

# LONDONDERRY

Senior Center Newsletter

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



**Hello from Ilona:** It's Hot Hot Hot in the air and at the Senior Center. We continue to try to bring new and relevant events and programs to everyone. It looks like folks are on board because membership has increased by close to 15% since June of 2022. Our 'For the Love of Music' jam session presented with the Arts Council in Late April was a great success. We will do this again on Sunday, July 16th. We were a pit stop for the Aviation Museum Road race in May. We also became informed about common scams that befall our senior population as presented by the LPD. Off our Rockers made a roomful laugh as they have so many times before. Our LSCI hosted a luncheon for a dozen seniors who have passed the 90th birthday mark. Don't forget, we always look to you to bring new suggestions to the table. As we transition from cool spring days with rain in the forecast nourishing our lawns, flowers and souls we hope you take it nice and easy as summer heat makes its way into New England. We are looking forward to your visits and participation and are really looking forward to our annual Senior Picnic to kick off Londonderry Old Home Days on August 16th.

**Welcome to our newest members:** Bob and Connie Crane, Martha and Raymond Longa, Amy Wallace, Cynthia Litchfield, Dawn Gray, Elaine Kennedy, Jerry Staggs, Judith Driscoll, Barbara Foye, Adrienne Spear, Isabelle Ruggiero, Julie, Saporito, Tyra Allgrove, William Stewart, John Monnelly, Trudy Garrity, Carol Hunter, Teresa Durand, Linda Sharp, Susan Joyce, Ann Sherron, Joseph Gould, Laura Pointer, Jon and Sandi Davis, Rosemary Garland, William Boccuzzi Sr., Pricilla Dotolo, Marie, Leno...

**Please Like and visit our Facebook page!**

**Friends of Londonderry Senior Center**

**Featured Activities:** Our **Walking Club** has been expanded to 5 days a week starting at 10:30am so that members taking Cart transportation to the center can participate. We will only walk if there are at least 2 or more members coming in and the weather is good. Take advantage of the nice weather and give it a try! Enjoy strolling along our magnificent rail trail. It is good for the body and soul! Our new **Diamond Art** program has room for more participants. Give your creative juices a whirl on Friday afternoons from noon to closing at 2pm. We will get you started if you have never done it before. No project is too big or too small. We only have a few folks participating in our Wednesday **Acrylic painting** program. We have all the materials you need and some expert guidance along the way. Come and show that canvas what you can do!



**Reminder to Volunteers:** As you will agree, the center gets pretty busy and hectic throughout the week. When you scan for an activity please let us know if you are volunteering that day when you arrive or before you leave. It is very difficult to do after the fact. Our new volunteer year began on June 1, 2023.



**Parking:** PLEASE DO NOT PARK IN FRONT OF THE DUMPSTER OR RECYCLE BINS..... This side of the building is used every weekday by our hard-working Meals on Wheels delivery drivers and several times a week by Waste Management. We have put up signs, put up cones, asked politely and asked again.

**Featured Volunteer:** Our Lois Soucy has been a vital member of the LSC for the last 8 years. She has lived locally in Manchester, Londonderry and now Derry. She is a graduate of Pinkerton Academy. Her retail career spanned over the years where she contributed her knowledge, talent and leadership skills to F.W. Woolworths, Woolco, Bradlees and Fashion Bug. Her extended family live in the area and she has a brother in South Carolina. In her spare time Lois enjoys cardmaking, sewing, knitting crocheting, and wood burning. She values her community Library, Marion Gerrish Center, Adams Memorial Theater and Derry Parks & Recreation. She likes living in close proximity to everything she needs in her tight knit community. She extends her activity to the Londonderry Senior Center where we are grateful for her membership. She says it gives her an opportunity to give back through her volunteer efforts and participation in the many programs offered. She hopes to see a few changes and improvements along the way and has helped to implement quite a few. She hopes to add more enrichment and fun events along with more holiday celebrations. She would like to see the center mail monthly newsletters to members without a computer or means to pick up a copy. She also hopes to train more volunteers to help cover the front desk area as needed. Lois would also like to see the center bring back the free bread and pastry program that was successful pre-pandemic. Lois has a very active sense of humor and a twinkle in her eye. She loves to dress up for holidays and events. She is the creator of the wonderful event posters you can find throughout the center. When she is not watching crime dramas and nature shows or enjoying fairies, unicorns, bats and good witches you may find her shoveling snow outside in her slippers. We love and appreciate the time she dedicates to the LSC. We would be lost without her organizational skills, knowledge and talent. She is a real gem!



**Looking Forward:** This fall we will be planning an **INTERNATIONAL OKTOBERFEST EVENT!!** 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. Please see Ilona for details.

**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 Tuesday, July 4th FOR THE HOLIDAY**



*Coming Together*

## LSCI NEWS CORNER

July-August 2023

Dear LSCI family,

I hope everyone is having a great Summer and enjoying their family and friends. The weather is beautiful. Let's hope it stays this way for the rest of the summer. Make sure you get out in the sunshine and smile and do fun things.

We purchased 2 dozen new chairs for the center to replace our chairs that were torn from everyday use.

We have a lot of new players for Bingo let's say hello to them and make them feel welcome to our Bingo family.

We had a great Birthday celebration for our members 90 plus. They were so happy to be honored and thought about. They laughed and smiled and enjoyed seeing each other. They enjoyed playing Bingo, had a Chinese lunch, gifts and of course a Birthday cake. It was so heart warming to see them enjoying themselves.

We are having an Ice Cream Social on Thursday August 17<sup>th</sup> from 12:30 to 2:00. This is a fundraiser event and everyone is invited...relatives, friends, grandchildren. The cost is \$5.00 all you can eat. Please sign up at the front desk after July 14<sup>th</sup>. Let's enjoy and make this a fun time.

We will be having our Annual Membership Meeting June 29<sup>th</sup>. If you were unable to attend I have extra agendas in my office if you would like one.

*"Wise men speak because they have something to say; fools because they have to say something"*

Plato

*Bonnie Ritvo*

President/co-treasurer

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**Buckthorn**  
**Cedar**  
**Cherry**  
**Chestnut**  
**Chinkapin**

**Cottonwood**  
**Cypress**  
**Dogwood**  
**Elm**  
**Fir**  
**Hawthorn**  
**Hazel**  
**Larch**  
**Maple**  
**Oak**

**Pine**  
**Poplar**  
**Redwood**  
**Sequoia**  
**Spruce**  
**Sweetgum**  
**Sycamore**  
**Walnut**  
**Willow**  
**Yew**








**ROCKINGHAM NUTRITION &  
 MEALS ON WHEELS PROGRAM**

**July  
 2023**

**Londonderry Site: 603-434-9663**

**Brentwood, NH**

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
3	<b>#1 Baked Ziti w/ Beef</b> Broccoli Pudding Whole Wheat Bread  <b>#2 Chicken Crème Rosa</b>	4	 <b>Closed for Independence Day</b>  <i>Would you like a frozen meal for this day?</i> Circle <b>YES</b> or <b>NO</b>	5	<b>Oven Fried Chicken</b> Country Gravy Mashed Potato Corn & Black Beans Apple Whole Wheat Bread  <b>Cold Meal</b> Cheese Tortellini w/ Chicken Beet Salad Orange Multi Grain Bread	6	<b>Swedish Meatballs</b> Egg Noodles Mixed Vegetables Mixed Fruit Whole Wheat Bread  <b>Cold Meal</b> Caesar Salad Grilled Chicken, Parm Cheese Croutons Romaine & Iceberg Lettuce Carrot Raisin Salad Cookie & Wheat Dinner Roll	7	<b>#1 Baked Haddock</b> Baby Bakers Spinach Cookie Whole Wheat Bread <b>#2 BBQ Beef</b>  <b>Cold Meal</b> Italian Sandwich Ham, Salami, & Provolone Lettuce/ Pickles Tomato & Pepper Salad Coleslaw Mandarin Oranges/ Club Roll
10	<b>#1 Chicken Cacciatore</b> Pasta Brussels Sprouts Cookie Whole Wheat Bread  <b>#2 BBQ Kielbasa</b>	11	<b>#1 Chicken Fajita</b> Peppers & Onions Spanish Rice Black Beans & Corn Jell-O Tortilla  <b>#2 Beef &amp; Bean Burrito/ Salsa</b>  <b>Cold Meal</b> Chicken & Couscous Salad Roasted Vegetable Salad Potato & Egg Salad Diced Pears Wheat Bread	12	<b>#1 Tuna Salad</b> Citrus Rice Salad Beet Salad Apricots Hot Dog Roll  <b>#2 Ham Salad w/ Pickles</b>  	13	<b>Picnic Special</b> <b>Pulled Pork</b> Baked Potato Sour Cream & Bacon Bits Broccoli Salad Strawberry Shortcake Bulkie Roll  <b>Cold Meal</b> Turkey & Cheese Sandwich Lettuce Confetti Coleslaw Ditalini Pea Salad Chocolate Pudding Multi Grain Bread	14	<b>#1 Cheeseburger</b> Baked Beans Carrots Chocolate Chip Cookie WW Burger Roll  <b>Cold Meal</b> Chef Salad w/ Turkey Roasted Red Pepper Hummus Chilled Apricots Pita Bread
17	<b>#1 Vegetable Lasagna</b> Green Beans Jell-O Whole Wheat Bread  <b>#2 Chicken w/ Rice Casserole</b>  	18	<b>Chicken Marsala</b>  Long Grain Wild Rice Brussels Sprouts Birthday Cake Whole Wheat Bread  <b>Cold Meal</b> Ham & Pineapple Salad Red Pepper, Corn & Black Bean Salad Greek Pasta Salad Fruit Whole Wheat Bread	19	<b>Manicotti</b> with Marinara Sauce Broccoli Vanilla Pudding Whole Wheat Bread  <b>Cold Meal</b> Tuna Salad Sandwich Lettuce Italian Pasta Salad Spinach Salad Dressing Peaches/Oatmeal Bread	20	<b>#1 Waldorf Chicken Salad</b> Macaroni Salad Apple & Zucchini Mixed Fruit Sandwich Roll  <b>#2 Egg Salad</b>  	21	<b>#1 Lemon Pepper Fish</b> Lyonnais Potato Capri Blend Vegetables Pineapple Whole Wheat Bread <b>#2 Rib- A- Q</b>  <b>Cold Meal</b> BBQ Chicken Salad Sandwich Red Cabbage and Grape Salad Dill Potato Salad Jell-O Sandwich Roll
24	<b>#1 Beef Stew</b> Spinach Fudge Round Whole Wheat Bread  <b>#2 Tex Mex Chicken</b>	25	<b>Spaghetti w/ Meatballs</b> Marinara Sauce Bean Blend Vegetables Diced Peaches Whole Wheat Bread  <b>Cold Meal</b> Turkey Club Sandwich Lettuce & Bacon Traditional Potato Salad Bean Salad Vanilla Pudding Multigrain Bread	26	<b>Oriental Chicken</b> Seasoned Rice Mixed Vegetables Cookie Whole Wheat Bread  <b>Cold Meal</b> Bologna & Cheese Lettuce Dill Pickle Pasta Salad Vegetable Salad Mandarin Oranges Whole Wheat Bread	27	<b>Roast Pork</b> Gravy Chive Mashed Potatoes Peas Applesauce Cake Whole Wheat Bread  <b>Cold Meal</b> Seafood Salad Sandwich Lettuce Leaf Rice Salad Cucumber & Tomato Salad Pears Oatmeal Bread	28	<b>#1 Potato Crusted Fish</b> Parsley Red Bliss Potatoes Carrots Cookie Whole Wheat Bread <b>#2 Spinach Frittata</b>  <b>Cold Meal</b> Ham & Swiss Sandwich German Potato Salad Carrot Dill Salad Apple Rye Bread

Menu Subject to Change

Suggested Donation \$3.00 per Meal

August 2023	August 2023	August 2023	August 2023	August 2023	August 2023	August 2023
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	
	09:00 Cards	09:00 Cards	09:00 Cards	09:00 Cards	09:00 Cards	
	10:00 Chair Exercise	09:00 Yoga	10:00 Knit/Crochet	09:00 Yoga	10:00 Chair Exercise	
	10:30 Walking Club	10:00 Chair Exercise	10:00 Chair Exercise	10:00 Chair Exercise	10:30 Walking Club	
	11:00 Bone Builder	10:30 Walking Club	10:30 Walking Club	10:30 Walking Club	11:00 Bone Builders	
	11:00 MOW	11:00 MOW	11:00 MOW	11:00 MOW	11:00 MOW	
	12:15 Cribbage	12:15 Bingo	11:00 Acrylic Painting	12:15 Cribbage	<i>NoTai Chi Qigong August</i>	
	12:30 Mah Jongg		12:15 Bingo	12:30 Cornhole	12:00 Diamond Art	
	12:30 Ceramics					
	12:30 Line Dancing					
		August 1, 2023	August 2, 2023	August 3, 2023	August 4, 2023	August 5, 2023
August 6, 2023	August 7, 2023	August 8, 2023	August 9, 2023	August 10, 2023	August 11, 2023	August 12, 2023
				10-12 Hearing Test	9:30 Book Club	
August 13, 2023	August 14, 2023	August 15, 2023	August 16, 2023	August 17, 2023	August 18, 2023	August 19, 2023
			10:00 Murder Mystery <b>Senior Picnic</b>	<b>ICE CREAM SOCIAL</b>	12:15 Greeting Card Class	
August 20, 2023	August 21, 2023	August 22, 2023	August 23, 2023	August 24, 2023	August 25, 2023	August 26, 2023
August 27, 2023	August 28, 2023	August 29, 2023	August 30, 2023	August 31, 2023		

July 2023	July 2023	July 2023	July 2023	July 2023	July 2023	July 2023
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	
	09:00 Cards	09:00 Cards	09:00 Cards	09:00 Cards	09:00 Cards	
	10:00 Chair Exercise	09:00 Yoga	10:00 Knit/Crochet	09:00 Yoga	10:00 Chair Exercise	
	10:30 Walking Club	10:00 Chair Exercise	10:00 Chair Exercise	10:00 Chair Exercise	10:30 Walking Club	
	11:00 Bone Builder	10:30 Walking Club	10:30 Walking Club	10:30 Walking Club	11:00 Bone Builders	
	11:00 MOW	11:00 MOW	11:00 MOW	11:00 MOW	11:00 MOW	
	12:15 Cribbage	12:15 Bingo	11:00 Acrylic Painting	12:15 Cribbage	<i>NoTai Chi Qigong July</i>	
	12:30 Mah Jongg		12:15 Bingo	12:30 Cornhole	12:00 Diamond Art	
	12:30 Ceramics					
	12:30 Line Dancing					
						July 1, 2023
July 2, 2023	July 3, 2023	July 4, 2023	July 5, 2023	July 6, 2023	July 7, 2023	July 8, 2023
		<b>Closed</b>				Volunteer Luncheon
July 9, 2023	July 10, 2023	July 11, 2023	July 12, 2023	July 13, 2023	July 14, 2023	July 15, 2023
				10-12 Hearing Test	9:30 Book Club	
July 16, 2023	July 17, 2023	July 18, 2023	July 19, 2023	July 20, 2023	July 21, 2023	July 22, 2023
Jam Session 2-5pm			10:00 Murder Mystery		12:15 Greeting Card Class	
July 23, 2023	July 24, 2023	July 25, 2023	July 26, 2023	July 27, 2023	July 28, 2023	July 29, 2023
July 30, 2023	July 31, 2023					