



Please join the
Suncook Senior Center
as we joyfully celebrate
Senior Center Week Open House:
Thursday, September 20, 2018, 9:00am - 1:00pm



Our Schedule:

- All Day:* ♦ View Art, & Quilted Items by our senior artisans
- 9:00am ~ 10:00am:* ♦ Enjoy Coffee and Pastries. Chat with senior participants
- 9:00am ~ 10:30am:* ♦ "You Have the Power to Prevent a Fall!"
Concord VNA will be here to do balance screenings and present important falls reduction information
- 11:30am ~ 12:30pm:* ♦ Masterful Musician Pam Stohrer will be here to regale you with some country crooning and music for the ages!
- 12:00pm ~ 12:30pm:* ♦ Delicious Luncheon of Roast Pork with Gravy and Stuffing, Roasted Red Potatoes, Butternut Squash, Warm Apple Crisp & Ice Cream



Please celebrate with us as we highlight this year's theme:
"Senior Centers—Building Momentum!" We kindly request that you RSVP before
Sept. 10th to Beverly Murdough at (603) 485-4254 or suncooksc@bm-cap.org



8 Whitten Street, Allenstown, NH



We hope that you will join us!