

# LONDONDERRY

## Senior Center Newsletter

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

May/June 2023

**Hello from Ilona:** I am approaching my one-year anniversary as your Director. I have really enjoyed working here and learned so much about the likes, dislikes and needs of our senior community and the town of Londonderry. I am always listening and always interested in hearing from you about what has worked now and in the past. I will try my best to integrate activities and programs in to our already full schedule. I have also noted that with a senior population of over 8k folks in Londonderry and close to 500 members we can, and should, invite more Londonderry seniors to our center. I have had multiple requests to bring the Hannaford and Panera bread program back to the center. I feel there are already many wonderful opportunities for members and local residents to utilize the existing food programs in our communities. Feel free to explore the postings regarding this at the center. On another note, since spring has sprung the Walking Club has started up again. We take off from the center to the rail trail at 10:30 am every Wednesday as long as milder weather is cooperating! We have also really amped up our night and weekend rental schedule. Rentals are popular for birthday parties, anniversaries, clubs, baby showers, reunions, lectures and more. We rent to folks all over southern NH and northern MA since our rates are very good. It provides an extra income to the center allowing us to extend our budget for more informative and fun events and programs. Tell your friends!

**Welcome to our newest members:** Barbara Allison; Mary Baron; Margaret Freitas; Kate Grandchamp ; Deborah Howard; Royal Hutchinson; Eugenia Lefebvre; Daniello McElroy; Jaqueline & Philip Milone; James Mimeault; Barbara Paquette; Christle Sherman; Olivia Smith; Charlotte Thomas; Xiaoying Wu

**Previous Events:** **Beasley & Ferber Law Firm** on Thursday 3/23/23 had a great showing. I certainly learned a lot. I hope you did as well. We hope to see them at our EXPO this fall and schedule them again at the Senior Center in 2024. // The **St Pat's Breakfast** on Friday 3/31/23 9:00-10:30 am was a blast. We need to give a shout out to all the volunteers who did the heavy lifting and especially to our newish member Liz for taking over the kitchen duties with her family members (all cooks in a previous life). Close to 60 members were fed! What a turnout! We hope to do this again sooner than later. Bagpipes and Irish songs rounded out this wonderful morning! // We had an **AARP Brain Health** presentation on Thursday 4/6/23. Only 50% of the folks that signed up for this significant and informative program came in. The weather is getting nicer. Maybe more folks were outside prepping their yards and gardens for the new season.

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

**Friends of Londonderry  
Senior Center**





**Feature Activity:** Line Dancing has been an easy and enjoyable way to get out of the house and get that body in tune. Staying active should be one of the foremost goals of seniors. The class is every Monday afternoon at 12:30. Come burn off those weekend calories. Laurie Rogers does a great job getting everyone moving and motivated. The cost is only \$4 per session.

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**Cribbage:** We have a wonderful group of members that get together on Monday and Thursday afternoons at 12:15pm to play and improve their cribbage skills. Come join this friendly and slightly competitive group. If you have not played before we will teach you. Keep your brain sharp and active.



**Monthly Programs:** There is room in each program for more participants. Stop in or call for more details.

**Book Club;** Second Friday of every month at 9:30am

**Murder Mystery;** Third Wednesday of every month at 10:00am

**Greeting Card Craft Class;** Third Friday of every month at 12:15pm

### New Events:

**For the Love of Music** Jam Session This is a new experimental event modeled after the Tilton Senior Center's very successful musical program. Open to members and Londonderry senior residents.

**LPD Scam presentation** on May 4th. Don't get caught off guard. There are many ways thieves attempt identity theft and ways to get at your \$\$\$\$. Get the scoop on how to protect yourself and your loved ones. Sign up at the front desk as there is limited seating. Open to members and Londonderry senior residents.

**Off Our Rockers** on May 11th; sign up at the front desk as there is limited seating. Open to members and Londonderry senior residents.



**Talent Show?** Someone recently suggested we seek out talent in our membership group. Just like we display your beautiful artistic creations, we are looking for folks who are willing to perform. Do you sing, dance, tell jokes, play an instrument, perform magic or juggle? Let us know so we can put together a fun afternoon performance for all to enjoy.

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**Featured Volunteer:** Carol Jablonowski is a Londonderry resident and has been a member and volunteer at the Londonderry Senior Center along with her husband Ron for at least 16 years. Born in Washington D.C. she previously lived in New Jersey and Arkansas. Carol provided floor support and was part of a management team at Baptist Medical Center in AR. Carol is the oldest of 8 children (4 girls/4 boys). She has been blessed with a wonderful husband, 3 great children and 5 very special grandchildren. She especially likes the Londonderry Senior Center Bone Builder program. It helps to strengthen her body and sharpen her mind. We can attest to that because we rely on her for so much. Carol works the front desk at the center at least one day a week. She is a certified Bone Builder leader/instructor. She is also the Membership Director for our LSCI. Carol volunteers at most special events and luncheons. As an avid reader she formerly led the monthly Book Club. She has helped to increase our membership over the last year by at least 20%. Since we began tracking records in 2018 Carol has devoted at least 750 volunteer hours to the center. For this we are very grateful! In her spare time Carol likes to participate in multiple center activities, play games with her husband, read, sudoku, and do puzzles. She values Londonderry as a friendly community. She admires the speed with which our DPW clears the roads during and after storms. She also feels the town provides a good education for her grandchildren. She would like to see some consistent speed limits on High Range and Mammoth Rds. and the institution of mail-in voting. There is no doubt that she is a blessing to her family and our community!



**Scan Card:** Members are asked to scan in ***each visit*** to the senior center. If you don't bring your card it requires the front desk to manually sign you in.

This takes time and can cause a backup during very busy and popular events and programs. We are happy to provide a replacement if you have lost your card.

**Newsletter Availability:** Remember copies of this newsletter are available at the Senior Center, Town Hall, Leach Library, Town of Londonderry website <https://www.londonderrynh.org/senior-affairs>. If you have an email on record with us we automatically send a link to you as well.



**WE WILL BE CLOSED ON MONDAY MAY 29th  
FOR THE MEMORIAL DAY HOLIDAY**





*Coming Together*

# LSCI NEWS CORNER

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May-June 2023

Dear LSCI family,

Ah, spring is finally here. Let's take advantage of the great outdoors before the summer heat.

I had a wonderful vacation for 2 months. It was very relaxing and I enjoyed being in Florida when my 2 new great granddaughters were born. Now, back to business.

If any of our members are 90 or over by December 31, 2023, please call to the front desk at (603) 432-8554 or call Bonnie (603) 552-3400 by May 17th and tell us your name and age. LSCI would like to do a small luncheon for those over 90. Please, this is for 90 or over, not 88 or 89.

Please contact Julie Gasper of the Sunshine Committee at (603) 548-2895 if you know of anyone who is sick or home bound.

Carol will be sending out your yearly membership renewal forms. We would appreciate it if you please fill out and send it back as soon as possible. Thank You!

We will be having our yearly Membership Meeting on Thursday June 29<sup>th</sup> 2022 at 12:30pm. A light lunch will be served. Please remember to send back your form with your renewal for membership as soon as possible. Thank You.

I would like to give a special thank you to our Vice President Sandra Perry for all she did when I was on vacation. Without her help things would not have gone so smoothly.

*"It might do us good to remember from time to time that, while differing widely in the various bits we know, in our infinite ignorance we are all equal"*

Karl Popper

Bonnie Ritvo  
President



May 2023	May 2023	May 2023	May 2023	May 2023	May 2023	May 2023
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	May 2023
	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	
	11:00 Bone Builder	10:00 Chair Exercise	10:00 Chair Exercise	10:00 Chair Exercise	11:00 Bone Builders	
	11:00 MOW	11:00 MOW	10:30 Walking Club	11:00 MOW	11:00 MOW	
	12:15 Cribbage	12:30 Bingo	11:00 MOW	12:15 Cribbage	12:30 Tai Chi Qigong	
	12:30 Mah Jongg		11:00 Acrylic Painting	12:30 Cornhole		
	12:30 Ceramics		12:30 Bingo			
	12:30 Line Dancing					
May 1, 2023		May 2, 2023		May 3, 2023		May 4, 2023
					LPD Scam Presentation 11-12	9:00 Aviation Museum Road Race
May 7, 2023	May 8, 2023		May 9, 2023		May 10, 2023	
					10-12 Hearing Test OFF OUR ROCKERS performance 12-1pm	9:30 Book Club
May 14, 2023	May 15, 2023		May 16, 2023		May 17, 2023	
				10:00 Murder Mystery		12:15 Greeting Card Class
May 21, 2023	May 22, 2023		May 23, 2023		May 24, 2023	
					LSCI over 90 Luncheon	
May 28, 2023	May 29, 2023		May 30, 2023		May 31, 2023	
	Closed for Memorial Day					

June 2023	June 2023	June 2023	June 2023	June 2023	June 2023	June 2023
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	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	
	11:00 Bone Builder	10:00 Chair Exercise	10:00 Chair Exercise	10:00 Chair Exercise	11:00 Bone Builders	
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	12:30 Line Dancing					
				June 1, 2023	June 2, 2023	June 3, 2023
June 4, 2023	June 5, 2023	June 6, 2023	June 7, 2023	June 8, 2023	June 9, 2023	June 10, 2023
				10-12 Hearing Test	9:30 Book Club	
June 11, 2023	June 12, 2023	June 13, 2023	June 14, 2023	June 15, 2023	June 16, 2023	June 17, 2023
					12:15 Greeting Card Class	Volunteer Luncheon
June 18, 2023	June 19, 2023	June 20, 2023	June 21, 2023	June 22, 2023	June 23, 2023	June 24, 2023
			10:00 Murder Mystery			
June 25, 2023	June 26, 2023	June 27, 2023	June 28, 2023	June 29, 2023	June 30, 2023	

ROCKINGHAM NUTRITION &  
MEALS ON WHEELS PROGRAM

May

Londonderry Site 603-434-9663

2023

Krista McLaughlin (Site Mgr.)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p><b>#1 Chicken Scampi</b> Pasta Green Beans Seasonal Fruit Whole Wheat Bread</p> <p><b>#2 Sausage Onion &amp; Peppers</b></p>	<p>2</p> <p><b>Chicken a La King</b> Parslied Rice Broccoli Diced Peaches Biscuit</p> <p><i>Cold Meal</i> Ham &amp; Swiss Lettuce 3 Bean Salad Cookie White Bread</p>	<p>3</p> <p><b>Shepherds Pie</b> Harvard Beans Oatmeal Bar Whole Wheat Bread</p> <p><i>Cold Meal</i> Gourmet Pork Sandwich Thinly Sliced Pork Spinach &amp; Onion Marmalade Marinated Vegetable Salad Ditalini Pea Salad Orange &amp; Wheat Burger Roll</p>	<p>4</p> <p><b>#1 Roast Pork w/ Gravy</b> Boiled Potatoes Carrots &amp; Turnips Sliced Pears Whole Wheat Bread</p> <p><b>#2 Corned Beef &amp; Cabbage</b></p> <p><i>Cold Meal</i> Tuna Salad Sandwich Leaf Lettuce Barley Raisin Salad Broccoli Salad Chilled Pears Roll</p>	<p>5</p> <p><b>#1 Breaded Fish</b> Lyonnais Potatoes Bean Medley Cookie Whole Wheat Bread</p> <p><b>#2 Rib-A-Q</b></p> <p><i>Cold Meal</i> Chicken Caesar Salad Roll Carrot Dill Salad Pesto Pasta Salad Cookie Roll</p>
<p>8</p> <p><b>#1 Burgundy Beef</b> Pasta Mixed Vegetables Fruit Cup Whole Wheat Bread</p> <p><b>#2 Chicken Normandy Style</b></p>	<p>9</p> <p><b>Vegetable Lasagna</b> Brussels Sprouts Jell-O Whole Wheat Bread</p> <p><i>Cold Meal</i> Ham Salad w/ Pickles Cucumber &amp; Tomato Salad 3 Bean Salad Apple Wheat Bread</p>	<p>10</p> <p><b>Polynesian Pineapple Chicken</b> Fried Rice Stir Fry Blend Vegetable Orange Whole Wheat Bread</p> <p><i>Cold Meal</i> Turkey Club Sandwich Lettuce &amp; Bacon Roasted Corn &amp; Black Bean Salad Confetti Coleslaw Cookies Multi Grain Bread</p>	<p>11</p> <p><b>Mother's Day Special</b> <b>Stuffed Chicken Cordon Bleu</b> Supreme Sauce Whipped Potatoes Baby Carrots Mixed Berry Cobbler w/ Topping Rosemary Focaccia Bread</p> <p><i>Cold Meal</i> Chicken Salad Roasted Vegetable Salad Vegetable Pasta Salad Mixed Fruit Sandwich Roll</p>	<p>12</p> <p><b>#1 Baked Haddock</b> Baby Bakers Peas Chocolate Chip Cookie Roll</p> <p><b>#2 Spinach Frittata</b></p> <p><i>Cold Meal</i> Italian Sandwich Ham, Salami, Capicola &amp; Provolone Lettuce, Tomato &amp; Onion Dill Pickle Pasta Salad Apricots Club Roll</p>
<p>15</p> <p><b>#1 Chili Mac</b> Broccoli Seasonal Fruit Whole Wheat Bread</p> <p><b>#2 Chicken Crème Rosa</b></p> <p> <b>Happy Mother's Day</b></p>	<p>16</p> <p><b>Spaghetti w/ Meatballs</b> Marinara Sauce Spinach Birthday Cake Whole Wheat Bread</p> <p><i>Cold Meal</i> Greek Salad w/ Grilled Chicken Roasted Red Pepper Hummus Chilled Apricots Pita Bread</p>	<p>17</p> <p><b>#1 Chicken Fajita</b> Spanish Rice Corn &amp; Black Beans Pineapple Tortilla</p> <p><b>#2 Beef &amp; Bean Burrito</b></p> <p><i>Cold Meal</i> The Dagwood Citrus Rice Salad Tomato &amp; Pepper Salad Jell-O Rye Bread</p>	<p>18</p> <p><b>Yankee Pot Roast</b> Gravy Mashed Potatoes Mixed Beans Cookie Whole Wheat Bread</p> <p><i>Cold Meal</i> Egg Salad Lettuce Leaf German Potato Salad Carrot Raisin Salad Apple Hot Dog Roll</p>	<p>19</p> <p><b>Hot Dog</b> Mustard &amp; Relish Baked Beans Cole Slaw Applesauce Hot Dog Roll</p> <p><i>Cold Meal</i> Turkey Gobbler Sandwich Sliced Turkey/ Stuffing Cranberry Sauce Green Bean Salad Oatmeal Pie White Bread</p>
<p>22</p> <p><b>#1 Chicken Cacciatore</b> Pasta California Blend Vegetables Pears Whole Wheat Bread</p> <p><b>#2 BBQ Kielbasa</b></p>	<p>23</p> <p><b>#1 Chicken Marsala</b> Seasoned Rice Spinach Apricots Whole Wheat Dinner Roll</p> <p><b>#2 Liver &amp; Onions</b></p> <p><i>Cold Meal</i> Turkey &amp; Provolone Lettuce Beet Salad 3 Bean Salad Pudding Multigrain Bread</p>	<p>24</p> <p><b>Manicotti</b> Marinara Bean Medley Mixed Fruit Whole Wheat Bread</p> <p><i>Cold Meal</i> Ham &amp; Egg Salad Lettuce Leaf Marinated Vegetables Chickpea Salad Chocolate Chip Cookie Whole Wheat Bread</p>	<p>25</p> <p><b>Cheeseburger</b> w/ Cheddar &amp; Bacon Potato Salad Carrots Applesauce Cake Wheat Burger Roll</p> <p><i>Cold Meal</i> Roast Beef &amp; Cheese Horseradish Aioli Red Cabbage &amp; Grape Salad Macaroni Salad Apple Rye Bread</p>	<p>26</p> <p><b>Sweet &amp; Sour Meatballs</b> Steamed Rice Peas M&amp;M Cookie Whole Wheat Bread</p> <p><i>Cold Meal</i> Seafood Salad Sandwich Lettuce Coleslaw Spinach Salad w/ Dressing Mixed Fruit Cup WW Sandwich Roll</p>
<p>29</p> <p><b>HAPPY MEMORIAL DAY</b></p> <p>Would you like a frozen meal for the holiday? Circle <b>YES or NO</b></p>	<p>30</p> <p><b>#1 Chicken Nuggets</b> Home-style Potatoes Capri Blend Vegetables Applesauce Biscuit</p> <p><b>#2 Cheese Omelet</b></p>	<p>31</p> <p><b>Beef &amp; Bean Mexicali Casserole</b> Spanish Rice Peas Apple Corn Bread</p> <p><i>Cold Meal</i> Bologna &amp; Cheese Potato Salad Cucumber &amp; Tomato Salad Cookie White Bread</p>	<p>1</p> <p><b>Chicken Parmesan</b> Marinara Pasta Green Beans Pudding Whole Wheat Bread</p> <p><i>Cold Meal</i> Cheese Tortellini w/ Grilled Chicken Broccoli Salad Orange Dinner Roll</p>	<p>2</p> <p><b>#1 Potato Crusted Fish</b> Roasted Potatoes Carrots Chocolate Chip Cookie Whole Wheat Bread</p> <p><b>#2 Rib- A- Q</b></p> <p><i>Cold Meal</i> Cape Cod Chicken Salad Lettuce Greek Pasta Salad Old Fashion Carrot Salad Peaches Wheat Bread</p>

Menu Subject to Change

Suggested Donation \$3.00 per Meal



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