

# LONDONDERRY

## Senior Center Newsletter

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



**Hello from Ilona:** Another beautiful New England season has come to us. I sure hope you have been enjoying all the gifts of nature this time has to offer. I saw so many of you at our Senior Resource Committee Senior Expo on September 23rd at the Londonderry Middle School. We had 55 vendors and 400ish guests. We added an AARP Smarttek Auto course, pickleball demo and a Cart Bus from the MTA. Many of you told me that you won one of the generous prizes donated by local businesses, residents and vendors. What a great event. We always welcome feedback and suggestions to see what we can add the next time around. The Big Read on 9/28 was hosted in partnership with Leach Library. We had a better turnout than expected. It is fascinating to hear different folks take on 'The Bear'. It widens our perspectives and helps us get to know and understand one another. One of my goals is to partner with different town organizations to throw a wider net over our senior community. We work with the Art's Council to bring a Jam Session to the Senior Center every 3 months. The Recreation Department is planning on bringing a tap dance class to the Senior Center on Wednesday Evenings. The Historical Society has visited to educate our members on this wonderful community's past. We have worked with the YMCA to make Panera breads available every Thursday and Friday at the Y. We are always looking for suggestions on how to enhance and/or add programs for our senior population. We scheduled an International Oktoberfest for 9/30. Unfortunately, we had to cancel. We had plenty of folks willing to provide samples of native cuisines but not enough folks signing up to come and expand their palates. Now we are trying to plan another breakfast instead! We know that is a favorite of so many. Keep an eye open for future dates!

**Welcome to our newest members:** *Wowza, folks are signing up like crazy! They know it's a great place to be!* Janice Allen, Jeanne Aussant, Linda Beaulieu, Margaret Benton, Diane Blake, Evelyn Brassard, Cindy Clark, Susie Dao, Mary Dougherty, Barbara Fucarile, Mary Greenfield, Cindy & Gordon Headley, Penny Hicks, Edward & Liz Kotowski, Peggy Lambert, Robert LaPierre, Belinda Lewis, Bernadette Lovell, Harvey Marks, Omrye Mauser, Joanne McKenney, Joanne, Micale, Michael Nader, Joanne Norris, Rhona OMara, Kathy Sargent, Thomas & Pamela Walker, Susan Webber, Wendy Wood and Charles Yochim.

**Please Like and visit our Facebook page!**

**Friends of Londonderry Senior Center**



**Holiday Craft Fair and Cookie Walk: Saturday, 11/4/23 9am-3pm,** Londonderry Senior Center A variety of Vendors will be selling their crafts. Many beautiful gift baskets will be raffled off. A variety of homemade cookies and food available for purchase. Santa will be there for pictures with children bearing small gifts from 10am-1pm. All proceeds from this fair will benefit the Londonderry Senior Citizen's Inc. organization.



**Fireman's Thanksgiving: Saturday, 11/11/23 1:00pm-2:30pm** Londonderry Senior Center. Londonderry seniors over 55 and members of the Senior Center are able to sit down and join one another to enjoy a FREE feast lovingly and expertly prepared by our very own firefighters! **Sign up by 11/3 at the Senior Center. Seating is limited**

**Hannaford Nutrition Program: Thursday, 11/30/23 11am-12pm** Hannaford Dietitian, Diana Robinson RD, LD, is coming Londonderry Senior Center to teach a **FREE** Nutrition Class "Shopping & Cooking for a Few & Healthy Convenience". Learn tips and tricks for easy cooking for one or two people while reducing waste and saving money! Discover the concept of "Nextovers"! A cook once and eat twice strategy. Learn about "Deconstructed Meals" in which you create a balanced meal out of foods already in your fridge and pantry. Learn which foods to buy for health AND convenience! Yes, you can have both! Samples, goodie bags & coupon giveaways! This class is available to Londonderry Senior Center members and Londonderry residents over 55.



**Holiday Brunch: Thursday, 12/21/23** Look for holiday themed activities as December unfolds. We are planning an Ugly Sweater Brunch

**Feature Activity: Bingo** continues to be one of the most popular and well attended activities at the LSC. We have 30-40 members who come to play every Tuesday and Wednesday. The games run from 12:30pm-1:30ish. You are encouraged to arrive early to secure your cards for only .50 each. Card sales stop at 12:15pm. We have room for more players and more fun with bigger pots! What a great way to get out of the house and spend time with other community members.



**Featured Volunteer: Sandy Perry** is one of our softer spoken but very active members of the Senior Center and LSCI. She has been coming to the center for over 4 years. She dedicates hundreds of hours of her time every year. In addition to coordinating entertainment for meals and special events she has also acted as the LSCI V.P. and most recently Treasurer. She is originally from Everett MA, Raymond NH and currently lives in Londonderry. She was married for 47 years and has 5 children and 5 grandchildren. Sandy is an avid reader, plays golf, enjoys computer games and her dog. She values her church, Community Caregivers and the LSC. Sandy performed in her first dance recital at 66, skied at 67 and paddle boarded at 70. She is currently 75 and still 'kicking' She is proof that it is never to late to try something new! Bravo Sandy!



**Drop offs?!:** We have noticed lately that many of you are bringing in items that you would like to give away to our seniors. We appreciate your generosity but we simply cannot house or display all of these items. Please check with the front desk or Ilona before randomly dropping off items. I am afraid to say many of them will end up gathering dust and getting thrown away. The Marion Gerrish in Derry has a great Thrift shop. Try gathering your gently used items and take them there.

**WE WILL BE CLOSED:**

Friday 11/3 to prepare for the **Craft Fair** on 11/4  
 Friday 11/10 for **Veteran's Day**  
 Thursday and Friday 11/23 and 24 for the **Thanksgiving** holiday  
 Friday 12/22 **open 8-12**  
**Closed** the week of 12/25 - 12/29 for the **Christmas Holiday**  
 Monday, 1/1/24 **New Year's Day** 2024

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



# LSCI NEWS CORNER

*Coming Together*

November- December 2023

Dear LSCI family,

Thanksgiving and the Holiday season is upon us. Lets enjoy being with our family and friends. With the New Year let us reflect on the past and look forward to new beginnings. I want to wish everyone a wonderful Thanksgiving and a very Merry Christmas and happy and healthy New Year.

A special Thank You to our fundraising committee and to all the volunteers. I also want to Thank the Board of Directors for all they do they are the backbone of LSCI. Thank You to Everyone that baked cookies to make our cookie walk such a great success.

A special thank you for the beautiful gift baskets for the Holiday Fair they were donated by the following:

Ron & Carol Jablonowski	Linda Green
Dale Morrison	Jan Zambrello
Shirley Haynes	Donna Beuparland
Ilona & Bruce Arndt	Christine Flanagan
Jackie & Phil Milone	Liz & Charlie Duggan
Ruthie & Luke Colliton	Anne & Raymond Gauthier (2)
Sandi & Jon Davis	Ann Hernandez, Margaret Walters & Phyllis Davidson
Diane LeBreux	Connie Crane
Sharon Barry (2)	Billie Bernier
Linda Collens (2)	Jan McLaughlin
Beverly Ford (2)	Renee Mc Allister
Janet Morneau Plus 6 members	Bonnie Leshin

With the funds collected through fundraising and contributions from this year we gave a Boy and Girl from Londonderry High a \$1,000.00 scholarship each. We also gave Community Caregivers of Greater Derry \$2,000.00 donation for all they do for the Elderly. It is with your help that we were able to enhance the expanded Senior Center for the enjoyment of our seniors. I also want to thank all the wonderful volunteers for everything they do for our center. Without you it would not be the same.

*"Great things are never done by one person. There're done by a team of people"*  
*Steve Jobs*

Bonnie Ritvo  
President LSCI



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# November 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	09:00 Cards 10:00 Chair Exercise 11:00 Bone Builder 11:00 MOW 12:15 Cribbage 12:30 Mah Jongg 12:30 Ceramics 12:30 Line Dancing	09:00 Cards 09:00 Yoga 10:00 Chair Exercise 11:00 MOW 12:15 Bingo	09:00 Cards 10:00 Knit/Crochet 10:00 Chair Exercise 11:00 MOW 11:00 Acrylic Painting 12:15 Bingo	09:00 Cards 09:00 Yoga 10:00 Chair Exercise 11:00 MOW 12:15 Cribbage 12:30 Cornhole	09:00 Cards 10:00 Chair Exercise 11:00 Bone Builders 11:00 MOW 12:00 Diamond Art 12:30 Tai Chi	
29-Oct	30-Oct	31-Oct	1-Nov	2-Nov	3-Nov	4-Nov
					Closed for Craft Fair Prep	Craft Fair
5-Nov	6-Nov	7-Nov	8-Nov	9-Nov	10-Nov	11-Nov
				10-12 Hearing Test	Closed Veterans Day	Fireman Thanksgiving
12-Nov	13-Nov	14-Nov	15-Nov	16-Nov	17-Nov	18-Nov
			10:00 Murder Mystery		9:30 Book Club 12:15 Greeting Card Class	
19-Nov	20-Nov	21-Nov	22-Nov	23-Nov	24-Nov	25-Nov
				Closed Thanksgiving Holiday	Closed Thanksgiving Holiday	
26-Nov	27-Nov	28-Nov	29-Nov	30-Nov	1-Dec	2-Dec
			BIRTHDAY CAKE	Hannaford Nutrition Program 11-12		

# December 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	09:00 Cards 10:00 Chair Exercise 11:00 Bone Builder 11:00 MOW 12:15 Cribbage 12:30 Mah Jongg 12:30 Ceramics 12:30 Line Dancing	09:00 Cards 09:00 Yoga 10:00 Chair Exercise 11:00 MOW 12:15 Bingo	09:00 Cards 10:00 Knit/Crochet 10:00 Chair Exercise 11:00 MOW 11:00 Acrylic Painting 12:15 Bingo	09:00 Cards 09:00 Yoga 10:00 Chair Exercise 11:00 MOW 12:15 Cribbage 12:30 Cornhole	09:00 Cards 10:00 Chair Exercise 11:00 Bone Builders 11:00 MOW 12:00 Diamond Art 12:30 Tai Chi	
26-Nov	27-Nov	28-Nov	29-Nov	30-Nov	1-Dec	2-Dec
3-Dec	4-Dec	5-Dec	6-Dec	7-Dec	8-Dec	9-Dec
					9:30 Book Club	
10-Dec	11-Dec	12-Dec	13-Dec	14-Dec	15-Dec	16-Dec
				10-12 Hearing Test	12:15 Greeting Card Class	
17-Dec	18-Dec	19-Dec	20-Dec	21-Dec	22-Dec	23-Dec
			10:00 Murder Mystery	Holiday Brunch	1/2 Day close noon, no pm classes	
24-Dec	25-Dec	26-Dec	27-Dec	28-Dec	29-Dec	30-Dec
		Closed	Closed	Closed	Closed	