

# APRIL 2015 NEWSLETTER

## CENTER STAFF

**Sharon Brassard**  
Recreation Director

**Mona Stankovich**  
Administrative Assistant

**Kera Ashline**, Cook

**Emmy Goodwin**  
Kitchen Assistant

## ADVISORY COUNCIL

**Lois Bopp**

**Dede Dionne**

**Louise Fournier**

**Bernie Labonte**

**Joan Labonte**

**Bettina Laverriere**

**Frank McCarthy**

**Joyce Perreault**

**Marlene Taylor**



**Senior Center  
Publications**



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## **SOUTH BERWICK SENIOR CENTER**

71 Norton Street  
South Berwick, ME 03908

seniorcenterassist@yahoo.com  
207-384-3310

# EASTER CELEBRATION



On Wednesday, April 1st, we will be looking for your arrival in your grandest Easter bonnet. Our Easter Celebration will begin with music by an old favorite, Brian Stankovich, at 11:00AM. A delicious ham dinner will follow the entertainment at noon and there will also be a bonnet parade. Prizes will be awarded for the prettiest, funniest and most original bonnet. Mark your calendar and plan to join us.

Suggested donation: \$7.00/Members \$8.00/Nonmembers

## **ROY ORBISON TRIBUTE—WEDNESDAY, APRIL 15**

Sit back and enjoy the music of Roy Orbison as Mark Poulin pays tribute to this country music legend. The entertainment will begin at 11:00am, followed by delicious macadamia chicken prepared by Chef Mark from Spring Hill. A free raffle ticket will be given to anyone wearing a cowboy hat. This is new entertainment for us, so we look forward to welcoming Mark to the Center.



Suggested donation: \$7.00/Members \$8.00/Nonmembers

## **EARTH DAY—WEDNESDAY, APRIL 22ND**



What better way to spend Earth Day than with our favorite bluegrass band, Shades of Grass. The music will begin at 11:00am and continue until noon. We will then enjoy a pork roast lunch prepared by Kera, which is always delicious.

Suggested donations: \$7.00/Members \$8.00/Nonmembers

## **DAVID SHIKES NEW ENGLAND STORIES WEDNESDAY, APRIL 29TH**



Another day of new entertainment at the Center. David Shikes will join us at 11:00am to tell us some great New England stories with a little bit of humor. He is a former Boston Marathon runner and a NE book salesman. Our favorite Moe's for lunch. Suggested donation: \$7.00/Members \$8.00/Nonmembers

## AARP TAX AIDE



AARP will be available until April 10th at the Center to provide free tax help and preparation service for low and moderate income taxpayers. This service will be available by scheduled appointments on Friday's from 11:00am to 3:00pm. To schedule an appointment, please call 384-3306 or 384-3310. You do not have to be a member of the Center or a resident of South Berwick to take advantage of this service. Also, it will be necessary for you to bring proof of health insurance when you come for your appointment.

## WELCOME NEW SENIOR CENTER ADVISORY COUNCIL MEMBERS

On Wednesday, February 25th, we held our elections for those members we feel would represent us by serving on the Advisory Council. The results are in and the following members were elected to serve on the Council. Lois Bopp, Louise Fournier, Bettina Laverriere, Frank McCarthy, Joyce Perreault and Marlene Taylor. Those who will not be returning to the Council are Bella Flowers, Bonnie Ham, Gary Lumaye and Brenda Lumaye. We want to thank them for their dedication and help during their two years of serving. They have done a great job with decision making, offering ideas and all the decorating.



## FIX IT UP

Do you know a homeowner who could use a little help fixing up their house? Great news! May 31st through June 6th the Eliot United Methodist Church will be hosting the UM Army and over 50 college students will be coming to take on any or all of your projects for free. For more information, contact one of the two Host Church Coordinators, Jon Green (wallagrass@comcast.net) or Bill Gilbert (wkgilb21@aol.com).

## MAH JONGG TOURNAMENT

The First Annual Wolfeboro, NH Mah Jongg Tournament will be held Thursday, May 21st at the First Congregational Church, 115 South Main Street. FMI on this event, contact Donna at 603-569-3139 or blueberry25hill@aol.com Entry forms are available at the Center office.



## MEMORIAL DONATIONS

In Memory of  
Evelyn Rix

by

Mary Ellen Buckley  
Linda Burdick  
Theresa Cunningham  
Dick and Dede Dionne  
Mr. and Mrs. Maynard Hanson  
Conrad and Gloria Lebrun  
Village Motors

**OLLI** While enjoying our Easter dinner, Tessa McDonnell, Site Coordinator with OLLI (Osher Lifelong Learning Institute) at Granite State College, will give a brief presentation on "learning for the fun of it," an education program for lifelong learners age 50+ who are eager to explore ideas and interest with a community of peers.

## SCHEDULE CHANGE

With the arrival of a new granddaughter, Mona will be spending Mondays and Tuesdays getting some Grandma time. With this schedule change, she will be in her office Wednesdays, Thursdays and Fridays from 9:00am to 2:00pm beginning in April. Advisory Council meetings will be changed to the last Friday of the month.

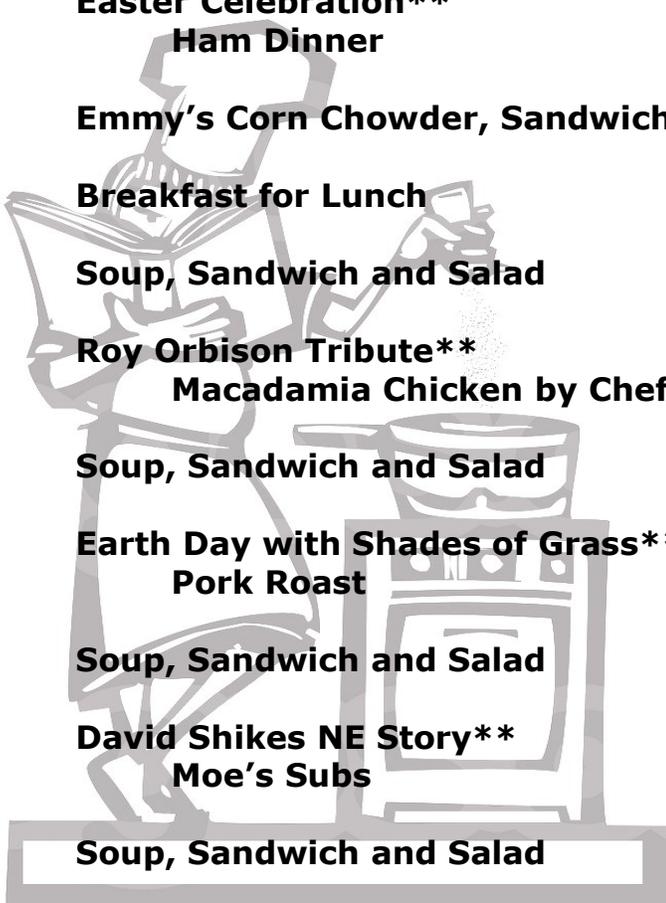


**SPAGHETTI SUPPER** - On Saturday, March 28th, from 4:00pm to 6:00pm, the VFW is sponsoring a spaghetti supper at the Community Center. Adults \$8, Senior Citizens/ Students \$7, Children under 10 Free. Proceeds Benefit Troop Support and Community Scholarships.



# APRIL MENU

<b>APRIL 1 (W)</b>	<b>Easter Celebration** Ham Dinner</b>
<b>APRIL 2 (T)</b>	<b>Emmy's Corn Chowder, Sandwich and Salad</b>
<b>APRIL 8 (W)</b>	<b>Breakfast for Lunch</b>
<b>APRIL 9 (T)</b>	<b>Soup, Sandwich and Salad</b>
<b>APRIL 15 (W)</b>	<b>Roy Orbison Tribute** Macadamia Chicken by Chef Mark</b>
<b>APRIL 16 (T)</b>	<b>Soup, Sandwich and Salad</b>
<b>APRIL 22 (W)</b>	<b>Earth Day with Shades of Grass** Pork Roast</b>
<b>APRIL 23 (T)</b>	<b>Soup, Sandwich and Salad</b>
<b>APRIL 29 (W)</b>	<b>David Shikes NE Story** Moe's Subs</b>
<b>APRIL 30 (T)</b>	<b>Soup, Sandwich and Salad</b>



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## MEAL INFORMATION

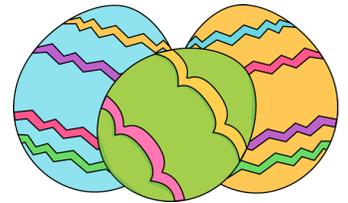
**PLEASE NOTE:** Reservations are required for all Wednesday meals and must be made 48 hours in advance. You must cancel by Monday for a Wednesday meal or you will be charged for that meal. The suggested donation for a meal is \$6.00/members and \$7.00/nonmembers. All special events are indicated by 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 2015



Mon	Tue	Wed	Thu	Fri
		<p><b>1</b> 6:30am Step Aerobics 9:00am 2 Mile Walk 10:00am Line Dancing 11:00am <b>EASTER CELEBRATION</b> 1:00pm Bridge <b>SILENT AUCTION</b></p> 	<p><b>2</b> 9:00am 2 Mile Walk 10:15am Beg. Line Dancing 11:30am LUNCH 12:00 Noon Whist/Cards</p>	<p><b>3</b> 6:30am Step Aerobics 9:00am 2 Mile Walk 1:30pm Advanced Line Dancing</p>
<p><b>6</b> 6:00am Step Aerobics 9:00am 2 Mile Walk 12:30pm Cribbage 10:00 <b>ADVISORY COUNCIL MEETING</b> 1:00pm Bingo</p>	<p><b>7</b> 9:00am 2 Mile Walk 1:00pm Cards Mahjong</p>	<p><b>8</b> 6:30am Step Aerobics 9:00am 2 Mile Walk 10:00am Line Dancing 12:00 Noon LUNCH 1:00pm Bridge</p>	<p><b>9</b> 9:00am 2 Mile Walk 10:15am Beg. Line Dancing 11:30am LUNCH 12:00 Noon Whist/Cards</p>	<p><b>10</b> 6:30am Step Aerobics 9:00am 2 Mile Walk 1:30pm Advanced Line Dancing</p>
<p><b>13</b> 6:00am Step Aerobics 9:00am 2 Mile Walk 12:30pm Cribbage 1:00pm Bingo</p>	<p><b>14</b> 9:00am 2 Mile Walk 1:00pm Cards Mahjong</p>	<p><b>15</b> 6:30am Step Aerobics 9:00am 2 Mile Walk 10:00am Line Dancing 11:00am <b>ROY ORBISON TRIBUTE</b> 1:00pm Bridge</p> 	<p><b>16</b> 9:00am 2 Mile Walk 10:15am Beg. Line Dancing 11:30am LUNCH 12:00 Noon Whist/Cards</p>	<p><b>17</b> 6:30am Step Aerobics 9:00am 2 Mile Walk 1:30pm Advanced Line Dancing</p>
<p><b>20</b> 6:00am Step Aerobics 9:00am 2 Mile Walk 12:30pm Cribbage 1:00pm Bingo</p>	<p><b>21</b> 9:00am 2 Mile Walk 1:00pm Cards Mahjong</p>	<p><b>22</b> 6:30am Step Aerobics 9:00am 2 Mile Walk 10:00am Line Dancing 11:00am <b>EARTH DAY WITH SHADES OF GRASS</b> 1:00pm Bridge</p> 	<p><b>23</b> 9:00am 2 Mile Walk 10:15am Beg. Line Dancing 11:30am LUNCH 12:00 Noon Whist/Cards</p>	<p><b>24</b> 6:30am Step Aerobics 9:00am 2 Mile Walk 10:00 <b>ADVISORY COUNCIL MEETING</b> 1:30pm Advanced Line Dancing</p>
<p><b>27</b> 6:00am Step Aerobics 9:00am 2 Mile Walk 12:30pm Cribbage 1:00pm Bingo</p>	<p><b>28</b> 9:00am 2 Mile Walk 1:00pm Cards Mahjong</p>	<p><b>29</b> 6:30am Step Aerobics 9:00am 2 Mile Walk 10:00am Line Dancing 11:00am <b>DAVID SHIKES NEW ENGLAND STORIES</b> 1:00pm Bridge</p> 	<p><b>30</b> 9:00am 2 Mile Walk 10:15am Beg. Line Dancing 11:30am LUNCH 12:00 Noon Whist/Cards</p>	

# 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 RSU 35 is closed, we will be closed as well.

## TIME FOR CARING

### FOOT CARE CLINIC

- 4/23** Provided by Lorraine Thomas from York Hospital the 4th Thursday of each month. Call 384-3310 to schedule an appointment.
- 4/8** 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

- 4/8** 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

\*CARDS: 1:00pm/Dance Room  
 \*MAHJONG: 1:00pm/Dining 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**

### **OXFORD CASINO - TUESDAY, MAY 19TH**

The Center is returning to Oxford on Tuesday, May 19th. We plan to leave at 8:30am sharp. It is a two-hour drive to the casino. We will be leaving the casino for our return drive at 3:30pm and should arrive back at the Center by 5:30pm. The cost is \$30.00 per person, dining at the Oxford Grill on your own and complimentary \$10.00 Free Slot Play. There will be Bingo on the bus and a movie. You must have a photo ID. If you would like to join us, please sign up now. We will have to cancel if we do not get at least 30 passengers.



### **LOBSTERFEST AT INDIAN HEAD RESORT—JUNE 15TH TO 16TH**

Yes, there is a Lobsterfest in our future. We have a trip headed to Indian Head Resort on Monday, June 15th and returning on the 16th. Package includes: one night lodging, lobsterfest upon arrival, one dinner off the menu, one breakfast, afternoon entertainment with Jose Duddy, wine and cheese reception, culinary demonstration and evening entertainment (including line dancing).

**FINAL PAYMENT IS DUE BY MAY 15TH**

Cost is \$162/double, \$200/single, \$152/triple and \$148/quad.

### **THE TAFFETAS—A MUSICAL JOURNEY THROUGH THE FABULOUS FIFTIES INTERLAKES SUMMER THEATRE, THURSDAY, JUNE 25TH**

It is always a great day when we go to the Interlakes Summer Theatre. It is 1950 something and four singing sisters from Muncie, IN are making their national television debut. The Taffetas pay tribute to Brenda Lee, Connie Francis, Dinah Shore, the Fontaine Sisters & more. Cost is \$77.00 per person and includes transportation, lunch at Hart's Turkey Farm and show. Meal choices are turkey, haddock or ham. You won't want to miss out on our first summer adventure to Meredith.

**MEAL CHOICE AND PAYMENT ARE DUE BY JUNE 1ST**



### **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 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  | Yvonne Ahern       |
| April 2  | Yuni Courtney      |
| April 3  | Tom Walker         |
| April 9  | Doris Desrochers   |
| April 9  | Louis Johnson      |
| April 13 | Irma Bullock       |
| April 15 | Loretta Fogarty    |
| April 16 | Lorraine Moulton   |
| April 19 | Conrad Lebrun      |
| April 19 | Lillian Roussin    |
| April 21 | William MacKenzie  |
| April 22 | Claire Belliveau   |
| April 24 | Judy Wood          |
| April 24 | Bettina Laverriere |
| April 25 | Thomas Sklutas     |
| April 27 | Elinor Hannigan    |
| April 27 | Gloria Lebrun      |
| April 27 | Mary Huff          |
| April 28 | Jan Dumont         |
| April 28 | Richard Lowe       |



**OUR ADVISORY COUNCIL MEETING WILL BE ON MONDAY, APRIL 6TH AT 10:00AM. THE NEXT COUNCIL MEETING WILL BE FRIDAY, APRIL 24TH AT 10:00AM. PLEASE MARK YOUR CALENDERS**

**EASTER SILENT AUCTION**

**In addition to wearing your Easter bonnet, bring some baked goods for our Easter Silent Auction on Wednesday, April 1st. Cupcakes, bread, pies...we would love to have a full table of delicious pastries to buy.**



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