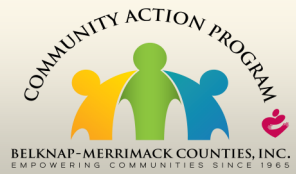




Alton Senior Center Newsletter Your Resource for Healthy Aging



2024

(603) 875-7102
7 Pearson Road
Alton, NH 03809

**Serving the
Communities of:**
Alton
Barnstead
Gilmanton
Surrounding Towns

Hours:
M-TH 8:00am-2:00pm
Friday 8:00am-
1:30pm

Community Dining:
Monday, Wednesday,
Thursday & Friday
11:30am

Breakfast:
Tuesdays 9:15am

Meals on Wheels:
Monday, Wednesday,
and Friday

**Exercise
Education
Social Activities
Games
Speakers and
more...**

**Service Link
Resource Center**
1-866-634-9412
528-6945



Meals on Wheels Dinner Dance Fundraiser

Featuring the Club Soda Band

May 16th, 2024
5:00pm

THE BARN AT BULL MEADOW

63 BOGG RD CONCORD NH



TICKETS: \$75.00 OR \$500.00 FOR A TABLE OF EIGHT

CALL 603-267-0229

All proceeds help to support the Meals on Wheels Program and the Senior Centers

Special Events This Month

Friday, May 3rd @ 11:30: Audiology Specialists: *Achieve Trial Research Project with Laura Robertson, AuD*

Monday, May 6th @ 11:30: Don Roberge: *Handcrafted Cigar Box Guitars*

Thursday, May 9th @ 11:30: *Mother's Day Purse Swap*

Friday, May 10th: Art Appreciation Luncheon with Tom Hitchcock, featuring Artist, *Mary Cassatt*

Monday, May 13th @ 11:30: *Mother's Day Tribute with One-Man Band, Bill Parker*

Tuesday, May 13th @ 11:30: *Heritage Arts Class with Charlene*

Wednesday, May 15th, 9-1: Foot Care Clinic with Granite VNA

Friday, May 17th: Cooking with Brad

Thursday, May 23rd @ 11:30: Memorial Day Program with the Meals-On-Wheels Driver's Band!

Monday, May 27th: CLOSED

Tuesday, May 28th @ 9:30-10:30 Blood Pressure Clinic, Courtesy of Granite VNA



Reiki Clinics with Lori Tremblay First Monday & Third Wednesday this Month from 10:00 to 11:15. The loving, healing energy of Reiki can help to release energy blocks, returning you to a balanced,

healthy state. Lori Tremblay is a Reiki Master teacher in the Usui tradition. She offers a calm, relaxing space for you to receive the benefits of Reiki.

Suggested Donation \$10.00 RSVP

SENIOR CENTER UPDATE

Lunch is Served

At 11:30 on

Monday, Wednesday, Thursday, and Friday

Tuesday Breakfast is served at 9:15

Fellowship, information, entertainment, learning opportunities and much more! A nutritious meal provided by the **Community Action Program (CAP)** is served every day. Please call 875-7102 to reserve a spot or stop by the Senior Center Monday-Thursday 8:30-2:00 or Friday 8:30-1:30 to make a reservation.

There is a \$3.00 suggested donation for everyone over 60. The price for those under age 60 is \$6.00. Hope to see you soon!

Meals On Wheels Program

Delivered Monday, Wednesday & Friday

Call the Meals on Wheels Coordinator @

1-603-225-3295 for inquiries

For More Information go to <http://capbm.org/>

VOLUNTEER OPPORTUNITIES!

*Having the satisfaction of knowing you are making a difference in your community and the lives of your neighbors

*A chance to give something back

*An opportunity to meet new people and make new friends

Many small jobs, such as errands, gardening, cleaning, and kitchen help are needed to operate the Center smoothly. Please come into the center to apply.

FROZEN TAKEAWAY MEALS

We are still offering meal options at the center in takeout form 2 days per week; Either Monday 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 stop in or call 875-7102



Daily Activities

MONDAYS 9:00am Red Hot Poker

10:00: Mexican Train & Chicken Foot Dominoes

10:00-11:00am: Knitting and Crochet Club. Come and have a good time creating and socializing!

1:00-2:00 pm– Fit over 50. \$5.00 per class Exercise class includes stretching and a light work out.

TUESDAYS

9:00-11:00am: The Sunshine Quilting Club. All are welcome, beginners and old pros! Bring whatever you're working on. Instruction available. FREE!

9:00 Red Hot Poker

WEDNESDAYS

10:00 Mexican Train/Chicken Foot Dominoes

10:45 am-Wednesday Walking Group– Before lunch, meet at the center and do a gentle jaunt on Pearson Road or throughout the town.

12:00: Every second Wednesday of the month – Board Game Group

THURSDAYS

9:00-10:00am: Chair Yoga– a gentle yoga with poses and weights. \$5.00 per class

10:00-11:30am: Hand & Foot Card Game

FRIDAYS:

9:00 Red Hot Poker

9:00-11:00: Art Class with Tom Hitchcock. Beginners welcome. Stay for lunch!

Every Day: Come for breakfast or lunch and visit our game room for a friendly match of Ping Pong or Billiards. While You're at it, check out our Library, Puzzles, Games, Computers & More. Friendly Socialization Abounds!

SERIOUSLY SOCIAL BRIDGE CLUB

The Alton Parks and Recreation Department is holding a new Bridge Club. If you like card games such as Hearts or Whist, try this club!

The Group meets weekly on Tuesdays from 6-8:30p, here, at the Senior Center. This is a great opportunity to refresh your skills or learn a new game! All abilities are welcome! Pre-Register by calling 603-875-0109 or at parksrec-asst@alton.nh.gov

MORE SPECIAL EVENTS!



Cooking Class with Brad

Friday, May
17th

Taste-Testing for ALL!

Please Join Us for Lunch
and a
**MOTHER'S Day
Purse Swap!**
Tuesday, May 9th @ 11:30

Bring Your Gently Worn or new
purse to trade for a different one!
If you don't have a purse to trade,
no worries, we have extras!
Early Donations Appreciated!



**Complete Any 5 of the Activities Listed
in this newsletter & insert them on one
note into THE JAR. Meals, health and
wellness suggestions, exercises, recipes
made, classes, and attendance all
count! For every 5 activi-
ties completed, your
name will be entered for a
raffle prize each month!**



MONTHLY SERVICES

Courtesy of Granite VNA

Free Blood Pressure Screening!



Keep tabs on your health.
**Last Tuesday of the Month
from 9:30 to 10:30am. (Next: May 28th)**

Foot Care Clinic

The 3rd Wednesday of every month
From 9:00-1:00pm

**Call and make a
reservation with the
Granite VNA
(603) 224-4093, Ext
85815 (Next: May 15th)**



Groceries and Errands, Anyone?

Use our Transportation Service!

The Mid-State Transit Bus serving Belknap and Merrimack Counties will take you shopping, to the Alton 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 call Concord to reserve your spot at #225-1989. If you get the auto attendant, PRESS 1 to get to a dispatcher.*

NH LEGAL ADVICE: This program which is available to NH residents over the age of 60, is **FREE of charge**. Call 603-624-6000.

More Community Links:

CAP Housing 603-225-3295 ext 1177 Leave Name & Address

Alton Community Services & Food Pantry 603-875-2273

The Coat Rack at St Katharine Drexel 603-767-3230

Medical Transportation Options in the Alton Area

CAP Mid State Transit 603-225-1989

The Friend's Program 603-228-0139

Volunteer Driver Program 603-224-8043

Caregivers of Wolfeboro 603-569-6780

Murphy's Transport 603-340-0723

Alton Community Services 603-875-2273

The Caregiver's Caring Rides 603-622-4948

Community Resources

Are You an Adult 60 Years Or Older Looking To Stretch Your Food Budget?

You may be eligible for the Commodity Supplemental Food Program (CSFP). CSFP is free nutritious foods such as cereal, cheese, fruits and vegetables, pasta, and juice for low-income seniors 60 years of age and older. In the summer months you will receive free fresh fruits and vegetables! For more information, call CSFP at Belknap-Merrimack CAP 1-800-578-2050 or 603-225-2050.

NH Commodity Supplemental Food Program

Free Healthy Foods for Seniors 60 years and older
NEXT DELIVERY 11:00-11:30 April 12th

Income Guidelines through June 30, 2024

Family Size	Annual	Monthly	Weekly
1	\$18,954	\$1,580	\$365
2	\$25,636	\$2,137	493
3	\$32,318	\$2,694	\$622
4	\$39,000	\$3,250	\$750

At your first visit, you will need to bring Proof of Income, Proof of Residence, Picture ID and Proof of Date of Birth.

ServiceLink

A statewide network of community-based connections for elders, adults with disabilities and their families. Your link to information and support services within your community. Call your Medicare experts!

Contact ServiceLink Toll Free at 1-866-634-9412. Or 603-228-6625

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.

Need 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. You may contact them by phone at 603 223-0043, by email @FuelAssistance@capbm.org or 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** – 225-6880 CARC@capbm.org
- Laconia Area Center**-524-5512 LARC@capbm.org
- Warner Area Center** – 456-2207 WARC@capbm.org
- Suncook Area Center**-485-7824 SARC@capbm.org (Alton calls Laconia)



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

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

Address: _____

Phone # (if we have questions) _____

In Memory/Honor of _____

(circle one above)

Send Acknowledgement to _____

Address: _____

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



Fit over 50

Exercise class includes stretching and a light work-out. **Mondays, 1:00-2:00pm.**
\$5.00 per class. First Class is FREE!

Wednesday Walking Group

Wear your walking shoes, meet at the center and do a gentle walk on Pearson Road before lunch.
10:45am

Chair Yoga

Do you have trouble getting out of your car or chair? Learn how to strengthen your muscles and help your balance with Priscilla. Exercise with poses and weights. **Thursdays, 9:00-10:00 \$5.00 per class. First Class is FREE!**

Yoga Flow

A more advanced floor program for improved flexibility, strength and balance. Bring your weights and floor mat. **\$5.00 per class. Call 875-7102 to regis-**

MEXICAN TRAIN & CHICKEN FOOT DOMINOES!

Beginner's WELCOME!

4 Players needed. Mondays 10:00-11:30
Call Maurice with interest: 603-875-3200

Veteran's Coffee & Conversation Club

Every 3rd Tuesday of the Month (1/16)

from 9:15-11:00

Come for Breakfast !

LOOKING FOR CRIBBAGE PLAYERS!

Monday and Wednesday Mornings



Drawing/Painting Classes

with Tom Hitchcock

**Fridays from
9:00-10:30/11:00**

**\$15.00 per class, including
supplies
\$60.00 for 5 sessions
Stay for Lunch @ 11:30!**



MUSIC CORNER

(RSVP Encouraged!)

A Tribute to Mother's One-Man-Band

Bill Parker

Monday, May 13th @ 11:30



**Memorial Day Program
with the
Meals on Wheels Driver's
Band
Thursday, May 23rd
@ 11:30**



NUTRITION NOTES

Good nutrition across the lifespan helps prevent chronic disease — and we know that it's never too late to make improvements to support healthy aging. Older adults are at greater risk of chronic diseases, such as heart disease and cancer — as well as health conditions related to changes in muscle and bone mass, such as osteoporosis. The good news is that this population can mitigate some of these risks by eating nutrient-dense foods and maintaining an active lifestyle.

Older adults generally have lower calorie needs, but similar or even increased nutrient needs compared to younger adults. This is often due to less physical activity, changes in metabolism, or age-related loss of bone and muscle mass. Nutrient needs in this population are also affected by chronic health conditions, use of multiple medicines, and changes in body composition. Therefore, following a healthy dietary pattern and making every bite count is particularly important to this age group.

Eating more fruits, vegetables, whole grains, and dairy improves diet quality — as does cutting down on added sugars, saturated fat, and sodium.

Eating enough **protein** helps prevent the loss of lean muscle mass. But older adults often eat too little protein — especially adults ages 71 and older. Since most older adults are meeting recommendations for meats, poultry, and eggs, it's important to remind them that seafood, dairy and fortified soy alternatives, beans, peas, and lentils are great sources of protein. These protein sources also provide additional nutrients, such as calcium, vitamin D, vitamin B12, and fiber.

The ability to absorb **vitamin B12** can decrease with age and with the use of certain medicines. Health professionals can help older individuals get enough vitamin B12 by ensuring that they're consuming enough through foods, such as breakfast cereals. Older adults should talk with their health care provider about the use of dietary supplements to increase vitamin B12 intake.

Resources to Help Older Adults Eat Healthy

There are a number of government resources that health professionals can use to support older individuals in accessing and achieving a healthy dietary pattern.

- **Congregate Nutrition Services** provides meals for people ages 60 and older and their spouses in senior centers, schools, and churches.
- **Supplemental Nutrition Assistance Program (SNAP)** provides temporary benefits to help with food purchases for people with limited incomes.
- **Commodity Supplemental Food Program (CSFP)** distributes monthly packages of nutritious foods from the U.S. Department of Agriculture.
- **Home-Delivered Nutrition Services** provides older adults who have trouble leaving home or have certain health conditions with home-delivered meals.
- **Child and Adult Care Food Program** provides reimbursements for nutritious meals and snacks to older adults enrolled in daycare facilities.

Choosing healthy foods and actively using nutrition resources can help people make every bite count, no matter their age. For more information about these resources for older adults, check out online:

Nutrition Programs for Seniors from
Nutrition.gov

For more information about these programs, ask your Senior Center Manager!



MAY Menu 2024

Alton 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	30 Eggs Benedict, English Muffins, Ham, Home Fries, Tropical Fruit Cup	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 Blueberry Pancakes Fried Eggs, Bacon Home Fries, 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 Quiche, Stewed Tomatoes Sausage, Muffins or Bread Cantaloupe	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 Scrambled Eggs w Cheese, Ham, Breakfast Bread, Home Fries Mandarin Oranges	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 Brkfst Belgian Waffles w Strawberries & Blueberries, Whipped Cream, Bacon, Scrambled Eggs, Fruit Cup	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.



ALTON SENIOR CENTER

MAY 2024 MOW MENU

Mon	Tue	Wed	Thu	Fri
		1	2	3
		Beef Chili (LS) Pancakes		Chicken Provencal (LS)
6	7	8	9	10
Butternut Squash Ravioli (LS) Sweet + Sour Meatballs		Honey Garlic Chicken (LS) Scrambled Eggs		Tilapia (LS)
13	14	15	16	17
Meatloaf (LS) Shepherd's Pie (LS)		Honey Mustard Pork (LS) Chicken Lasagna (LS)		Grilled Teriyaki Chicken
20	21	22	23	24
Orange Chicken (LS) Beef Patty w/ Port Jus (LS)		Shells & Cheese (LS) Beans & Hotdogs		Pesto Meatballs (LS) Penne Pasta Primavera (LS) Chicken Broccoli (LS)
27	28	29	30	31
AGENCY CLOSED 		Pancakes Pork w/ Applesauce (LS)		Chicken Provencal (LS)



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