

# APRIL 2014 NEWSLETTER

## CENTER STAFF

**Sharon Brassard**  
Activities Director

**Mona Stankovich**  
Administrative Assistant

**Kera Ashline**, Cook

**Emmy Goodwin**  
Kitchen Assistant

## ADVISORY COUNCIL

**Lois Bopp**

**Dede Dionne**

**Bonnie Ham**

**Bernie Labonte**

**Joan Labonte**

**Brenda Lumaye**

**Gary Lumaye**

**Frank McCarthy**

**Lori Shaheen**



**Senior Center  
Publications**



## **SOUTH BERWICK SENIOR CENTER**

71 Norton Street  
South Berwick, ME 03908

seniorcenterassist@yahoo.com  
207-384-3310

**THE CENTER WILL BE CLOSED  
MONDAY, APRIL 21ST FOR PATRIOT'S DAY.**

### **THINK SPRING—WEDNESDAY, APRIL 2ND AT 11:30 AM**

Roger Clement has promised to bring us sunshine and warm weather as he tickles the ivories beginning at 11:30 am. Come, sit back and enjoy a relaxing hour of our favorite songs. This is also Student Community Service Day in South Berwick, so we will welcome our student volunteers.



Suggested donation: Members \$7.00 Nonmembers \$8.00

### **EASTER CELEBRATION WITH THE LIGHTHOUSE JUBILEES WEDNESDAY, APRIL 16TH—11:00AM**

Join us as we welcome back the Lighthouse Jubilees for an inspirational hour of music as we celebrate Easter. Entertainment will begin at 11:00am and a ham dinner prepared by Chef Mark from Spring Hill will be served at noon. Remember to wear your Easter bonnet for our annual Easter parade. A prize will be awarded for the prettiest, most original and favorite following lunch. Free raffle ticket for anyone wearing a bonnet.



Suggested donation: Members \$7.00 Nonmembers \$8.00

### **SOUTH BERWICK'S 200TH ANNIVERSARY CELEBRATION WEDNESDAY, APRIL 23RD—11:30AM**

Help us celebrate the 200th anniversary of South Berwick as we welcome Norma Keim, from the Old Berwick Historical Society, who will talk on the fire of 1870. Our Fire Chief, George Gorman will also join us in the lobby with a short program on our own 1873 hand-pump fire engine. Stay for lunch immediately afterwards. Reservations only.



Suggested donation: Members \$6.00 Nonmembers \$7.00

### **FENWAY FRENZY WEDNESDAY, APRIL 30TH AT 11:00AM**

Baseball season has begun and we are celebrating the 10th anniversary of the Red Sox 2004 World Series Championship. One of our favorites, Fred Keen, will return with music and entertainment. Fenway favorites will be served for lunch. Wear your favorite baseball jersey and receive a free raffle ticket.



Suggested donation: Members \$7.00 Nonmembers \$8.00

THANK YOU TO EVERYONE WHO RAN FOR OUR ADVISORY COUNCIL THIS YEAR. WE HAD A LARGE TURNOUT OF VOTERS AND THOSE WHO HAVE BEEN ELECTED TO SERVE ON THE COUNCIL FOR THE NEXT TWO YEARS ARE DEDE DIONNE, BERNIE LABONTE, JOAN LABONTE AND BRENDA LUMAYE. COUNCIL MEMBERS LOIS BOPP, BONNIE HAM, GARY LUMAYE, FRANK MCCARTHY AND LORI SHAHEEN WILL CONTINUE TO SERVE.



MEMORIAL DONATIONS

In Memory of  
Louise Perreault

by

Bob and Mona Allen  
Priscilla Bragdon and Family  
Conrad and Gloria Lebrun  
Roger and Myra Nichols  
Brian, Mona and Luke Stankovich

LINE DANCING WITH TINA

Yeah...looks like Tina is back and leading a very high energy class on Fridays for all levels of dancing. Come join us from 1:30 to 3:00pm. \$2.00 donation.



DIABETIC SHOE CLINIC  
THURSDAY, APRIL 17TH

Proper foot care is a very important part of diabetes management. Those with diabetes are at an extremely high risk of serious foot disorders that can lead to ulcers or sores on their feet. On Tuesday, April 17th, from 10:00am to noon, Amy Baxter will be at the Center for free consultations. Each appointment will last 10 minutes. If Medicare is your primary insurance, you are eligible to receive a pair of diabetic shoes and inserts at little or no cost to you. For more information and to sign up for this clinic, please see Sharon or Mona. We will let you know what forms you must bring to your appointment when you sign up.



FRONT DESK VOLUNTEERS



If you would like to get more involved with the Center and have a wonderful opportunity to meet all of our seniors, we are looking for help with our front desk. This is a great chance to put names to all those faces. You must be available on a Wednesday and it is important that you arrive at the Center prior to 10:00am, so you are ready to go by 10:00. Please see Mona if this is something you think you would like to do. We will have you train with someone the first couple of weeks, so please don't hesitate to sign up.



ADVISORY COUNCIL FAREWELLS...WE CANNOT THANK OUR TWO OUTGOING ADVISORY COUNCIL MEMBERS (DICK PAGE AND HARRY TURNER) ENOUGH FOR THEIR HARD WORK, DEDICATION AND LOYAL SUPPORT TO OUR SENIOR CENTER OVER THE PAST YEARS. WE COULDN'T HAVE DONE IT WITHOUT YOU!

# APRIL MENU



<b>APRIL 2 (W)</b>	<b>Think Spring** Chicken Pie</b>
<b>APRIL 3 (T)</b>	<b>Corn Chowder, Sandwiches and Salad</b>
<b>APRIL 9 (W)</b>	<b>Meatloaf</b>
<b>APRIL 10 (T)</b>	<b>Soup, Sandwiches and Salad</b>
<b>APRIL 16 (W)</b>	<b>Easter Celebration** Ham Dinner Prepared by Chef Mark</b>
<b>APRIL 17 (T)</b>	<b>Soup, Sandwiches and Salad</b>
<b>APRIL 23 (W)</b>	<b>Oven Fried Chicken</b>
<b>APRIL 24 (T)</b>	<b>Soup, Sandwiches and Salad</b>
<b>APRIL 30 (W)</b>	<b>Fenway Frenzy** Franks with all the Fixins'</b>

## MEAL INFORMATION

**PLEASE NOTE:** Reservations are required for all Wednesday meals and must be made 48 hours in advance. You must cancel by Monday for a Wednesday meal or you will be charged for that meal. The suggested donation for a meal is \$6.00/members and \$7.00/nonmembers. All special events are indicated by an \*\* and the suggested donation is \$7.00/members and \$8.00/nonmembers. If you would like to join us for a meal, but cannot afford to pay, please see Sharon and arrangements will be made confidentially.

**CANCELLATION POLICY:** If school is cancelled for SAD #35, the Center will be closed. Meal reservations will be carried over to the very next day.

**DON'T FORGET:  
Thursdays are a la carte.  
No reservations required!!**

**REMINDER:**  
All beverages are \$.50 per cup.  
(No Free Refills)  
Thank you for your cooperation.

# APRIL 2014

Mon	Tue	Wed	Thu	Fri
	<b>1</b> 9:00am 2 Mile Walk 1:00pm Mah Jongg	<b>2</b> 6:30am Step Aerobics 9:00am 2 Mile Walk 10:00am Line Dancing 11:00am <b>THINK SPRING</b> 1:00pm Bridge 	<b>3</b> 9:00am 2 Mile Walk 10:15am Beg. Line Dancing 11:30am LUNCH 12:00 Noon Whist/Cards	<b>4</b> 6:30am Step Aerobics 9:00am 2 Mile Walk 1:30pm Advanced Line Dancing
<b>7</b> 6:00am Step Aerobics 9:00am 2 Mile Walk 10:00am <b>ADVISORY COUNCIL MEETING</b> 12:30pm Cribbage 1:00pm Bingo	<b>8</b> 9:00am 2 Mile Walk 1:00pm Mah Jongg	<b>9</b> 6:30am Step Aerobics 9:00am 2 Mile Walk 10:00am Line Dancing 11:30am LUNCH 1:00pm Bridge	<b>10</b> 9:00am 2 Mile Walk 10:15am Beg. Line Dancing 11:30am LUNCH 12:00 Noon Whist/Cards	<b>11</b> 6:30am Step Aerobics 9:00am 2 Mile Walk 1:30pm Advanced Line Dancing
<b>14</b> 6:00am Step Aerobics 9:00am 2 Mile Walk 12:30pm Cribbage 1:00pm Bingo	<b>15</b> 9:00am 2 Mile Walk 1:00pm Mah Jongg <b>TRIP TO MOHEGAN SUN AND DEBBIE REYNOLDS SHOW BUS LEAVES AT 7:30am</b>	<b>16</b> 6:30am Step Aerobics 9:00am 2 Mile Walk 10:00am Line Dancing 11:00am <b>EASTER CELEBRATION</b> 1:00pm Bridge 	<b>17</b> 9:00am 2 Mile Walk 10:15am Beg. Line Dancing 11:30am LUNCH 12:00 Noon Whist/Cards	<b>18</b> 6:30am Step Aerobics 9:00am 2 Mile Walk 1:30pm Advanced Line Dancing
<b>21</b> <b>The Center Will Be Closed for Patriot's Day</b>	<b>22</b> 9:00am 2 Mile Walk 1:00pm Mah Jongg	<b>23</b> 6:30am Step Aerobics 9:00am 2 Mile Walk 10:00am Line Dancing 11:30am <b>CELEBRATE SOUTH BERWICK</b> 1:00pm Bridge 	<b>24</b> 9:00am 2 Mile Walk 10:15am Beg. Line Dancing 11:30am LUNCH 12:00 Noon Whist/Cards	<b>25</b> 6:30am Step Aerobics 9:00am 2 Mile Walk 1:30pm Advanced Line Dancing
<b>28</b> 6:00am Step Aerobics 9:00am 2 Mile Walk 12:30pm Cribbage 1:00pm Bingo	<b>29</b> 9:00am 2 Mile Walk 1:00pm Mah Jongg	<b>30</b> 6:30am Step Aerobics 9:00am 2 Mile Walk 10:00am Line Dancing 11:00am <b>FENWAY FRENZY</b> 1:00pm Bridge 		

# What's Happening at the Center

The Center is open Monday through Friday. We will, however, close the Center in the event of snow or bad weather. Tune into Channel 6 or 13. If SAD 35 is closed, we will be closed as well.

## TIME FOR CARING

### FOOT CARE CLINIC

- 4/24** Provided by Lorraine Thomas from York Hospital the 4th Thursday of each month. Call 384-3310 to schedule an appointment.
- 4/9** HomeHealth Visiting Nurses will be providing foot care the 2nd Wednesday of every other month. Call 1-800-660-4867 for an appointment.

### BLOOD PRESSURE CHECKS

- 4/9** South Berwick Emergency Rescue will be providing free blood pressure checks from 10:00 to 11:00 AM. This service will be provided the second Wednesday of each month.

## MOVING AND GROOVING

### LINE DANCING

Wednesdays: 10am-11:30am  
 Thursdays: Beginner Class  
 10:15am-11:30am  
**DONATION: \$1.00**

All Levels of Line Dancing with Tina Page  
 Fridays: 1:30pm-3:00pm  
**DONATION: \$2.00**

### STEP AEROBICS WITH SIMONE

Monday: 6:00am  
 Wednesday: 6:30am  
 Friday: 6:30am  
**DONATION: \$1.00**

### INDOOR WALKING VIDEO

Monday through Friday  
 9am (2 mile walk)  
**DONATION: \$1.00**

## FUN AND GAMES

### MONDAY

\*CRIBBAGE: 12:30pm/Dance Room  
 BINGO: 1pm/Dining Room  
 10 cents per game

### TUESDAY

\*MAH JONGG: 1:00pm/Dance Room

### WEDNESDAY

\*BRIDGE: 1pm /Dance Room

MORE PLAYERS NEEDED  
 EVERYONE IS WELCOME

\*denotes free activity

### THURSDAY

\*WHIST: 12:00 Noon  
 in the Dance Room  
 \*CARDS: 12:00 Noon  
 in the Dining Room

## **CENTER TRAVELS**

We are currently accepting reservations for the following trips. Transportation for all trips offered is by motorcoach unless otherwise noted. A minimum number of people (varies by trip) is required for all trips, so if you are interested, please sign up so we can count on you. Seating on the bus is assigned by the order of signups (with exceptions made for those with special needs), so if you would like to sit in the front of the bus, make sure you sign up early. All reservations are subject to the cancellation policy of the agency providing the trip and/or the policy of the Center.

**All checks for all trips should be made out to the  
FRIENDS OF THE SOUTH BERWICK SENIOR CENTER**

**THE BUS IS FULL AND WE WILL BE TRAVELLING TO MOHEGAN SUN ON TUESDAY, APRIL 15TH, TO SEE DEBBIE REYNOLDS IN CONCERT. THE BUS WILL BE LEAVING THE CENTER AT 7:30 AM, SO PLEASE BE HERE BY 7:15 AND READY TO GO. THERE WILL BE ONE PIT STOP AND WE EXPECT TO ARRIVE AT THE CASINO BY 11:00AM. YOU CAN ENJOY LUNCH AND THE SLOT MACHINES. THE SHOW BEGINS AT 3:00PM AND THE BUS WILL BE LEAVING THE CASINO IMMEDIATELY FOLLOWING THE SHOW AT APPROXIMATELY 5:30. WE SHOULD BE BACK AT THE CENTER BY 8:30PM.**



### **THE TEMPTATIONS AT VENUS DE MILO—WEDNESDAY, JUNE 11TH**



Glenn Leonard's Temptations will perform their greatest hits in Swansea, MA... "My Girl", "Just my Imagination", "Papa was a Rolling Stone" and many more. Lunch choice is chicken parmesan or baked haddock. The cost is \$79.00 per person.

**Payment is due by May 23rd.**

This summer the Interlakes Summer Theatre will be presenting 42nd Street, Broadway's Best Loved Song and Dance Extravaganza, and Hello Dolly, Winner of 10 Tony Awards. The Center is currently organizing a trip to 42nd Street on July 3rd and Hello Dolly on August 7th. This theatre has never disappointed us...their performances are great. Cost for each trip will be \$69.00 per person. Only 23 seats available, so watch for these trip to be posted soon.



**THE BUS TO THE LOBSTERFEST AT INDIAN HEAD RESORT ON JUNE 16TH AND 17TH IS NOW FULL. IF YOU WOULD LIKE TO JOIN US, IT IS POSSIBLE TO BE PUT ON THE WAITING LIST OR THERE ARE SOME WHO ARE WILLING TO DRIVE THEMSELVES TO LINCOLN AND JOIN US THERE. COST IS \$152.00/PP DOUBLE.**

**FINAL PAYMENT IS DUE MAY 15TH**

### **SENIOR CENTER TRIP CANCELLATION POLICY**

If you have signed up and paid for a trip and then find you must cancel, the following cancellation fees apply (this does not include the price of show tickets, admission fees, etc., which are nonrefundable):

30 to 15 days prior to trip—75% refund

14 to 8 days prior to trip—50% refund

Within the last 7 days of trip—no refund

For any cancellation that requires a refund, there will be a minimum \$5 fee charged to cover administrative costs.

***SOUTH BERWICK SENIOR CENTER***

71 Norton Street  
 South Berwick, ME 03908  
 1-207-384-3310  
 seniorcenterassist@yahoo.com

The South Berwick Senior Center is a gathering place for anyone over the age of 50 to enjoy good times, good food and good friends. The Center offers a wide range of activities from board games to exercise classes to line dancing, as well as opportunities for travel and adventure or the chance to just sit down and have a cup of coffee with a friend. There is always something going on at the Center, so come and check it out! We are open Monday through Friday and we are located in the South Berwick Community Center at 71 Norton Street. If you have any questions or need directions, please call or send us an email. We look forward to hearing from you!

**VOLUNTEER INFORMATION**

The Senior Center simply would not function if not for all of the wonderful volunteers who give of their time and of themselves so generously. We are currently looking for volunteers for our reception desk (sign up sheet located in entryway) and for meal help, including meal service and dish duty (sign up sheet on kitchen door). We would like to provide a free meal to all our volunteers, but we cannot do so unless we know you are coming, so signing up ahead of time is a must!! If you have any questions, please see Mona or call us at 384-3310. Many hands make light work, so the more the merrier! We are in critical need of volunteers to help with dishes. Please let us know if you can help out.

# HAPPY APRIL BIRTHDAYS

- |          |                   |
|----------|-------------------|
| April 2  | Yuni Courtney     |
| April 2  | Yvonne Ahern      |
| April 3  | Tom Walker        |
| April 6  | Al Marchi         |
| April 9  | Doris Desrochers  |
| April 12 | Rosemary Higgins  |
| April 13 | Irma Bullock      |
| April 15 | Loretta Fogarty   |
| April 16 | Lorraine Moulton  |
| April 17 | Liz Lane          |
| April 19 | Conrad Lebrun     |
| April 19 | Sheila Neathawk   |
| April 21 | William MacKenzie |
| April 22 | Claire Belliveau  |
| April 24 | Judy Wood         |
| April 25 | Doris Lanciano    |
| April 25 | Thomas Sklutas    |
| April 27 | Elinor Hannigan   |
| April 27 | Gloria Lebrun     |
| April 27 | Mary Huff         |
| April 28 | Evelyn Rix        |
| April 28 | Jan Dumont        |
| April 29 | Robert Welch      |
| April 29 | Beryle McMahan    |

**THE NEXT ADVISORY COUNCIL MEETING WILL BE ON MONDAY, APRIL 7TH AT 10:00AM. WE LOOK FORWARD TO OUR FIRST MEETING WITH OUR NEW COUNCIL MEMBERS. PLEASE REMEMBER TO MARK YOU CALENDER!**

**50/50 RAFFLE TICKETS ARE NOW ON SALE. THE FIRST DRAWING WILL BE MAY 14TH. YOU HAVE TO BUY ONE TO WIN, SO SEE A COUNCIL MEMBER SOON.**

