



Suncook Senior Center Newsletter

Your Resource for Healthy Aging



2024

1-603-485-4254

Located at the
Allenstown
Community Center
Boys and Girls Club

8 Whitten Street
Allenstown, NH
Senior Parking is
located on Reynolds
St.

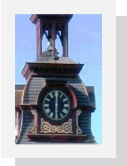
Carol Schiferle,
Manager
cschiferle@capbm.org

Serving the
communities of:
Allenstown
Hooksett
Pembroke
Epsom

But all are welcome!

Hours
Monday-Thursday:
8:00am-2:00pm
Friday:
8:00am-1:00pm

Merrimack County
ServiceLink: The first
number to call for
senior services:
1-603-228-6625 or
1- 866-634 -9412



Join Us

Thursday, April 4 at 12:00 PM:



Volunteer Appreciation - Without our volunteers the center would not be what it is today. So come celebrate and have some lunch with us. We would like to take your picture and have it on our new volunteer wall.

Thursday April 11, at 12:00 PM:

Birthday Celebration - We celebrate all the birthdays for the month of April on this day.

Thursday, April 18 at 9:30 AM:

All Day Bingo - The cost is \$12.00 per person plus \$3.00 for lunch. The \$12 will be given to Peter and the \$3.00 will be put in the envelopes at lunch time. The meal is will be pub burgers.



Arts and Crafts Every Wednesday at 10:00 AM



April 3: Bottlecap Signs

April 10: Magnet Pots

April 17: Paper Flower Bouquet

April 14: Rock Art

Wednesday, April 24 at 12:45 PM:

"Better Balance Better You" - The Granite VNA will be giving this class. Learn the importance of balance and how it affects our physical, emotional, and social well-being. Discover ways to incorporate balance training in your daily routine. People who attend this class will get a coupon for a free lunch.

Thursday, April 25 after Bingo:

Food Raffle Fundraiser - This is a monthly fundraiser the center has to help purchase items for the special programs the center sponsors. Bring in some food for people to raffle off and take home.

Parfaits will be available Wednesday, April 10 and 24

Congregate Dining

Every Monday, Wednesday, & Thursday at 12:00 pm

Birthday Celebration 2nd Thursday of the month starting at noon

Please reserve your meal 1 week in advance
Sign up at the center or call 1-603-485-4254

Takeout Option!!!!

We are still offering frozen meal options at the center in takeout form

You can receive 5 frozen meals or more.
A \$15 donation is suggested for each pick up.
For more information or to sign up please call 1-603-485-4254

Granite VNA Health Clinic

8:30am-2:00pm Second Wednesday of the month. Call 1-603-224-4093 ext 5815 for an appointment.

Services offered include:

- Foot Care
- Blood Pressure Screening
- Medication Education
- Nutritional Education

COMMUNITY & CAPBMCI RESOURCE CENTER

New Hampshire Legal Advice – NH residents over the age of 60, free of charge. **1-603-624-6000.**

Service Link – This is your connection to information and support services for seniors. **1-603-228-6625.**

Commodity Supplemental Food – Are you looking for healthy foods? CSFP provides free nutritious foods such as cereal, cheese, fruits, vegetables, pasta and juice for low-income seniors aged 60 and older. **1-603-225-2050.**

Meals-on-Wheels delivers a meal to homebound seniors and individuals with disabilities Monday thru Friday. **1-603-485-4254**

CAPBMCI Volunteer Driver Program – For 60 years and above, or living with a disability, you qualify for rides through the Volunteer Driver Program! Rides are available Monday thru Friday 5:00am to 6:00pm. **1-603-225-1989** email dispatch@bm-cap.org.

Senior Companion Program: Senior Companions visit frail seniors or adults with disabilities in the community & receive a stipend plus other benefits. To learn more, call 1-800-856-5525 or 603-225-3295.

Help with your Heating and Electric Costs!

The Fuel Assistance Program will help pay your winter heating bills and the Electric Assistance Program can provide a discount on your electric bill if eligible. You may contact them by phone 603-223-0043 or email at fuellassistance@capbm.org. Please call the Area Center nearest you for more information or to make an appointment to apply.

Concord Area Center – 1-603-225-6880

Suncook Area Center – 1-603-485-7824

Activities Currently At Suncook Senior Center

MONDAY

8:45-9:45am: Bone Builders Great program, taught by seniors, which helps to build bone strength. Donations accepted. For more information call Nancy 1-603-485-9181

10:00am-12:00pm: Bingo Join the fun

12:30-2:00pm Klunk

Please come and join the fun!

TUESDAY

9:00-10:00am: Chair Yoga \$5.00

10:15-12:00pm: Cribbage Club Join the fun!

WEDNESDAY

8:45-9:45am: Bone Builders Great program, taught by seniors, which helps to build bone strength. Donations accepted. For more information call Nancy 1-603-485-9181

10:00am-12:00pm: Art and Crafts See the front page to see what the craft is.

12:30-2:00pm Klunk

Please come and join the fun!

THURSDAY

10:00am– 12:00pm: Bingo

12:30-2:00pm:Klunk

Please come and join the fun!



Death Over Dinner

Talking about death and dying is one of the more challenging conversations we can have, and yet it can be the most freeing. Please join us on Wednesday, April 17 at Bennett Funeral Home in Concord at 6 p.m. for conversations about living and dying that are thoughtful and sprinkled with moments of joy and laughter. Dinner is generously provided by Bennett Funeral Home. Registration is required and space is limited. To register, call (603) 224-4093 or visit www.granitevna.org.

6 Safe Gardening Tips for Seniors

Posted in: **Senior Health & Wellness**

If you are a senior who enjoys gardening or the adult child of one, you have likely already discovered its many physical and mental health benefits. Gardening can help older adults maintain muscle strength, experience lower incidences of depression, and enjoy a more positive outlook on life. Some safe gardening tips will help you enjoy gardening even more. To avoid injuries, you may want to leave the more complicated landscaping tasks or residential yard work to the professionals.

But health conditions that are more common with aging can cause some necessary garden tasks to be more challenging. Arthritis might make it harder to grip the handle of a trowel or pair of pruners. Decreased flexibility can make bending and kneeling painful. If you or your senior loved one is struggling with this favorite hobby, there are steps you can take that will allow you to continue enjoying time in the garden.

6 Gardening Tips for Seniors

Here are a few steps that will help you to continue gardening as you age:

1. **The Warm Up:** Remember that gardening can be a fairly strenuous form of exercise. Taking a few minutes to stretch and warm up your muscles and joints before you head out to work in the garden is important. Stretching and loosening up your muscles and joints can help you prevent an injury.
2. **Garden Benches:** Make it easy to take frequent rest breaks by placing benches and chairs in multiple locations throughout the garden. They are a great way to prevent falls.
3. **Long-handled Garden Tools:** Another safety tip is to invest in long-handled tools that allow you to garden without a lot of bending and kneeling. The Arthritis Foundation has compiled a list of Handy Garden Tools like garden hose and Layflat Hose Coupler that they scored high for safety and ease-of-use.
4. **Raised Beds:** If it is becoming increasingly difficult for you or the senior gardener you love to safely get up and down from the ground, having raised flower beds installed can help. They can be built at whatever height that is most comfortable.
5. **Invest in a Wagon:** Using a wagon with larger, sturdier wheels instead of a wheelbarrow to move plants and tools around the yard can also increase safety. Wagons are easier to use for gardening than wheelbarrows because they don't require lifting or pushing.
6. **Paint the Handles:** If you or your senior gardener lives with vision loss, it might be difficult to find tools amid the grass and flowers. One way to make them easier to find is to paint the handles a bright color that will stand out among the greens.

Finally, remember to exercise caution if you are gardening during the steamier days of summer. Try to work in the yard early in the morning and later in the afternoon to avoid the mid-day heat. Also, always keep a bottle of water with you in the garden so you can stay hydrated and avoid experiencing a heat-related illness.

Elder Services -Community Action Program, Belknap Merrimack Counties, Inc.

Suzanne Demers, Director, Heather O'Brien, Operations Manager

Consider donating a tax deductible contribution to the Meals on Wheels Program in tribute to someone special, or to celebrate a special occasion.

Name: _____

In Memory/Honor of _____

Address: _____

Send Acknowledgement to _____

Phone # (if we have questions) _____

Address: _____

Please make checks payable to CAPBM and in the Memo section: MOW.

Send to Community Action Program, Belknap-Merrimack Counties, Inc, P.O. Box 1016, Concord, NH 03302. *Thank you for your support.*

Pine Grove Community

55 and Over Independent Living Spaces



Rents starting at \$850
Accepting Applications
Comfortable Secure
Environment

Restored Historic Victorian
Country Home Private Rooms
Quiet Setting in Pembroke, NH

Includes all utilities, maintenance, housekeeping, furnished areas, free laundry, sprinkler system, optional garage and storage space.

(603)340-1497 | (603) 340-1487

www.thepinegrovecommunity.com



Petra Insurance Services

Pembroke (603)851-1154

Chuck Therrien: Licensed Broker

Offering Medicare Supplements,

Medicare Advantage & PDP's

**Senior Dental, Life and Final Expense
Products**

AD Space for SALE

SENIOR NEWS PUBLICATIONS

603-601-8047

**we bring
community
to you**

INFO@SNPNEWSLETTERS.COM
WWW.SNPNEWSLETTERS.COM

Petit - Roan

FUNERAL HOME

167 Main Street, Pembroke, (Suncook) NH

(603) 485 - 9573 - Fax (603) 485 - 5489

Newly Renovated & Expanded

www.petitroan.com

Pre-Need Counseling | Funeral | Cremation | Memorial Services

AD Space for SALE

SENIOR NEWS PUBLICATIONS

603-601-8047

INFO@SNPNEWSLETTERS.COM
WWW.SNPNEWSLETTERS.COM



WE BUY HOUSES!

Are you needing to liquidate?
We will offer you the best price!
www.123buy.com

CALL 978-378-5333



Serving New Hampshire
Since 1899

Home Health & Hospice Provider

*Helping people remain independent
and live life to the fullest.*

granitevna.org · (800) 924-8620

Thank you all for supporting this senior newsletter. Please show local support to the advertisers as they have contributed toward the publication of this newsletter.

Thank you
From Senior News!



Thank! You!

