins but by how they can recover when they fall." Serena Williams

"Never bend your head. Always hold it high. Look the world straight in the eye." Helen Keller

"Success is not final, failure is not fatal: it is the courage to continue that counts." Winston Churchill

"The bad news is time flies. The good news is you're the pilot." Michael Altshuler

"Life has got all those twists and turns. You've got to hold on tight and off you go." Nicole Kidman

"When you're at the end of your rope, tie a knot and hold on" Theodore Roosevelt

"Life changes very quickly, in a ver positive way, if you let it." Lindsey Vonn

"It isn't where you came from. It's where you're going that counts." Ella Fitzgerald



COMMUNITIES

SERVED:

BRADFORD
CONTOOCOOK
HENNIKER
HOPKINTON
NEWBURY
NEW LONDON
SUTTON
WARNER
WEBSTER
WILMOT

All are welcome!

HOURS

Monday—Friday
8:30AM—2:30PM

TAKE OUT MEALS

AVAILABLE

Monday-Friday
9:00 AM—1:30 PM
\$3.00 A MEAL

Community Dining:

Lunch Tuesday &
Thursday Brunch 1st
Friday of each month
11:30

MEALS ON WHEELS

DELIVERY M-W-F

Offered to anyone home-bound, age 60, or to those with special needs.



Wellness Clinic

When: 4th Wednesday of the Month

Foot Care Clinic (\$30) from 11:30-2:00pm

Please call 603-748-1731

to schedule an appointment,

no walk ins accepted

Senior Community Service Employment Program
(SCSEP)

Attention Seniors!!

ARE YOU 55 OR OVER?

ARE YOU CURRENTLY UNEMPLOYED?

ARE YOU LIVING ON A LIMITED BUDGET?

WE CAN HELP!

EARN EXTRA MONEY AND LEARN NEW SKILLS WHILE
TRAINING AT A HOST -SITE 20 HOURS PER WEEK

WITHOUT IMPACTING YOUR HOUSING OR FOOD STAMP

BENEFITS!

APPLICATIONS ARE NOW BEING TAKEN FOR FUEL /ELECTRICAL ASSISTANCE.
CALL TODAY TO SEE IF YOU QUALIFY

Thinking about Volunteering? The Mountain View Senior Center is looking for a few volunteers to help out with activities and lunches. Organize an activity, start a book club, or play games. Please call 603-938-2104 ext 7301 or stop by the Mountain View Senior Center and see Roberta Hixson, Manager.

Thank you in advance!

Always looking for new ideas to socialize
rhixson@capbm.org



Transportation Service

The Mid-State Transit Bus serving Belknap and Merrimack Counties will take you shopping, to the Mountain View Senior Center, doctor's appointments, and more. **Suggested donation** for the bus is **\$3.00 round-trip**. The bus will pick you up at your door and bring you back home after your errands!



Please contact Concord to reserve your spot at least 24 hours in advance by calling 603-225-1989. If you get the auto attendant, PRESS 1 to get to a dispatcher.

Help with your Heating and Electric Costs!

You may be eligible for help with your energy bills. 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. Please call the Area Center nearest you for more information or to make an appointment to apply. Home visits and mail-in applications are available for those unable to come in to a center.

Concord Area Center – 603-225-6880

Franklin Area Center – 603-934-3444

Warner Area Center – 603-456-2207

Suncook Area Center – 603-485-7824



Community Resources

**We are still offering meal options at the center in takeout form 2 days per week;
Tuesday or Thursday**

**You can receive up to 5 frozen meals. A \$15 donation is suggested for each pick up.
For more information or to sign up for this program, please call ahead 603-983-2104
ext 7301, or stop in to see Roberta at the Senior Center.**

ServiceLink

ServiceLink provides access to the following programs:

Information Referral and Assistance, Aging and Disability Resource Center, Options Counseling, NH Family

Caregiver Program, State Health Insurance Assistance Program (SHIP), and Senior Medicare Patrol (SMP).

For more information,
call toll free **1-866-634-9412** or local number
603-225-3295

CAP Weatherization Program

You may be eligible for weatherization if you meet specific income guidelines and any of these additional requirements:

- No insulation in attic or walls
 - Age 62 or older
 - Age 6 or younger
- A person with a disability

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
603-223-9832

Senior Community Service Employment Program (SCSEP)

Attention Seniors!!

ARE YOU 55 OR OVER?

ARE YOU CURRENTLY UNEMPLOYED?

ARE YOU LIVING ON A LIMITED BUDGET?

WE CAN HELP!

EARN EXTRA MONEY AND LEARN NEW SKILLS WHILE TRAINING AT A HOST -SITE 20 HOURS PER WEEK WITHOUT IMPACTING YOUR HOUSING OR FOOD STAMP BENEFITS!

CALL 603-223-2305

TODAY FOR MORE INFORMATION!

The Senior Community Service Employment Program (SCSEP) is funded by the U.S. Department of Labor. The NH State SCSEP Program is administered by N.H. Department of Business and Economic Affairs - Office of Workforce Opportunity and operated by: Community Action Program Belknap-Merrimack Counties, Inc. 2 Industrial Park Drive P.O. Box 1016 Concord, New Hampshire 03302-1016
Community Action Program, Belknap-Merrimack Counties, Inc. is an equal opportunity employer/program. Auxiliary aids and services are available upon request.

TDD/TTY Access: RELAY NH 1-800-735-2964



Elder Services

Community Action Program, Belknap Merrimack Counties, Inc.

Suzanne Demers, Director - Heather O'Brien, Operations 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: _____

Send Acknowledgement to _____

Phone # (if we have questions) _____

Address: _____

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

WEEKLY ACTIVITIES

MONDAY:
8:30AM STRENGTH AND
BALANCE GROUP



10AM BINGO, COME ON OUT AND BRING
A FRIEND



TUESDAY:
10AM QUILTERS GROUP

NOON: MAHJONG (must have
card to play, CAN BE ORDERED
ONLINE)



12:15 LUNCH

WEDNESDAY:
1:00PM CHAIR
YOGA \$5 PER CLASS



COME JOIN THE FUN!

THURSDAY:
11:15 LUNCH
NOON DOMINOS
GROUP



FRIDAY:
8:30AM STRENGTH & BALANCE
GROUP



1ST FRIDAY OF EVERY MONTH
BRUNCH IS SERVED AT 9:30
AM, Birthday cake for Monthly
Birthday's also served @ Brunch

We are looking for Cribbage Players to start a new
group. Please contact Roberta if interested, which
day works best Wed or Fri ?





MAY Menu 2024

Mt View Senior Center

Congregate & GNG Meals

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Menus are subject to change without notice			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
		7 Chicken Teriyaki Rice Pilaf, Vegetable Wheat Bread, Fruit Cup		9 Pulled Pork and Onions Whole Grain Dinner Roll Coleslaw, Baked Beans Fresh Fruit Cup	
		14 Sweet & Sour Meatballs Steamed Rice, Vegetables Fruit Cup WG Dinner Roll		16 Chicken Taco Salad, Shred Chz, Tomato, Cucumbers, Blk Bean Salad, Salsa/ Sour Cream Dressing, Dinner Roll, Fruit Cup	
		21 Chicken Broccoli Rice Casserole, Vegetable WG Dinner Roll, Fruit Cup		23 BBQ Chicken Strips Coleslaw, Potato Salad Fruit Cup, Dinner Roll	
	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		30 Chicken and Rice Soup Vegetable, Dinner Roll Fruit Cup	31



MT VIEW SENIOR CENTER

MAY 2024 MOW MENU

Mon	Tue	Wed	Thu	Fri
		1	2	3
		Turkey Ala King Penne Pasta Primavera		Scrambled Eggs
6	7	8	9	10
Sweet & Sour Meatballs BBQ Pork		Chicken Provencal Chicken Tenders		Waffles
13	14	15	16	17
Beef Steak Stroganoff Chicken Lasagna		Meat Loaf Shepherds Pie		French Toast
20	21	22	23	24
Shells & Cheese Beef Patty		Chicken Teriyaki Pork w/ Tarragon Sauce		Pancakes Chicken & Rice Casserole S&S Meatballs
27	28	29	30	31
AGENCY CLOSED 		Meatballs W tomato Basil Pesto BBQ Pork		Scrambled Eggs

We care where you are!



- Home Health Care
- Hospice
- Palliative Care
- Personal Care Services



603.526.4077 • LakeSunapeeVNA.org



AD Space for SALE

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

150 Shrewsbury St, Boylston, MA 01505, RTE 140




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