

# AUGUST 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**

**Bella Rae Flowers**

**Bonnie Ham**

**Bernie Labonte**

**Joan Labonte**

**Brenda Lumaye**

**Gary Lumaye**

**Frank McCarthy**



**HAVE A SAFE  
AND FUN  
LABOR DAY.**



## **SOUTH BERWICK SENIOR CENTER**

71 Norton Street  
South Berwick, ME 03908

seniorcenterassist@yahoo.com  
207-384-3310

**THE CENTER WILL BE CLOSED MONDAY, SEPTEMBER 1ST.  
HAVE A WONDERFUL LABOR DAY!**

### **CRAZY HAT DAY—WEDNESDAY, AUGUST 6TH**



Join in the fun and get in touch with your crazy side. Wear the craziest hat you can find and win a prize. Fred Keen will be here at 11:00 am to provide the entertainment. At noon, we will enjoy one of Kera's great oven-fried chicken dinners.

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

### **SUMMER SONGS AND SUMMER BUFFET WEDNESDAY, AUGUST 13TH**

Roger Clement will return to the Center with his great piano music to start our day at 11:30 am. A summer buffet will be served at noon with all of your summer favorites. Many of us missed the buffet last month and the word is that it was "great"...plan to join us.



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

### **LABOR DAY PICNIC WEDNESDAY, AUGUST 27TH**

It is hard to believe that summer is almost over. We will kick off our end-of-summer picnic with entertainment by Terrie



Collins at 11:00 am. Moe's subs will be served for lunch and we will be having the ice cream smorgasbord we promised you last month. Come join in on the fun with great music, great food and great raffles.

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

**WE WILL HAVE A RELAXING LUNCH ON WEDNESDAY, AUGUST 20TH,  
SO THAT EVERYONE WILL BE READY TO ENJOY THE LANTERN  
FESTIVAL DINNER/DANCE AT SPRING HILL IN THE EVENING!**

## SPRING HILL LANTERN FESTIVAL DINNER/DANCE—AUGUST 20th



On Wednesday, August 20th, we have scheduled a dinner/dance at Spring Hill in conjunction with the South Berwick Lantern Festival. This year's Lantern Festival is one of South Berwick's big events celebrating our 200th birthday. In addition to the lantern walk, there will be a fireworks display. This is a wonderful evening and you will want to be part of the festivities this year. Doors open at 4:30pm sharp for social hour, dinner will be served at 5:30. Music and dancing before and after dinner will be provided by Dick Page. Tickets are on sale now and are limited to 75. Rain date for this event is Thursday, August 21st. The cost is \$16.00/members and \$18.00/nonmembers.

## MEMBERSHIP RENEWAL

It is almost time to renew your membership at the South Berwick Senior Center. Our memberships run September to September. By becoming a member of our Center, you qualify for reduced prices on special events, as well as helping to support the daily operations of the Center. Membership forms will be attached to the September Newsletter and also available in the lobby. We are looking forward to another great year of memberships and wonderful activities at the Center.



## LANTERN MAKING

We have been asked by the Lantern Festival Committee to help make lanterns for the event at Spring Hill. On August 13th and 14th we will have a station set up for you to make a lantern to be used to decorate the deck that night. Please stop by and get creative.



**CONGRATULATIONS, ANDREA OUIMETTE. ANDREA WAS OUR BIG \$500 WINNER IN OUR RECENT 50/50 RAFFLE.**

## LONDON AND PARIS APRIL 2015



On Thursday, July 31st, at 1:00 PM, Collette Vacations will be here at the Center for a slideshow on our upcoming trip to London and Paris. This trip is scheduled for April 27 through May 4, 2015. If you are just a little interested, please join us for the details. Our Collette representative will be able to answer any questions you may have. We already have several members going on this grand adventure.

## DIABETIC SHOE AND BACK BRACE CLINIC

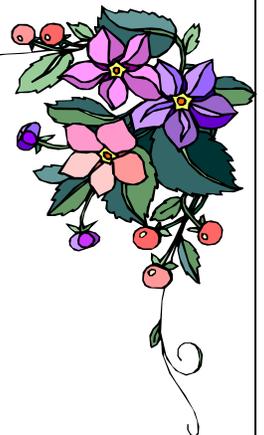


FREE to qualified individuals...your doctor has to recommend that you need the shoes or brace. Ace Medical Supply will handle all the paperwork (including Medicare and insurance billing) at no cost to the client. Medicare will pay 80% and supplemental insurance usually pays the other 20%. You will be custom fitted and can choose from many styles. Please take advantage of this service, as many diabetics have problems with their feet and poorly fitting shoes. Amy Baxter will be returning for a second clinic on October 16th at 9:30am. For an appointment, please see Mona and she will give you the forms you will need completed by your doctor to bring in to your appointment.

### MEMORIAL DONATIONS

In Memory of Roger Milliken  
by  
Dede and Richard Dionne

In Memory of Marilyn Flynn  
by  
Edna Dewhirst  
Dede and Richard Dionne  
Vera A. Joy



# AUGUST MENU



<b>AUGUST 6 (W)</b>	<b>Crazy Hat Day** Oven Fried Chicken</b>
<b>AUGUST 7 (T)</b>	<b>Sandwiches and Salad</b>
<b>AUGUST 13 (W)</b>	<b>Summer Songs** Summer Buffet</b>
<b>AUGUST 14 (T)</b>	<b>Sandwiches and Salad</b>
<b>AUGUST 20 (W)</b>	<b>Meatloaf</b>
<b>AUGUST 21 (T)</b>	<b>Sandwiches and Salad</b>
<b>AUGUST 27 (W)</b>	<b>Labor Day Picnic** Moe's Subs &amp; Ice Cream Smorgasbord</b>
<b>AUGUST 28 (T)</b>	<b>Sandwiches and Salad</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.

# AUGUST 2014

Mon	Tue	Wed	Thu	Fri
				<b>1</b> 6:30am Step Aerobics 9:00am 2 Mile Walk 1:30pm Advanced Line Dancing
<b>4</b> 6:00am Step Aerobics 9:00am 2 Mile Walk 10:00AM <b>ADVISORY COUNCIL MEETING</b> 12:30pm Cribbage 1:00pm Bingo	<b>5</b> 9:00am 2 Mile Walk 1:00pm Cards	<b>6</b> 6:30am Step Aerobics 9:00am 2 Mile Walk 10:00am Line Dancing 11:00am <b>CRAZY HAT DAY</b> 1:00pm Bridge 	<b>7</b> 9:00am 2 Mile Walk 10:15am Beg. Line Dancing 11:30am LUNCH 12:00 Noon Whist/Cards <b>Trip to Hello Dolly. Bus Leaves at 10:15</b>	<b>8</b> 6:30am Step Aerobics 9:00am 2 Mile Walk 1:30pm Advanced Line Dancing
<b>11</b> 6:00am Step Aerobics 9:00am 2 Mile Walk 12:30pm Cribbage 1:00pm Bingo	<b>12</b> 9:00am 2 Mile Walk 1:00pm Cards	<b>13</b> 6:30am Step Aerobics 9:00am 2 Mile Walk 10:00am Line Dancing 11:30am <b>SUMMER SONGS AND SUMMER BUFFET</b> 1:00pm Bridge 	<b>14</b> 9:00am 2 Mile Walk 10:15am Beg. Line Dancing 11:30am LUNCH 12:00 Noon Whist/Cards	<b>15</b> 6:30am Step Aerobics 9:00am 2 Mile Walk 1:30pm Advanced Line Dancing
<b>18</b> 6:00am Step Aerobics 9:00am 2 Mile Walk 12:30pm Cribbage 1:00pm Bingo	<b>19</b> 9:00am 2 Mile Walk 1:00pm Cards	<b>20</b> 6:30am Step Aerobics 9:00am 2 Mile Walk 10:00am Line Dancing 12:00 Noon LUNCH 1:00pm Bridge 4:30pm <b>LANTERN FESTIVAL DINNER/DANCE</b> 	<b>21</b> 9:00am 2 Mile Walk 10:15am Beg. Line Dancing 11:30am LUNCH 12:00 Noon Whist/Cards	<b>22</b> 6:30am Step Aerobics 9:00am 2 Mile Walk 1:30pm Advanced Line Dancing
<b>25</b> 6:00am Step Aerobics 9:00am 2 Mile Walk 12:30pm Cribbage 1:00pm Bingo	<b>26</b> 9:00am 2 Mile Walk 1:00pm Cards	<b>27</b> 6:30am Step Aerobics 9:00am 2 Mile Walk 10:00am Line Dancing 11:00am <b>LABOR DAY PICNIC</b> 1:00pm Bridge 	<b>28</b> 9:00am 2 Mile Walk 10:15am Beg. Line Dancing 11:30am LUNCH 12:00 Noon Whist/Cards	<b>29</b> 6:30am Step Aerobics 9:00am 2 Mile Walk 1:30pm Advanced Line Dancing

# 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

- 8/28** Provided by Lorraine Thomas from York Hospital the 4th Thursday of each month. Call 384-3310 to schedule an appointment.
- 8/13** 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

- 7/9** 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

\*CARDS: 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**

**IF YOU ARE TRAVELING WITH US TO ANOTHER GREAT SHOW AT INTERLAKES SUMMER THEATRE, HELLO DOLLY, ON AUGUST 7TH, PLEASE BE AT THE CENTER BY 10:00AM. THE BUS WILL BE LEAVING NO LATER THAN 10:15, SO WE CAN BE AT HART’S TURKEY FARM BY 11:30.**

**KEEP AN EYE OUT FOR OUR FALL FOLIAGE TRIP. WE WILL BE TRAVELING NORTH TO ENJOY THE ARRIVAL OF FALL, A GREAT MEAL AND A DAY WITH OUR FRIENDS.**



**LOBSTERFEST IN OCTOBER...DETAILS SOON!**

**CALIFORNIA HERE WE COME!**  
On September 16th we have a group of twelve seniors heading to Northern California with Collette Vacations on their Trains, Wineries and Treasures excursion. We wish them happy travels and look forward to hearing their many stories upon their return.



**LONDON & PARIS IN APRIL 2015. PLEASE JOIN US FOR OUR SLIDESHOW ON JULY 31ST AT 1:00pm IF INTERESTED. WHAT COULD BE MORE BEAUTIFUL THAN APRIL IN PARIS!**



### **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 AUGUST BIRTHDAYS



August 1	Richard Page
August 3	Iza Seekins
August 3	James Rousseau
August 3	Shirley MacKenzie
August 4	Marilyn Graham
August 4	Joyce Ricketts
August 4	Eileen Sullivan
August 7	Evelyn Charbonneau
August 8	Patricia Welch
August 10	Ronald Dumont
August 13	Marie Eighmey
August 14	Loris Daley
August 17	Normand Guillemette
August 18	Doris Morgridge
August 18	Valerie Gillen
August 19	Puff Uhlman
August 19	Phyllis Landry
August 21	Kera Ashline
August 24	Larry Plotkin

**THE NEXT ADVISORY COUNCIL MEETING WILL BE ON MONDAY, AUGUST 4TH AT 10:00AM. LOTS OF PLANS TO MAKE FOR FALL ACTIVITIES. PLEASE MARK YOU CALENDERS AND PLAN TO BE THERE.**

**GET WELL WISHES GO OUT TO EMMY, OUR THURSDAY COOK, FOR A SPEEDY RECOVERY; AND A THANK YOU GOES OUT TO BERNIE LABONTE FOR STEPPING IN AND COOKING OUR THURSDAY MEALS.**

