



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.**

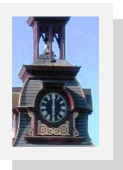
Carol Schiferle,
Manager
cschiferle@capbm.org

**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, May 6, at 10:00am:

Cinco de Mayo Bingo - We will have a little celebration. If you own a sombrero or any other fun hat you are welcome to wear it.

Thursday, May 9, at 12:00 PM:

Birthday Luncheon - We celebrate all the birthdays for the month of April 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.

Monday, May 13, at 10:00AM:

Mobile Hearing Clinic - At Home Hearing Healthcare is a mobile hearing clinic with over 38 years' experience. They provide complementary hearing clinics. At the clinics, our Board Certified Hearing Instrument Specialists service all makes of hearing aids (regardless of where they were purchased), clean ears, and conduct initial screenings. If a client would like a comprehensive diagnostic hearing test, our trained Patient Care Coordinators will schedule an appointment. These follow up appointments are offered in one of our clinics or in the comfort and security of their own home, based on their preference and needs.

Monday, May 13 at 12:00 PM:

Mother's Day Luncheon - Come on in and celebrate Mom's.

Arts and Crafts Every Wednesday at 10:00 AM

May 1: Bottlecap Art

May 8: Bird Feeders

May 15: Windchimes

May 22: Come and Make or Take and Make

May 29: Summertime Welcome Sign

Thursday May 16, 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 May 17, 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. Meet new sewing friends and share ideas. From experienced sewists to beginners, all are welcome. Space is limited to 15.

Parfaits will be available Wednesday, May 15 and 29

The Senior Center is Closed Monday, May 27, In recognition of Memorial Day.

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!

In Recognition of Memorial Day

Memorial Day has come to mean the beginning of summer, a time for picnics and barbecues, and a holiday to gather around the family. That happiness and freedom, however, is a product of the real cause for the holiday: the sacrifice made by men and women who have fought and died for the freedoms and liberties Americans hold dear. Memorial Day is a time to remember that the American way of life is not cheap but rather has been purchased by the lives and blood of so many who have sacrificed for us to live free and happily now.



**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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