

LONDONDERRY

Senior Center Newsletter

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January/February 2024

Hello from Ilona: The Londonderry Senior Center continues to thrive and grow. We are managing and enjoying our regular programs and enjoy planning special events. One of the things that continues to amaze me is how many members spend their time volunteering to help make this a wonderful place to socialize, learn, exercise and just chill out with new friends and old. We have an average of 300 hours of volunteering from our members each and every month. I find that amazing! I have heard on the news multiple times in December how donations are down over last year. What has not been mentioned is that people from all age groups can also donate the gift of time, their time, to organizations that support a variety of causes. Find your cause and give your time. You won't believe how good it will make you feel.



As we ease into the coldest winter months please be reminded to be safe. Our center is open these months and snow may fly. When in doubt please stay home. If the schools are closed, so are we. We also try to post closings on WMUR and our 'Friends of Londonderry Senior Center' Facebook page.



Welcome to our newest members: Another record month welcoming new members to our family!! Hello to Helen Cormier, Nancy Coyne, Corine Dodge, Susan Fessler, Brenda Gardner, Baibana Gingrow, Tracy Gyafas, Martha Haag, Teia Katavola, Carol & Carroll Lagerberg, Leah Legere, Bernadette Lovell, John & Susan Madden, Henry & Linda Marquis, Pricilla Miller, Donna & Frederick Picco, Heather Rice, Barbara Tabor, Thomas Thibault Sr., Christine White & Tom Williams.

OUR FACEBOOK PAGE is changing names....Stay tuned:

VISIT OUR "Information Super Hallway" at the Senior Center to keep up with scheduled programs and events.





Looking Back



We had an active fall starting with our first **Trunk or Treat** on Halloween....



.....and then the **LSCI Holiday Fair and Cookie Walk**. The fair took hours and hours of preparation by Bonnie Ritvo and her loyal volunteers! What a great day. The cookie walk sold out in record time. LSCI raised over \$4200.



The **Fireman's Thanksgiving** on 11/11/23 with LFD firefighters and their family members was organized by Justin Hinds. This event is always a big hit. It was our first sit-down luncheon since years of Covid forced the LFD to prepare meals to-go instead. The LFD and volunteer members from the Senior Center fed 120 seniors from our community. From deep-fried turkey and gravy to apple pie every bite was a scrumptious treat. We really appreciate their donation and efforts to make this annual event a success.



The **Hannaford Nutrition Program** on 11/30/23 with Hannaford Dietitian, Diana Robinson RD, was attended by 30 members and Londonderry Senior residents. It is always good to be reminded and reeducated on what makes a healthy diet, especially with all of the temptations of the holiday season.



We kicked off our holiday month with an **Ugly Hat Day**. There was nothing ugly about the wonderful creations that walked in the door on December 4th. Half of the 64 members attending programs that day showed off their finest.



On December 6th Sandy Perry, from our LSCI, organized the signing of over 500 **Holiday Cards for Veterans**. This has been a lovely tradition for many years. Members were on board to accomplish this happy and important task.



Jam Session/ Pot Luck: On Sunday 1/14/24 2-5pm we will have our fourth Jam Session. This time lets enjoy our music with some tasty Pot Luck creations brought in by our participants and audience. There is nothing like a nice warm soup, chili or meatballs on a cold winter day. Let's get together, dine and hear some good nostalgic tunes.



Fyzical Therapy and Balance Centers will host a program on Thursday 2/8/24 from 10:30-11:30. There will be a one-hour program that includes information on preventing falls followed by a brief risk assessment for those who sign up.

Leap Year Hippiie Day: On Thursday 2/29/24 we will celebrate Leap Year. Stay tuned for more information on activities.



Feature Activity Yoga: Our next 8-week yoga session runs from 1/16/24 to 3/7/24. Join Lisa and Barbara on Tuesday (\$40) and/or Thursdays (\$40). This is a popular guided session designed especially for seniors.

Featured Volunteer: Bonnie Ritvo has been a member of LSC for over 17 years, the entire time she has lived in Londonderry and Derry NH. She is originally from Revere MA where she married her sweetheart and raised 4 children. She helped her husband run his business and was later a supervisor at the Boston Globe. Over the years her children have given her 13 grandchildren and 4 great grandchildren. The numbers keep growing! As LSCI President she enjoys helping seniors, raising funds and feels the LSC is a great place to gather with fun programs. She devotes the bulk of her retirement years as a valuable volunteer to our Senior Center and to her wonderful large family. She also helps host programs on the Londonderry View on or local cable station. She organizes and hosts multiple events at the Senior Center including the annual volunteer luncheon, Old Home Week Ice Cream Social and the wonderful Holiday Fair and Cookie Walk. She also advises and supports the Director of Senior Affairs on a regular basis. Her hundreds of hours dedicated to our local seniors is to be commended!



Event sign ups?! For every event there is a sign-up sheet. This enables us to plan a menu and/or entertainment within our budget. Seating is always limited to also allow for a comfortable and healthy environment. When we reach capacity, we have a waiting list. We have a 15-20% no show rate. That results in empty seats and wasted food. Mark the event on your calendar. Please be courteous and call to let us know if you cannot make it. This allows someone else on the waiting list to attend.



Newsletter Availability: 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.

POEM FOR SENIOR CITIZENS **by John Clark**

You are great folks of such faith and renown.
You all deserve a nice night on the town.
You've been around for a very long time,
But there are mountains for you still to climb.
Your body is weary, your hair has turned gray,
But there is much wisdom in all that you say.
You've worked very hard for all of your life.
You've been through despair, through sickness, and strife.
Many of you all, have stories to tell.
And not only that, you tell them so well.
You've done many jobs, have raised families.
You've been through hard times, and prayed on your knees.

When you are speaking we need to give ear.
Your wealth of knowledge we all need to hear.
Thank you for being the people you are.
You've been through so much and you've travelled so far.
Thank you for laughter, for hope and good cheer.
Thanks for the things that you all hold so dear.
Thanks for the memories of good times and bad.
Thanks for the lessons of life you've all had.
You've helped us learn how to play and have fun.
You've helped us to think, and to walk and run.
So, all you dear seniors; go and have fun.
You've been our example; your work is done.



Coming Together

LSCI NEWS CORNER

January-February 2024

Dear LSCI family,

The New Year is here and winter is upon us. It is fitting that at this time of year we remember past experiences and look forward to new memories. I will be out of the office for 6 weeks Judy Courtney will be taking my place you can contact her at the center, and she help you. I will be in Florida visiting my family if you need to talk to me feel free to call my cell number is 978-767-5057.

Holiday Fair and Cookie walk was a great success. Thank you everyone for making our Holiday Fair such a success! Thanks to all the volunteers who made baskets, donated cookies and helped out. A special Thank You to Santa Claus and his Elfs who did a great job. Without your help we couldn't have done so well. I especially want to thank the Fundraising Committee for all of their hard work and numerous hours they contributed to making the fair a success. Fun was had by all and everything went very smoothly. 😊 Thank You Dale Morrison Fundraising Director and Judy Courtney our Vice President. Our profit was \$4,235.00. A BIG THANK YOU to all.

Our Membership is growing we have the most members that we ever had 516. Thank you to Carol Jablonowski our Membership Director. Please remember to tell your friends that membership is open to everyone not just Londonderry residents. Its only \$10.00 a year where can you go and have so much fun for \$10.00.

A big Thank You to Sandy Perry for getting everyone together to sign cards for Veterans for Christmas something she does every year.

We had our Director's meeting and we voted to continue giving Community Caregivers \$2,000 this year. We also voted to give \$1,000 scholarship to one boy and one girl from Londonderry High. We are going to buy two flat top grills for the Senior Center so we can have monthly breakfasts and BBQ's

I wish everyone a Happy and Healthy New Year
Bonnie Ritvo
President of LSCI


January 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	09:00 Cards 10:00 Chair Exercise 11:00 Bone Builder 11:00 MOW 12:15 Cribbage 12:00 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	
31-Dec	1-Jan	2-Jan	3-Jan	4-Jan	5-Jan	6-Jan
	Closed New Years Day 2024					
7-Jan	8-Jan	9-Jan	10-Jan	11-Jan	12-Jan	13-Jan
				10-12 Hearing Test	9:30 Book Club	
14-Jan	15-Jan	16-Jan	17-Jan	18-Jan	19-Jan	20-Jan
Jam Session 2-5pm POT LUCK		New 8 week YOGA session begins	10:00 Murder Mystery	New 8 week YOGA session begins		
21-Jan	22-Jan	23-Jan	24-Jan	25-Jan	26-Jan	27-Jan
28-Jan	29-Jan	30-Jan	31-Jan	1-Feb	2-Feb	3-Feb
			BIRTHDAY CAKE			

February 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	09:00 Cards 10:00 Chair Exercise 11:00 Bone Builder 11:00 MOW 12:15 Cribbage 12:00 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	
28-Jan	29-Jan	30-Jan	31-Jan	1-Feb	2-Feb	3-Feb
4-Feb	5-Feb	6-Feb	7-Feb	8-Feb	9-Feb	10-Feb
				10-12 Hearing Test Fyzical 10:30-11:30	9:30 Book Club	
11-Feb	12-Feb	13-Feb	14-Feb	15-Feb	16-Feb	17-Feb
					12:15 Greeting Card Class	
18-Feb	19-Feb	20-Feb	21-Feb	22-Feb	23-Feb	24-Feb
	Closed Presidents Day		10:00 Murder Mystery			
25-Feb	26-Feb	27-Feb	28-Feb	29-Feb	1-Mar	2-Mar
			BIRTHDAY CAKE	Leap Year Hippiie Day		

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