

APRIL 2016
NEWSLETTER
VOLUME 11 ISSUE 4

APRIL 2016 NEWSLETTER

CENTER STAFF

Sharon Brassard
Recreation Director

Mona Stankovich
Administrative Assistant

Kera Ashline, Cook

SOUTH BERWICK SENIOR CENTER

71 Norton Street
South Berwick, ME 03908

seniorcenterassist@yahoo.com
207-384-3310

THE CENTER WILL BE CLOSED ON MONDAY,
APRIL 18TH, FOR PATRIOT'S DAY

ADVISORY COUNCIL

Lois Bopp

Dede Dionne

Louise Fournier

Bernie Labonte

Joan Labonte

Bettina Laverriere

Frank McCarthy

Joyce Perreault

Marlene Taylor

PLAY BALL! —WEDNESDAY, APRIL 6TH



Get ready for another great season of baseball, as we celebrate opening day. Terrie Collins will be here at 11:00 AM to throw out the first pitch. Sausage, pepper and onions sandwiches for lunch and all your ball field favorites. Free raffle ticket to anyone wearing their favorite baseball hat.

Suggested donation: \$7.00/members \$8.00/nonmembers

RELAXING WITH ROGER CLEMENT WEDNESDAY, APRIL 13TH



Who doesn't love the great music Roger Clement brings us as he tickles the ivories. Sit back, relax, enjoy a cup of coffee and sing-a-long. The entertainment will begin at 11:30 AM. Breakfast for lunch will be served at noon.

Suggested donation: \$7.00/members \$8.00/nonmembers

EARTH DAY AND CEDAR MOUNTAIN BLUEGRASS- WEDNESDAY, APRIL 20TH



As we celebrate Earth Day, we will welcome the Cedar Mountain Bluegrass band back to the Center. The entertainment will begin at 11:00AM. Come and enjoy some great bluegrass music. Honey mustard chicken will be served at noon..

Suggested donation: \$7.00/members \$8.00/nonmembers

ROY ORBISON RETURNS - WEDNESDAY, APRIL 27TH



Put your hands together as we welcome Roy Orbison (Mark Poulin) with his wonderful music and entertainment. The show begins at 11:00 AM and is sure to be a crowd pleaser. Chef Mark will be serving pulled pork sandwiches.

Suggested donation: \$7.00/members \$8.00/nonmembers



Senior Center
Publications



CPR Classes Offered at the South Berwick Senior Center



The Center is offering a CPR class for our seniors. This will cover CPR for adults and children, which is important for those with grandchildren and even great-grandchildren. It will be a two-hour course offered from 10:00 to Noon on a Wednesday morning before lunch. A sign up sheet is on the bulletin board, so please sign up if you are interested. A date will be determined once we see how many seniors are interested.

20th ANNIVERSARY CELEBRATION ON WEDNESDAY, MAY 18TH

This year marks the 20th anniversary of our Center and we would like to invite all of you to join us for this celebration. In honor of this special day, "The Singing Trooper", Daniel Clark, will be here for an encore performance that you won't want to miss. Tickets are available on April 27th on a first-come, first-served basis. This event is open to members of the SBSC and South Berwick residents only and limited to 85 guests. Cost will be \$10.00 per person. please come and celebrate with us.



Memorial Donations

*In Loving Memory of
David Blanchette
by Dick and Dede Dionne
Harry and Barbara Turner*

AARP TAX AIDE



AARP is available at the Center to provide free tax help and preparation service for low and moderate income taxpayers. This service is available for by scheduled appointments on Friday's through April 15th from 11:00am to 3:00 pm. 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. It will be necessary for you to bring proof of medical insurance, W-2's, 1099's, tax bills and other deductions when you come for your appointment.

HOORAY, TINA PAGE IS BACK AND THERE WILL BE LINE DANCING ON FRIDAYS FROM 1:30 TO 3:30 STARTING APRIL 8TH.

NINE TO FIVE AT INTERLAKES SUMMER THEATRE IN MEREDITH, NH



On June 30th, join us for a fantastic day trip to Meredith, NH, to enjoy another great performance at Interlakes Summer Theatre. This musical is based on the 1980 hit movie with music and lyrics by Dolly Parton. Set in the late 1970's, this hilarious story of friendship and revenge in the Rolodex era is outrageous, thought-provoking and even a little romantic. We will stop at Hart's Turkey Farm for lunch. Meal choices are turkey, broiled haddock or ham dinner. There are now only 15 tickets available for this show at \$65.00, so sign up now. Once these 15 tickets are gone, the cost will increase to \$79.00. Payment is required when you sign up. Cost includes transportation, show and lunch.

LOBSTERFEST 2016—JUNE 13TH AND 14TH

The Indian Head Resort in Lincoln, NH, and South Berwick Senior Center present a two day/1 night Lobsterfest on June 13th and 14th. This trip includes one night lodging, Lobsterfest and Chowder Festival, afternoon entertainment, welcome reception, one dinner from menu, evening entertainment with line dancing, one breakfast from menu and morning Bingo. There is also Bingo on the bus on the way up and a movie on the way back. The bus will leave the Center on Monday, June 13th at 9:30AM and return on Tuesday, June 14th at 11:30 AM. Cost for this fun-filled trip is \$172/double, \$162/triple, \$152/quad and \$210/single. A \$50 deposit is required when you sign up.



APRIL MENU



APRIL 6 (W)	Take Me Out to the Ballgame** Sausage Sandwiches
APRIL 7 (T)	Soup, Salad and Sandwiches
APRIL 13 (W)	Roger Clement** Breakfast Casserole
APRIL 14 (T)	Soup, Salad and Sandwiches
APRIL 20 (W)	Earth Day** Honey Mustard Chicken
APRIL 21 (T)	Soup, Salad and Sandwiches
APRIL 27 (W)	Roy Orbison** Chef Mark's Pulled Pork Sandwiches
APRIL 28 (T)	Soup, Salad and Sandwiches

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: In the event of inclement weather, please watch WCSH 6 for a cancellation. Our policy is that if school is cancelled for SAD #35, the Center will be closed.

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 2016

Mon	Tue	Wed	Thu	Fri
				1 9:00am 2 Mile Walk 
4 9:00am 2 Mile Walk 12:30pm Cribbage 1:00pm Bingo	5 9:00am 2 Mile Walk 1:00pm Cards Mahjong 	6 9:00am 2 Mile Walk 10:00am Line Dancing 11:00am PLAY BALL! 1:00pm Bridge BAKE SALE 	7 9:00am 2 Mile Walk 10:15am Beg. Line Dancing 11:30am LUNCH 12:00 Noon Whist/Cards	8 9:00am 2 Mile Walk 1:30pm Line Dancing
11 9:00am 2 Mile Walk 12:30pm Cribbage 1:00pm Bingo	12 9:00am 2 Mile Walk 1:00pm Cards Mahjong	13 9:00am 2 Mile Walk 10:00am Line Dancing 11:00am RELAXING WITH ROGER CLEMENT 1:00pm Bridge 	14 9:00am 2 Mile Walk 10:15am Beg. Line Dancing 11:30am LUNCH 12:00 Noon Whist/Cards	15 9:00am 2 Mile Walk 1:30pm Line Dancing
18 CENTER CLOSED FOR PATRIOT'S DAY	19 9:00am 2 Mile Walk 1:00pm Cards Mahjong	20 9:00am 2 Mile Walk 10:00am Line Dancing 11:00 Earth Day & Cedar Mountain Bluegrass 1:00pm Bridge 	21 9:00am 2 Mile Walk 10:15am Beg. Line Dancing 11:30am LUNCH 12:00 Noon Whist/Cards	22 9:00am 2 Mile Walk 1:30pm Line Dancing
25 9:00am 2 Mile Walk 12:30pm Cribbage 1:00pm Bingo	26 9:00am 2 Mile Walk 1:00pm Cards Mahjong	27 9:00am 2 Mile Walk 10:00am Line Dancing 11:00 ROY ORBISON RETURNS 1:00pm Bridge 	28 9:00am 2 Mile Walk 10:15am Beg. Line Dancing 11:30am LUNCH 12:00 Noon Whist/Cards	29 9:00am 2 Mile Walk 1:30pm Line Dancing 10:00am ADVISORY COUNCIL MEETING

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

- 4/28** Provided by Lorraine Thomas from York Hospital the 4th Thursday of each month. Call 384-3310 to schedule an appointment.
- 4/14** 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

- 4/13** If you would like a blood pressure check, South Berwick Emergency Rescue will be providing free blood pressure checks from 10:00 to 11:00 AM the second Wednesday of each month. Feel free to drop into Rescue for this service

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: 1:30-3:30pm
 DONATION: \$2.00

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
 *CARDS; 1pm/Living 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

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 3	Tom Walker
April 9	Doris Desrochers
April 14	Phyllis Webber
April 15	Loretta Fogarty
April 16	Lorraine Moulton
April 16	Carolyn Craig
April 19	Conrad Lebrun
April 22	Claire Belliveau
April 22	Loretta Dyer
April 22	Richard Bicknell
April 24	Bettina Laverriere
April 27	Gloria Lebrun
April 27	Mary Huff
April 27	Elinor Hannigan
April 28	Richard Lowe
April 28	Jan Dumont

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MONTHLY BAKE SALE WEDNESDAY, APRIL 6TH

Our bake sales have become very popular with lots of sweet treats to buy and take along home. Please help by baking for our bake sale on April 6th. No one can pass up the great cookies, cupcakes, breads and pies.



50/50 RAFFLE IS COMING IN MAY!

OUR ADVISORY COUNCIL WILL MEET ON FRIDAY, APRIL 29TH AT 10:00 AM. WE LOOK FORWARD TO MAKING PLANS FOR THE RETURN OF WARM WEATHER.