

Londonderry Senior Center

May / June 2025

535 Mammoth Rd.

Londonderry, NH 03053

603-432-8554

Open M-F 8:30am-2:30pm



Hello from Ilona! I am wondering what everyone does to welcome the new season. After winter has left us longing for warmer and brighter days, I am anxious to clean up the yard. This year the leaves were left where they landed in order to preserve the blooms that we await this time of year. It is also better to keep critters and creatures insulated from the winter chill. Our dogs have still managed to unearth and make an unfortunate mole or two their play toy. To distract these 4 legged bundles of energy I take them for a walk through the neighborhood or along our wonderful Londonderry Rail Trail! My bones and muscles ache but I persevere. If walking is for you, we welcome senior center members, friends and neighbors to stroll down the trail towards the airport on Wednesday mornings. The more the merrier. If walking is not for you, maybe you prefer to start your spring vegetable gardens by planting a few seeds in egg cartons inside your home. I sliced a random tomato into thin sheets last spring and laid them in a pot with nice soil. Free tomato plants! Voila! You could also pick up the phone and make a lunch date with a friend. I left many friends wondering what I have been up to in between chill, snow and just plain old drab days. You could simply put on a cozy hoodie, brush of a lawn chair and read a book outside in the fresh sunny air. Like a bear, this season has me awakening out of a trancelike slumber with colds and flus and aches and pains. Stretch those muscles, get outside and blossom like the trees around us. You won't regret it.

WELCOME TO OUR NEWEST MEMBERS: Suzanne Foster, Sandra Engler, Pam Bradbury, Sally Olson, Wendy Greenleaf, Sue Shaughan, Karleen Howard, Karen Hawver, Gail Sheehy, Louisette Landry, Kerry Houston, Gail Bresnahan, Margaret Morin, Susanne & Greg Howell, Deborah McMahon, Barbara Rossetti, Anne Mayo, Zoltan Gyaefas, Cindy Wallace, Bruce Marianell, Steve & Debbie Spain, Lyn & Jack Micklovich, Kathryn Burke, Jane Marraty, Debbie Gomez, Amy Elliot, Peg Judd, Debra Achilles, Glenn Tilson, Jo-An Wilkie, Olga Tatashin, Cheryl Allaire, Meridel Allen, Barbara Paquette, Robert Allaire, Jeanne Aussant, Diane Blake, Beverly Williams, Richard Medeiros, Polly Fennessey, Elizabeth Palmer

GOLDEN SUN

BY LENORE HETRICK

Great, glorious, golden sun,
Shine down on me today.
You are the life of all this earth,
You and your magic ray.
You are the life of bird and plant,
All must depend on you.
Shine down, great sun, the whole day long!
Shine from the heaven's blue.
And I will welcome your golden rays,
For you mean life to me,
And you mean happiness and health,
Strength and energy.
Shine down, great sun, on flower and field,
And never say goodbye.
Forever and ever give us your light
From out the side, blue sky.

Look what's happening! >>>>>>>>>>

Our Zumba Gold Class has been a very popular success!!

The 603 Legal Scams and Identity Theft event was very well attended. Most excellent information for everyone!!

Londonderry Senior Center

535 Mammoth Rd, Londonderry NH 03053 // 603-432-8554



ZUMBA GOLD CLASS

Instructor: Tracey Randlett

\$4.00 PER CLASS

Every Tuesday at 10:30am



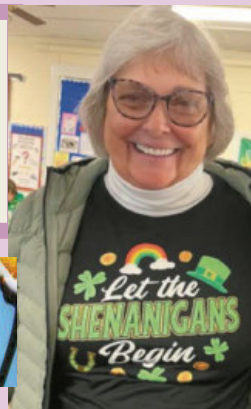
Off our Rockers never disappoints!



Another Jam Session hits the books!



There's always something going on!



A	G	P	G	N	I	C	N	A	D	E	N	I	L	R	LONDONDERRY
B	H	L	Z	B	H	P	Y	H	S	R	U	G	Q	M	SENIORCENTER
C	I	Q	O	O	I	Q	Z	I	E	S	V	H	S	U	BONEBUILDER
E	J	R	A	N	J	R	A	J	N	E	Q	I	L	R	ZUMBA
F	K	S	B	E	D	S	B	K	I	G	X	J	E	D	YOGA
C	Z	U	M	B	A	O	C	L	O	A	Y	K	E	E	CRIBBAGE
I	L	T	C	U	K	T	N	M	R	B	Z	L	H	R	MEALSONWHEELS
N	M	T	A	I	C	H	I	D	C	B	A	M	W	M	COFFEE
I	N	U	D	L	L	U	D	N	E	I	B	N	N	Y	LINEDANCING
L	O	V	E	D	M	V	E	O	N	R	C	O	O	S	CRAFTS
C	O	F	F	E	E	W	F	P	T	C	R	P	S	T	CORNHOLE
T	G	W	F	R	N	X	G	Q	E	T	D	Y	L	E	TAICHI
O	N	X	G	O	S	T	F	A	R	C	E	O	A	R	DIAMONDART
O	I	Y	C	O	R	N	H	O	L	E	F	G	E	Y	FOOTCLINIC
F	B	D	I	A	M	O	N	D	A	R	T	A	M	S	MURDERMYSTERY

Londonderry Senior Center

535 Mammoth Rd, Londonderry NH 03053

Foot Clinic (at the Senior Center)

Heather Dacosta - Nurse, CFCS

Licensed and Certified Foot Care Specialist

Nail cutting, evaluation, corn and callus treatment

May 13 & 14, 2025

June 17 & 18, 2025

OPENINGS AVAILABLE!

Call 603-432-8554 to make an appointment

\$45.00



Open to Londonderry Senior Center members and Londonderry senior residents

Receipt provided to claim with FSA, Medicare or Supplemental Insurance

Free

Hearing Tests & Hearing Aid Maintenance



Thursday, May 8, 2025

Thursday, June 12, 2025

Hearing Aid Maintenance: Please sign up for ONE 15 minute slot

Hearing aid batteries will be available for sale:

Size 10, 312, or 13

(1) package of 8 batteries: \$3.00

(1) box of 40 batteries: \$15.00

Open to Londonderry Senior Center members and residents of Londonderry.

SIGN UP AT THE FRONT DESK

Ceramics

Class fees for each month are **due in full** at the **first session** of each month. Please pay at the front counter. There is no prorate for missed days.

April 2025 (\$12.00) – 4/7, 14, 21, 28

May 2025 (\$9.00)- 5/5, 12, 19

June 2025 (15.00) -6/2, 9, 16, 23, 30

Material fees are separate, paid directly to Diane Allard



Londonderry Senior Center

535 Mammoth Rd. Londonderry NH 03053

Thursday May 1, 2025 12pm

SPRING BBQ LUNCHEON



...AND A SPECIAL GUEST



Only \$2.00

Londonderry Senior Center members

Sign up at the front desk starting April 14

Limited seating

Londonderry Senior Center

535 Mammoth Rd. Londonderry NH 03053

Presents:



Ivyruth Andreica, PharmD, BSN, FISMP

Thursday May 15, 2025 11am-12pm



Geriatric Teach-Consul



Medication Safety Deep Dive



Continuum Care

Knowledge is power! At VistaCrest, we are determined to reduce the chances of you or your loved ones including pets, from being a statistic. We believe it is half the battle to educate the consumer and, in the process, empower them to be active in preventing medication errors. With record closures of pharmacies and rapid increase in mail order delivery, a local pharmacist can be a lifeline. Many of us take prescription medications, supplements, herbals and foods that they may cause interactions that produce undesired symptoms. We pride ourselves in having the skillset, knowledge and experience to provide customized medication regimen review that includes all your in-home medical devices, supplements and herbal products.

Senior Center members, Londonderry Seniors and their family's welcome!

Call 603-432-8554 to sign up for this presentation

For the Love of Music

Jam Session

Londonderry Senior Center

535 Mammoth Rd, Londonderry NH 03053, 603-432-8554

Sunday // JUNE 1, 2025 // 2-5pm



**Sponsored by the Londonderry Senior Center
and Arts Council**

Local musicians will be performing in a coffee house setting.

Members of the Senior Center, Londonderry residents over 55 are welcome to stop in, hang out or participate.

Coffee, Tea and water will be provided.

BRING A SNACK TO SHARE

For questions, please contact Ilona Arndt at the Senior Center, 603-432-8554

Public Transportation Assistance

The Town of Londonderry partners with the towns of Chester, Derry, Hampstead and Salem to provide a shared ride service to seniors and other residents from Londonderry.

CART (Cooperative Alliance for Regional Transportation) is a division of the Manchester Transit Authority. Individuals who need assistance with transportation should contact CART at **603-434-3569** Monday through Friday between the hours of 8:30 am and 4:30 pm. All rides must be scheduled at least one week in advance. CART provides scheduled rides to food stores and medical appointments as well as the Londonderry Senior Center.

Community Caregivers provides rides. Clients can receive assistance with transportation, friendly visiting, light chores, grocery shopping, respite and telephone reassurance. Due to a demand for service that outstrips their volunteer capacity, a waiting list has been instituted. Please contact **603-432-0877**

SNHPC Mobility Management Being unable to drive yourself is a problem many individuals face throughout New Hampshire. It is an issue mobility managers work directly to address. Ben Herbert works directly with individuals to connect them to transportation services that get them where they need to go. If you are in need of transportation, reach out to him at bherbert@snhpc.org, or **603- 669-4664**.

Facebook Page!! Visit, like and follow our Facebook page:

"Londonderry Senior Center"

Newsletter Availability: Copies of this newsletter are available at the Senior Center, Town Hall, Leach Library and Town of Londonderry website.



You outta know.... Our craft groups love to knit and crochet. If you have any yarn that you are not using please consider donating it!

NEVER MISS OUR NEWSLETTER!

SUBSCRIBE

Have our newsletter
emailed to you.



VISIT WWW.MYCOMMUNITYONLINE.COM

LONDONDERRY SENIOR CENTER MAY 2025 Open M-F 8:30am-2:30pm

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	09:00	09:00	09:00 Cards/Games	09:00	09:00	
	10:00 Chair	09:00 Yoga	11-2 Knit/Crochet/Crafts	09:00 Yoga	10:00 Chair	
	11:00 Bone Builder	10:00 Chair	10:00 Chair Exercise	10:00 Chair	11:00 Bone	
	11:00 Meals on Wheels	10:30 ZUMBA	10:30 WALKING CLUB	11:00 Meals on Wheels	11:00 Meals on Wheels	
	12:15 Cribbage	11:00 Meals on Wheels	11:00 Meals on Wheels	12:15 Cribbage	12:00 Diamond Art	
	12:00 Mah Jongg	12:15 Bingo	12:15 Bingo	12:30 Cornhole	12:30 Tai Chi	
	12:30 Ceramics					
	12:30 Line Dancing					
04/27/25	04/28/25	04/29/25	04/30/25	05/01/25	05/02/25	05/03/25
				Spring Luncheon		
05/04/25	05/05/25	05/06/25	05/07/25	05/08/25	05/09/25	05/10/25
				Hearing Test 10-12	Book Club 9:30	
05/11/25	05/12/25	05/13/25	05/14/25	05/15/25	05/16/25	05/17/25
		Foot Clinic	Foot Clinic	VistaCrest Consulting 11-12		
05/18/25	05/19/25	05/20/25	05/21/25	05/22/25	05/23/25	05/24/25
			Murder Mystery 10-11	10:30 ZUMBA bonus session		
05/25/25	05/26/25	05/27/25	05/28/25	05/29/25	05/30/25	05/31/25
	Closed for Memorial Day		Library Book Discussion 10-11 Bingo & Birthday Cake	10:30 ZUMBA bonus session		



LONDONDERRY SENIOR CENTER JUNE 2025

Open M-F 8:30am-2:30pm

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	09:00 Cards/Games	09:00 Cards/Games	09:00 Cards/Games	09:00 Cards/Games	09:00 Cards/Games	
	10:00 Chair Exercise	09:00 Yoga	11-2 Knit/Crochet/Crafts	09:00 Yoga	10:00 Chair Exercise	
	11:00 Bone Builder	10:00 Chair Exercise	10:00 Chair Exercise	10:00 Chair Exercise	11:00 Bone Builders	
	11:00 Meals on Wheels	10:30 ZUMBA	10:30 WALKING CLUB	11:00 Meals on Wheels	11:00 Meals on Wheels	
	12:15 Cribbage	11:00 Meals on Wheels	11:00 Meals on Wheels	12:15 Cribbage	12:00 Diamond Art	
	12:00 Mah Jongg	12:15 Bingo	12:15 Bingo	12:30 Cornhole	12:30 Tai Chi	
	12:30 Ceramics					
	12:30 Line Dancing					
06/01/25	06/02/25	06/03/25	06/04/25	06/05/25	06/06/25	06/07/25
Jam Session 2-5pm						
06/08/25	06/09/25	06/10/25	06/11/25	06/12/25	06/13/25	06/14/25
				Hearing Test 10-12	Book Club 9:30	
06/15/25	06/16/25	06/17/25	06/18/25	06/19/25	06/20/25	06/21/25
		Foot Clinic	Foot Clinic Murder Mystery 10-11	Luncheon		
06/22/25	06/23/25	06/24/25	06/25/25	06/26/25	06/27/25	06/28/25
		No Zumba	Bingo Birthday Cake 			
06/29/25	06/30/25	07/01/25	07/02/25	07/03/25	07/04/25	07/05/25
					Closed	

Peabody Funeral Homes and Crematorium

15 Birch Street, Derry, NH • 290 Mammoth Road, Londonderry, NH
603-432-2801 • www.peabodyfuneralhome.com
"Caring for Families Since 1933"

Erik E. Peabody & Craig B. Peabody ~ Owners & Funeral Directors

fullerrv.com **FULLER RV** usamotorhomerentals.com
RENTALS & SALES
100 Shrewsbury St. Boylston, MA 01505, RTE 140



1 (800) 338-2578 Family Owned and Operated Since '84

DOES YOUR NONPROFIT ORGANIZATION NEED A NEWSLETTER?

Engaging, ad-supported print and digital newsletters to reach your community.



Visit Ipicommunities.com

Scan to contact us!

NANARAO KROTHAPALLI, D.M.D. PLLC
Family & Cosmetic Dentistry
25 Nashua Rd., Unit D1, Londonderry, NH 03053

USE MEDICARE FOR YOUR DENTAL AND MEDICAL PROCEDURES

- Comprehensive Care: Tailored for seniors under Medicare
- Hassle-Free: We manage all Medicare paperwork
- Trusted Comfort: Compassionate care

Your Medicare Dental Partner

SCHEDULE YOUR CARE TODAY!
603-945-0065
www.smilesfnh.com

SUPPORT OUR ADVERTISERS!



Dr. Woods Hearing Center

Hearing Evaluations
Hearing Aid Cleanings & Checks
Tinnitus Treatment
Hearing Aid Repair
Hearing Aid Fittings & Adjustments
Vertigo & Balance Assessments

Nashua Location
547 Amherst St. Suite 204 Nashua, NH 03063

Londonderry Location
50 Nashua Rd. Suite 200A Londonderry, NH 03053

(603) 889-7434 www.drwoodshearing.com

EAST KEY REALTY

VALERIE CLOUTIER

REALTOR® SRES



Member of the Seniors Real Estate Specialist Council
Licensed in New Hampshire & Massachusetts

603-965-5197
Valerie@SNHhome.com

I'm Here for Your Estate Planning and Elder Law Needs

Deborah M. Bailin, Esq.

Bailin Sloat Law, PLLC

603-600-5550
dbailin@bailinsloat.com

- Financial Durable Powers of Attorney
- Health Care Advanced Directives
- Wills and Revocable Living Trusts
- Asset Protection Planning
- Qualifying for Medicaid
- Probate and Trust Administration



BAILIN SLOAT LAW PLLC

835 Hanover St., Unit 302, Manchester, NH 03104