



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.**

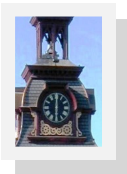
Carol Schiferle,
Manager
cschiferle@capbm.org

**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



All are Welcome

Monday, June 3, at 10:00AM:

Mobile Hearing Clinic - At Home Hearing Healthcare is a mobile hearing clinic that provides complementary hearing tests. They service all makes of hearing aids, clean ears, and conduct initial screenings. If you would like a comprehensive diagnostic hearing test, please sign up. An appointment can be scheduled in one of the clinics or in the comfort and security of their own home, based on preference and needs.

Thursday, June 13, at 12:00 PM:

Father's Day Luncheon - Come on in and celebrate Dad's.

Monday, June 17, at 12:00 PM:

Birthday Celebration - We celebrate all the birthdays for the month on this day. There is a new rule in place, you need to eat at the center two times during the year in order to qualify for the free lunch.

Arts and Crafts Every Wednesday at 10:00 AM

June 5: Solar Lanterns

June 12: Garden Craft

June 19: Center is Closed

June 26: 4th of July Craft

Thursday, June 20, After Bingo:

Food Raffle - 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.

Friday, June 21, at 9am-1pm:

Sew it up! - We are starting a new sewing club. Here's an opportunity to begin or finish your sewing project, learn a new technique or participate in a sew-a-long. Bring your sewing machine, your sewing project and your enthusiasm. From experienced sewists to beginners, all are welcome. Space is limited to 15.

The Senior Center is Closed Wednesday, June 19, In recognition of Juneteenth.

What is Juneteenth?

It is a holiday celebrated on June 19 to commemorate the emancipation of enslaved people in the US. The holiday was first celebrated in Texas, where on that date in 1865, in the aftermath of the Civil War, enslaved people were declared free under the terms of the 1862 Emancipation Proclamation.

June 19, 1865, is when the last Confederate community of enslaved Americans in Galveston, Texas, received word that they had been freed from bondage. Union General Gordon Granger led the unit in Galveston who would ensure the proclamation was enforced in Texas at the end of the American Civil War.

Juneteenth is just a portmanteau of the words "June" and "nineteenth".

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!

Easy Low Cost Sweet Snack Cracker Toffee

Ingredients:

40 Saltines (1 sleeve)	2 Sticks of Butter
1 c Brown Sugar	1 c Chocolate Chips

Directions:

1. Preheat oven to 400° F
2. Line a cookie sheet with foil. Place the saltines in pan evenly and not overlapping.
3. Over medium heat, melt butter and brown sugar. Bring the mixture to a boil constantly stirring for two minutes. Pour the mixture over the saltines spreading it evenly.
4. Bake for about five minutes until it is bubbly. Saltines may shift just move back into place with butter knife.
5. Quickly sprinkle the chocolate chips on top, and let them melt. Spread the chocolate once melty, with a knife.
6. Then refrigerate until set. Peel of foil, break apart and serve.

**The Suncook and Pittsfield Seniors
with Royal Tours presents
*The Charles Riverboat Company
*Lunch at The Venezia Waterfront
Tuesday, July 16, 2024
\$127.00 per person**



Today you will be traveling to Boston, MA home to the Charles Riverboat Company where you will have a boat ride. Enjoy a 70-minute, fully-narrated sightseeing cruise along the Charles River. Your captain and crew will both entertain and educate while pointing out the historic and cultural sights of Boston and Cambridge. Sights include Beacon Hill, Esplanade Park, the Back Bay, Boston University, M.I.T., Harvard and countless sailboats and rowers!

Lunch today will be at the Venezia, located right on the waterfront. The Venezia Waterfront Restaurant offers incredible views, food, and service! See full menu below.

MENU

Bread or rolls
Garden Salad
Choice of Boston Baked Haddock
Topped with Seasoned Crumbs OR
Chicken Parmigiana with Home-
made Pasta
Coffee or Tea
Berry Shortcake
Coffee & Tea

A great way to spend the day! Includes: Transportation, boat ride, lunch, driver's gratuity, dining room taxes and gratuities.

All reservations for this trip must be made by contacting Nancy Despres at 603-485-9181 or by signing up at the Suncook Senior Center.

Departure from the Suncook Senior Center, 8 Whitten Street, (lower level on Reynolds Ave.) Suncook at 9:00 a.m. Home approximately 4:30 p.m.

*As with all tours, safety is first. A boat ride is determined to go or not go by the Boat Company. There may be times due to unforeseen circumstances or weather, that the boat ride is cancelled. In that case, we will try to provide a substitute activity.

*Please advise Nancy if you need a front or near to the front seat due to a walker or cane, or if you have walking difficulties at time of sign up.

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.*

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