

Londonderry Senior Center May 2024 Events

Londonderry Senior Center
Presents:

America's Choice in Home Care
VisitingAngels.
LIVING ASSISTANCE SERVICES

Thursday May 9, 2024
11am-12pm
535 Mammoth Rd, Londonderry NH 03053 // 603-432-8554

How do you know its time to ask for help?

Come join Louise Chalmers from Visiting Angels. She will discuss what to do next when you realize you may need some help. She will explain the benefits of being proactive and taking charge of your daily home care needs, as well as a resource to have on hand for future reference.

Members of the Londonderry Senior Center, their family members and residents of Londonderry are all welcome. Please call 603-432-8554 to sign up.







**ALZHEIMER'S AND
DEMENTIA EDUCATION
YOU CAN TRUST**

Londonderry Senior Center
535 Mammoth Rd, Londonderry NH 03053
Thursday, May 16, 2024 // 12:00pm

Please join us to learn about the warning signs of Alzheimer's Disease and the importance of an early diagnosis. A review of lifestyle choices that impact the aging process such as nutrition, exercise, cognitive activity and social engagement will also be covered.

The 10 Warning signs of Alzheimer's
This education program will help you recognize common signs of the disease in yourself and others, and includes next steps to take, including how to talk to your doctor

Healthy Living for your Brain and Body
Lifestyle choices impact the aging process. Learn about important research into diet and nutrition, exercise, cognitive activity and social engagement. Use hands-on tools to develop a plan for healthy aging.

Londonderry Senior Center Members and Londonderry Seniors are welcome to attend. Please contact 603-432-8554 to sign up.

AN ITALIAN LUNCH WILL BE SERVED

seating is limited // \$3.00

Presented by AARP

Smart DriverTEK

FREE AARP SMART DRIVERTeK WORKSHOP

Londonderry Senior Center

535 Mammoth Rd, Londonderry NH 03053

Cars are becoming more technologically advanced every day and show no sign of slowing down. At the FREE AARP Smart DriverTEK Workshop drivers you will hear how new car safety technology can make driving safer and more enjoyable. Local senior citizens may join the next workshop at Londonderry Senior Center on **Thursday May 23 at 10:30 am**. Space is limited, so register now at the Senior Center (603-432-8554) or www.aarp.org/sdtekinperson or call 1-877-805-4115.

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|  Forward Collision Warnings & AEB |  Adaptive Cruise Control |  Reverse Safety Technologies |
|  Blind Spot Warnings |  Lane Departure Warnings |  Drowsy Driver Alerts |
|  Featured Technologies |  Additional Technologies |  Future of Transportation |

Londonderry Senior Center

535 Mammoth Rd, Londonderry NH, 03053

NEW DATE Thursday, May 30, 2024

11:30-12:30

Free Spring Performance

OFF OUR ROCKERS!



"Off Our Rockers" is a group of active seniors who dramatically read short skits about our encounters with the challenges of everyday life.

A sign up sheet is available at the reception desk

Limited space available

The deadline to sign up is May 24, 2024 — 603-432-8554

Open to Senior Center members and Londonderry residents over 55

For more information or to sign up, please call (603) 432-8554



Londonderry Senior Center

Ilona Arndt, Director of Senior Affairs
535 Mammoth Road, Londonderry, NH 03053
londonderrynh.gov/senior-affairs
Open Monday to Friday, 8:00 a.m. to 2:00 p.m.