

LONDONDERRY

Senior Center Newsletter

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



September/October 2023

Hello from Ilona: What a summer. I certainly hope you have been able to take advantage of many of the seasonal activities both the town of Londonderry and our Senior Center have to offer. As we slowly dismiss this hot, humid and wet summer I ask you all to consider something as you catch your breath. Are you volunteering? Are you a contributing member of your community, church or school? There are numerous opportunities right outside your door. Community Caregivers in Derry is always looking for drivers to take those who no longer drive to the doctor, grocery store or pharmacy. Are you able to help someone who is homebound temporarily or permanently? Do you have a skill that could benefit someone who is unable or challenged? Ask yourself what you can do to help. If you are uncertain of local volunteer opportunities come to the Senior Expo on September 23rd at the Londonderry Middle School from 10-2. There will be over 40 vendors providing services to our mature population. Many of them are looking for volunteers to make their vital programs work. You can make a difference in someone's life and visa versa!!

Borrowed from a sister newsletter in Concord: As people Age, they tend to see life with a broader perspective. Instead of focusing their energy on drama and conflict they look forward to the creation of a better society. People above the age of 65 vote more than any other age or demographic. They volunteer at one of the highest rates, especially in the United States. These are all options that can help you be active and form new relationships.

Welcome to our newest members: Dan Dovidio, Lise Vaillancourt, Pauline Gagnon, Jeanette Coburn, Maureen Simard, Sandra Palmer, Robert Allaire, Barbara Grant, Jean Cassotis, Marylou Tomkiewicz, RoseMary Polevy, John Webster, Judy Currier, Janet & Robert Ferry, Ernest Durand Jr., Genevieve Marks, Lalba Rani, Lorie Cahalane....

The Londonderry Senior Resource Committee is pleased to announce



LONDONDERRY SENIORS INFORMATIONAL EXPO

2nd Annual

Saturday, September 23rd, 10am-2pm
At the Londonderry Middle School

"You have two hands, one to help yourself, and one to help others."

There will be over 40 vendors who provide services, resources or a helping hand to senior citizens in Londonderry N.H. and surrounding towns:

- | | |
|---------------------------------|-----------------------------------|
| AARP | Londonderry Senior Center |
| Access Health Insurance | Manchester Transit Authority/Cart |
| Alert Response | Marion Gerrish Community Center |
| Alzheimer's Association | NH Legal Assistance |
| American Red Cross | OLLI Lifelong Learning Institute |
| Community Caregivers | Pickleball |
| Derry Veteran's Assistance Fund | Service Link |
| Home Helpers of Londonderry | Visiting Angels |
| Londonderry Police and Fire | ...and many more |

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**Friends of Londonderry
Senior Center**





The Big Read with Leach Library: Leach Library and the Londonderry Senior Center, in partnership with New Hampshire Humanities (NHH), will support the statewide NEA "Big Read" of a novel entitled *The Bear* by Andrew Krivak. On Thursday, **September 28 at 10:30 a.m. at the Londonderry Senior Center**, Leach Library staff will facilitate a book discussion on Andrew Krivak's *The Bear*. An evening book discussion will also be offered at Leach Library on Wednesday, September 27 at 6:30 p.m. Registration for the book discussion sessions is required and opens on Monday, August 21. Participation is limited to 25 participants per book discussion. To register and pick up a copy of the book, please visit the Leach Library main desk or call the library at (603) 432-1132.

International Oktoberfest!!!: This fall we are planning an International Oktoberfest for **Saturday September 30th**. We will be looking for members to sponsor a table featuring their favorite cuisine. We already have volunteers for Greek, German and Irish foods. Show us your culinary talents. We ask for 2 main dishes, a side and a dessert for folks to sample. Participants and members are invited to dress in native costumes. The center will help cover your grocery bill. Hoping to book entertainment! Please see Ilona for details.



Halloween Trunk or Treat: On Halloween this year we plan to host a community Trunk or Treat event. We invite 15-20 vehicles to register to participate, decorating their vehicles and providing candy, a treat or small toy to Londonderry ghosts, ghouls, mermaids, superheroes and princesses. Please contact Ilona at 603-432-8554 to register. Arrive at 4pm on Tuesday October 31st to set up in your assigned spot. Our parking lot at 435 Mammoth Road will be open to Trunk or Treaters from 4:30pm to 6:00pm. We will even have Senior Center members dressed up for the event on our front porch ready to hand out treats..or tricks!

Team Pictionary: This team game will pair two teams against each other to see who can guess a word first. Teams will be chosen at random at the beginning of the game and each player will have a chance to become a drawer. The winning team will have bragging rights. Look to the Information Super Hallway at the Londonderry Senior Center for scheduled times.



Donations: Community caring, effort and generosity are being displayed at the center every month. We have members (and some non-members) bringing in bottles of water, snacks, flowers, bookcases, gift baskets, puzzles, vases, gift cards, eggs, \$\$ and so much more. Without this generous spirit we would be functioning at a lesser level. It truly takes a village and for that we thank you for past, present and future contributions to our senior community.





Walking Club: We are going to try to breath some new life into the walking club this fall. After a summer full of rain and humidity this activity has taken a back seat to others. **We will resume our Wednesday only schedule for 10:30-11:30 am.** This gives our Cart riders a chance to join. The fall promises to be a refreshing and colorful fall reprieve from the dog days of summer. Come join us. It is a fun, beautiful and leisurely stroll on our scenic rail trail.

Featured Volunteer: Barbara Whitesell has been a member and volunteer at the center for many years. She and her family have lived in PA, TX, TN, NJ, MA and finally NH. She worked a variety of jobs while raising her family, all the way from the PA Dept of Public Assistance to Raytheon to AC Moore. Barbara and her husband David have 2 children, 2 grandchildren, 1 step granddaughter and 3 step great grandchildren She has logged in countless hours at the Londonderry Senior Center. We primarily count on her to help check in folks at the front desk, run some popular programs like Murder Mystery, a variety of craft projects and she is always there to help when there is a special event. Let's not forget her bright smile and sarcastic wit! Barbara likes the special presentations, themed luncheons, interacting with her peers and contributing ideas to the senior center. Barbara lends her creative side to many hobbies. She does paper crafting, makes greeting cards, decorative painting, counted cross stitch, different types of embroidery, knotting crewel, quilting, sewing, furniture refinishing and even cake decorating! She values the community of Londonderry for its police and fire departments, library and close proximity to businesses for shopping. She hopes the senior center brings back the Hannaford bread program, more social events and getting back to monthly newsletters. We hope that her input and contribution continue to be a major part of what makes this senior center work!



FALL FOLIAGE



WORD SEARCH PUZZLE

The words appear UP, DOWN, BACKWARDS, and DIAGONALLY. Find and circle each word.



AUTUMN	MAPS
BUSH	OBSERVE
CHANGE	ORANGE
COLD	SEASON
COLORS	SPOT
DRIVES	TREES
ENJOY	VIBRANT
LANDSCAPE	WALK
LEAVES	WEEDS

F	Y	S	D	E	E	W	L
C	C	O	L	D	S	E	A
O	S	L	J	E	G	U	N
L	P	A	E	N	T	S	D
O	O	R	A	U	E	E	S
R	T	H	M	A	V	V	C
S	C	N	S	M	R	I	A
E	L	O	A	O	E	R	P
V	N	P	F	R	S	D	E
A	S	H	S	U	B	L	I
E	G	N	A	R	O	I	A
L	G	E	K	L	A	W	V



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.



WE WILL BE CLOSED ON September 4th for Labor Day and October 9th for Columbus Day

September 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
	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 10:30 Walking Club 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 returns 9/8
3-Sep	4-Sep	5-Sep	6-Sep	7-Sep	8-Sep
	Closed for Labor Day				9:30 Book Club
10-Sep	11-Sep	12-Sep	13-Sep	14-Sep	15-Sep
				10-12 Hearing Test	12:15 Greeting Card Class
17-Sep	18-Sep	19-Sep	20-Sep	21-Sep	22-Sep
			10:00 Murder Mystery		
24-Sep	25-Sep	26-Sep	27-Sep	28-Sep	29-Sep
			BIRTHDAY CAKE	10:30 am Book Discussion: The Big Read with Leach Library	
					Senior Expo 10-2 Londonderry Middle School
					30-Sep
					International Oktoberfest

October 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 10:30 Walking Club 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 returns 9/8	
1-Oct	2-Oct	3-Oct	4-Oct	5-Oct	6-Oct	7-Oct
8-Oct	9-Oct	10-Oct	11-Oct	12-Oct	13-Oct	14-Oct
	Closed for Columbus Day			10-12 Hearing Test Harvard Pilgrim Presentation 11-12	9:30 Book Club	
15-Oct	16-Oct	17-Oct	18-Oct	19-Oct	20-Oct	21-Oct
Jam Session 2-5pm			10:00 Murder Mystery		12-15 Greeting Card Class	
22-Oct	23-Oct	24-Oct	25-Oct	26-Oct	27-Oct	28-Oct
			BIRTHDAY CAKE			
29-Oct	30-Oct	31-Oct				
		Halloween Dress Up // Trunk or Treat				



Coming Together

LSCI NEWS CORNER

September- October 2023

Dear LSCI family,

I hope everyone is having a great Summer and enjoying their family and friends. Make sure you get out in the sunshine and smile and do fun things.

We are having our Craft Fair and Cookie Walk on November 4th. If you would like to make a basket for the fair please call Dale at 603-818-4495 or see me at the center. Baskets have to be in by October 1st. Baskets are the money maker for the Fair. Please help. Thank You!

The Cookie Walk is happening again. Please help us out with cookies starting in October. We are accepting cookies for the Cookie Walk. We will freeze them here. Please package cookies in plastic baggies 2-3 per package. Label cookies with the cookie type and if they contain nuts or nut products. ***No store-bought cookies, only homemade.***

Just a friendly reminder the snacks at the snack table are to be eaten at the center. It has come to my attention people have been taking them home with them. LSCI pays for all the snacks. We do not get them for free. We count on your donations in the donations can. Please help us out. It is costing a lot to supply snacks. Thank you for your understanding.









“Wise men speak because they have something to say; fools because they have to say something”

Plato

Bonnie Ritvo

President/co-treasurer



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>4</p> <p>LABOR DAY CLOSED</p> <p>Would you like a frozen meal for the holiday?</p> <p>Circle</p> <p>YES or NO</p>	<p>5</p> <p>#1 Chicken Nuggets Homestyle Potatoes Capri Blend Vegetables Oatmeal Pie Biscuit</p> <p>#2 Cheese Omelet</p> 	<p>6</p> <p>Oven Fried Chicken Country Gravy Whipped Sweet Potatoes Peas Chocolate Pudding Whole Wheat Bread</p> <p>Cold Meal Sliced Ham w/ Provolone Lettuce Potato Chips Beet Salad Fruit Rye Bread</p>	<p>7</p> <p>Sweet & Sour Meatballs White Rice Mixed Vegetable Seasonal Fruit Whole Wheat Bread</p> <p>Cold Meal Tuna Salad Lettuce Dill Pickle Pasta Salad Tomato Salad Cookie Multigrain Bread</p>	<p>8</p> <p>#1 Breaded Fish Potatoes O'Brian Spinach Cookie Whole Wheat Bread</p> <p>#2 Spinach Frittata</p> <p>Cold Meal Chicken Salad Lettuce Cole Slaw Potato & Egg Salad Fresh Fruit Wheat Bread</p>
<p>11</p> <p>#1 Vegetable Lasagna Brussels Sprouts Cookie Whole Wheat Bread</p> <p>#2 Chicken with Rice Casserole</p> 	<p>12</p> <p>Baked Ziti w/ Beef Vegetable Blend Garden Salad Jell-O Whole Wheat Bread</p> <p>Cold Meal Caesar Salad Grilled Chicken, Parm Cheese Romaine & Iceberg Lettuce Citrus Rice Salad Apple Sauce Oatmeal Bread</p>	<p>13</p> <p>#1 Chicken Fajita Pepper & Onion Spanish Rice Corn & Black Beans Apricots Tortilla</p> <p>#2 Beef & Bean Burrito</p> <p>Cold Meal The Dagwood Ham, Turkey, Salami, Cheese Lettuce & Pickles Tomato & Pepper Salad Ditalini Pea Salad Diced Peaches & Rye Bread</p>	<p>14</p> <p>~ Italian Special ~ Chicken Parmesan Marinara Sauce & Fettuccini Zucchini & Summer Squash Limoncello Cake Dinner Roll</p>  <p>Cold Meal Ham & Pineapple Salad Three Bean Salad German Potato Salad Orange White Bread</p>	<p>15</p> <p>Cheeseburger Baked Beans Carrots Chocolate Chip Cookie WW Burger Roll</p> <p>Cold Meal Chicken & Pasta Salad Lettuce Leaf Old Fashion Carrot Salad Apple Whole Wheat Dinner Roll</p>
<p>18</p> <p>#1 Chicken Cacciatore Pasta Green Beans Jell-O Whole Wheat Bread</p> <p>#2 Sausage Onions & Peppers</p> 	<p>19</p> <p>#1 Beef Chili Scalloped Potatoes Brussels Sprouts Birthday Cake Whole Wheat Bread</p> <p>#2 Baked Ham</p> <p>Cold Meal Ham w/ American Lettuce Butternut Squash Salad Pesto Pasta Salad Fruit Whole Wheat Bread</p>	<p>20</p> <p>Manicotti Marinara Sauce Broccoli Orange Whole Wheat Bread</p> <p>Cold Meal Dill Tuna Salad Lettuce Potato Chips Roasted Vegetable Salad Fruit Whole Wheat Hamburger Roll</p>	<p>21</p> <p>#1 Waldorf Chicken Salad Potato Salad Beet Salad Cookie New England Roll</p> <p>#2 Ham & Swiss</p> 	<p>22</p> <p>#1 Baked Haddock Long Grain & Wild Rice Beet Salad Capri Blend Vegetable Apple WW Burger Roll/ WW Bread</p> <p>#2 Pulled Pork</p> <p>Cold Meal Italian Sandwich Ham, Salami, Provolone & Pickles Tomato & Black Olive Salad Cole Slaw Cookie Club Roll</p>
<p>25</p> <p>#1 Beef Stew Spinach Fudge Round Whole Wheat Bread</p> <p>#2 Tex Mex Chicken</p> 	<p>26</p> <p>Spaghetti w/ Meatballs Marinara Sauce Bean Blend Vegetable Oranges Whole Wheat Bread</p> <p>Cold Meal Grilled Chicken Cheese Tortellini Salad Carrot Dill Salad Apple Sauce Rye Bread</p> 	<p>27</p> <p>Oriental Chicken Seasoned Rice Mixed Vegetables Jell-O Whole Wheat Bread</p> <p>Cold Meal Bologna & Cheese Macaroni Salad Cucumber & Tomato Fruit Wheat Bread</p> 	<p>28</p> <p>Meatloaf Gravy Mashed Potatoes Peas Applesauce Cake Whole Wheat Bread</p> <p>Cold Meal Turkey Gobbler Sandwich Sliced Turkey/ Stuffing Cranberry Sauce Green Bean Salad Sliced Pears White Bread</p>	<p>29</p> <p>#1 Potato Crusted Fish Parsley Red Bliss Potatoes Carrots Cookie Whole Wheat Bread</p> <p>#2 BBQ Beef</p> <p>Cold Meal Dill Pickle Chicken Salad Confetti Cole Slaw Corn & Black Bean Salad Fruit Cup Sandwich Roll</p>

Menu Subject to Change

Suggested Donation \$3.00 per Meal

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2023 New Hampshire Senior Games



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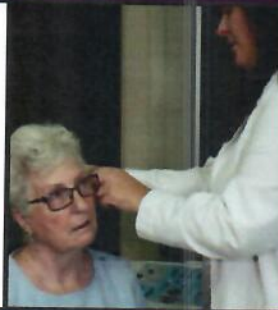
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