

# LONDONDERRY

## Senior Center Newsletter

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



March/April 2024

**Hello from Ilona:** As winter moves along and the snow flies in our beautiful part of the country we still pray for spring. We wish for longer warmer days with the sweet smell of regrowth. It is said that March comes in like a lion and out like a lamb. Doesn't it all depend on what the groundhog proclaims in early February? Who knows the rhyme or reason? Still, we long for the new season. We float through our lovely New England months accepting the changes, beauty and challenges they provide. Cold, heat and hay fever along with serene cold beauty, bright green growth and swirling orange leaves on a bright blue fall day all define where we love to live to raise our family and become one with our community. Let the seasons embrace your heart and soul. They signify birth and growth. Soak it in.

**Welcome to our newest members:** We have passed the 500 mark! Whoo Hoo!! Welcome to Marjorie Kelley, Pat Spelz, Mary Kendall, Nyra Shaw, Jan Lison, Alice & Robert Norton, Martha Smith, Christle Leavitt, Thomas Harris, Gilbert & Jeanne Slater, Catherine Knowles, Tim McFadden, Shizue Giles and Harriett Alexander.



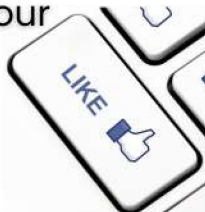
**Jam Session/ Pot Luck:** Our latest event on January 14th was delicious and entertaining. We had a record crowd who provided so so many good eats. We appreciate everyone's time and effort to spend time with us while an active snow squall came and went with everyone inside listening and feasting. The Arts council outdid themselves. What a talented group. **Our events have become so popular that we are going to do it again on March 3rd 2-5pm with an Irish twist.** Hope to see you there. **BRING an Irish dish TO SHARE!**



**Blank Slate:** Thanks a zillion to our member Marie Leno for bringing this entertaining game to our attention. A variety of members play it almost every day. It has become so popular that we had to buy our own game to keep at the Senior Center. We apologize to the Yoga class for laughing so much that we disrupt your Zen, downward dogs and breathing. You could join us after your session to see what all the excitement is about.



**NEW Facebook Page!!** Visit and like and follow our NEW Facebook page: "Londonderry Senior Center"



**Re-Gift Roulette:** on January 31st we had a new activity. Members brought in their unwanted holiday gift(s) for a chance to win something else. Let's face it, we don't always like our presents. Let's give someone else a chance to have some fun and enjoy them. Do you have suggestions for a future fun game or activity? Let Ilona know!





**Fyzical Therapy and Balance Centers:** hosted a program on Thursday 2/8/24. The program included information on preventing falls followed by a brief risk assessment for those who were interested afterwards. We had 34 folks attend this valuable session.



**Upcoming Breakfast:** On March 15 we will be having an Irish themed breakfast from 8:30-9:30 so we have plenty of time to clean up before Bone Builders at 11:00. The cost will be \$3.00. Please sign up at the front desk as seating is limited. We are looking for volunteers to set up (7:00am) and serve (8:30 am).

**Great news...** We will be having more events including meals. We have reached an arrangement with Meals on Wheels to get more access to the kitchen. Stay tuned for more info as the year progresses.

**Upcoming Concord Orthopaedics:** On March 28th from 12-1. Concord Orthopaedics has 30 physicians, 20 physician assistants and 4 nurse practitioners. They are committed to providing the highest quality of orthopaedic care available in the State of New Hampshire covering all orthopaedic subspecialties. Free lunch will be provided. Please sign up at the front desk as seating is limited.

**Upcoming Off Our Rockers Luncheon:** On April 4th this popular local group will be bringing their antics and laughs to our seniors. The cost will be \$3.00. Please sign up at the front desk as seating is limited.

**Upcoming Donohue, Beasley and Ferber Estate Planning:** Returning on April 18, from 11:00-1:00. This Law Firm was here last year. They gave us important insight into Estate Planning, Medicare Planning and Probate Administration. This event is open to LSC members and residents of Londonderry over 55. This is a FREE program. Please sign up at the front desk as seating is limited.



**Feature Activity: Cornhole** has taken a back seat to some of our other activities over the last year. It is a fun and easy game. It requires light physical activity and can keep you moving. We usually play on Thursday afternoons if there are no other special events planned. Give it a try.

**Featured Volunteer:** Cyndi Ouellette (Sparky) is one of our most active members of the Senior Center. She is a friend to all. Cyndi acts as a good will ambassador to new members making them comfortable and informed. She volunteers every week dedicating dozens of tireless hours setting up for Bingo and Bone Builders! She is always on the move, looking for a way to help and have fun. She is an active participant in Chair Exercise, Bone Builders, Line Dance, Bingo, Cornhole, Games and Tai Chi. She has earned her nickname of Sparky because of her happy and upbeat demeanor. We are fortunate to have her as an integral part of what makes this Senior Center a fun place to be.







**Rockingham Nutrition Meals on Wheels Program:** If you have ordered a meal and will not be having it delivered, picking it up or coming to the Senior Center to enjoy please call 603-434-9663 to let Meals on Wheels know. We serve over 120 folks a day out of the Londonderry Senior Center kitchen. Please help us avoid waste and confusion over these orders.

**DID YOU KNOW????** The Londonderry Senior Center is available for rental on the weekends and Friday evenings. Consider having a family party, company gathering/meeting at the facility. The Londonderry Senior Center is open Monday through Friday from 8-2. Please call 603-432-8554 for all information regarding hall rental.



**Lions Club Donation Box:** Recycle for sight. Your used eyeglasses can help someone see better. Please bring in your unused prescription glasses.

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



## Tips to Boost Your Activity Levels As you Age

Courtesy of the Horseshoe Pond Place Senior Resource Center

There are plenty of places to look for opportunities to engage in activities you enjoy, depending on your interests and ability. Following are ideas that might work for you. Some of these include activities that can be enjoyed even from a distance using phones, computers, and other devices. Others can be done alone. So even if you're in a rural area or have other restrictions, you can still find ways to engage in activities you like.



### Connect With Family and Friends

- Play cards or other games with friends in person or online.
- Travel with a group of older adults, such as a retiree group.
  - Listen and share your favorite music with your family.
- Join a group interested in a hobby, such as knitting, hiking, birdwatching, painting, or wood carving.
  - Reconnect with old friends through your high school or college alumni association.



### Learn Something New

- Take a cooking, art, dance, language, or computer class. Get in touch with your local community college or library. You may even be able to find discounted senior classes online.
  - Form or join a book or film club
  - Try yoga, tai chi, or another new physical activity
  - Learn (or relearn) how to play a musical instrument.



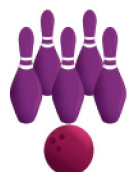
### Become More Active in Your Community

- Visit a community or senior center and take part in its events, volunteer programs, and activities
  - Run errands for people with limited mobility or access to transportation
    - Volunteer at a school, library, museum, hospital, or animal shelter
  - Sing in a community choral group, or play in a local band or orchestra



### Go Out and Get Moving

- Garden (indoors or out) or do yard work
  - Take an exercise class or do exercises at home
- Join a sports club for older adults, like a bowling club or bocce league.
- Walk or bicycle with a friend or neighbor around the neighborhood or on nature trails





*Coming Together*

## LSCI NEWS CORNER

March – April 2024

Dear LSCI family,

I hope everyone had a great winter and is looking forward to spring just in a few weeks. We need the sunshine and warmer weather. Hopefully everyone enjoyed their family and friends over this winter, made a snowman and drank lots of hot chocolate.

Just a reminder Bingo is doing wonderfully on Tuesday and Wednesdays. Everyone is enjoying the fun and big pots. If you are sitting at home on Tuesday and Wednesday afternoon come join in the fun. Call the center at 603-432-8554 for more information.

I had a wonderful vacation in Florida for 2 months was treated like a queen at my daughter's house while visiting with my grandsons and great granddaughter. Busy busy every day! Now back to business. All good things come to an end.

I want to thank our Vice President, Judy Courtney, for all she did while I was away. With her help everything went very smoothly. You are the best.

I am working on getting some special luncheons for LSCI in the spring and maybe a BBQ in July. I know everyone misses the luncheons.

*"Believe you can and you're halfway there"*

-Theodore Roosevelt

Bonnie Ritvo,

President LSCI



# March 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	09:00 Cards 10:00 Chair Exercise 11:00 Bone Builder 11:00 Meals on Wheels 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 Meals on Wheels 12:15 Bingo	09:00 Cards 10:00 Knit/Crochet 10:00 Chair Exercise 11:00 Meals on Wheels 11:00 Acrylic Painting 12:15 Bingo	09:00 Cards 09:00 Yoga 10:00 Chair Exercise 11:00 Meals on Wheels 12:15 Cribbage 12:30 Cornhole	09:00 Cards 10:00 Chair Exercise 11:00 Bone Builders 11:00 Meals on Wheels 12:00 Diamond Art 12:30 Tai Chi	
25-Feb	26-Feb	27-Feb	28-Feb	29-Feb	1-Mar	2-Mar
3-Mar	4-Mar	5-Mar	6-Mar	7-Mar	8-Mar	9-Mar
Jam Session 2-5pm				Last Day YOGA session	9:30 Book Club	
10-Mar	11-Mar	12-Mar	13-Mar	14-Mar	15-Mar	16-Mar
		New 8 week YOGA session begins		10-12 Hearing Test	8:30-9:30 Breakfast 12:15 Greeting Card Class	
17-Mar	18-Mar	19-Mar	20-Mar	21-Mar	22-Mar	23-Mar
			10:00 Murder Mystery			
24-Mar	25-Mar	26-Mar	27-Mar	28-Mar	29-Mar	30-Mar
			BIRTHDAY CAKE	Concord Orthopaedics 12-1		

# April 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	09:00 Cards 10:00 Chair Exercise 11:00 Bone Builder 11:00 Meals on Wheels 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 Meals on Wheels 12:15 Bingo	09:00 Cards 10:00 Knit/Crochet 10:00 Chair Exercise 10:30 Walking Club 11:00 Meals on Wheels 11:00 Acrylic Painting 12:15 Bingo	09:00 Cards 09:00 Yoga 10:00 Chair Exercise 11:00 Meals on Wheels 12:15 Cribbage 12:30 Cornhole	09:00 Cards 10:00 Chair Exercise 11:00 Bone Builders 11:00 Meals on Wheels 12:00 Diamond Art 12:30 Tai Chi	
31-Mar	1-Apr	2-Apr	3-Apr	4-Apr	5-Apr	6-Apr
<b>Easter</b>				Off our Rockers Luncheon		
7-Apr	8-Apr	9-Apr	10-Apr	11-Apr	12-Apr	13-Apr
				10-12 Hearing Test	9:30 Book Club	Arts Café
14-Apr	15-Apr	16-Apr	17-Apr	18-Apr	19-Apr	20-Apr
			10:00 Murder Mystery	Donahue, Beasley & Ferber // Estate Planning 11-1	12:15 Greeting Card Class	
21-Apr	22-Apr	23-Apr	24-Apr	25-Apr	26-Apr	27-Apr
			BIRTHDAY CAKE			
28-Apr	29-Apr	30-Apr	1-May	2-May	3-May	4-May

# 69% of seniors will need some sort of long-term care. What's your plan to pay for it?

- Could I lose my home and life savings to a nursing-home stay?
- What if my adult child divorces or dies?
- What if my adult child is battling creditors or addiction and inherits the estate?

If these, or questions like them, are keeping you up at night, don't miss this powerful educational session with key steps you can take to create a lasting legacy. Planning early is critical.



## Thursday April 11, 1:00-3:00 PM

William B. Cashin Senior Center, 151 Douglas St., Manchester

## Thursday April 18, 11:00 AM-12:30 PM

Londonderry Senior Center, 535 Mammoth Rd., Londonderry

To register, go to [www.docrlaw.com/seminars](http://www.docrlaw.com/seminars) or call 1-800-370-5010

Check our website for additional seminars being offered in Nashua, Concord and throughout the state.

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