

# AUGUST 2015 NEWSLETTER

## CENTER STAFF

**Sharon Brassard**  
Recreation Director

**Mona Stankovich**  
Administrative Assistant

**Kera Ashline**, Cook

**Emmy Goodwin**  
Kitchen Assistant

## **SOUTH BERWICK SENIOR CENTER**

71 Norton Street  
South Berwick, ME 03908

seniorcenterassist@yahoo.com  
207-384-3310

### **SUMMER SUN AND SONGS —WEDNESDAY, AUGUST 5TH**



Sit back and relax as we enjoy the songs and sounds of Roger Clement. The music will begin at 11:30 and lunch will be served at noon. A great day to catch up with friends and share some summer stories.

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

## ADVISORY COUNCIL

**Lois Bopp**

**Dede Dionne**

**Louise Fournier**

**Bernie Labonte**

**Joan Labonte**

**Bettina Laverriere**

**Frank McCarthy**

**Joyce Perreault**

**Marlene Taylor**

### **GARY SREDZIENSKI AND HIS ACCORDIAN! WEDNESDAY, AUGUST 12TH AT 11:00AM**



The Old Berwick Historical Society and the Maine Community Foundation have combined their community outreach to provide a daylight historical lecture series for area seniors. Sponsored by OBHS and MCF, our first "musical" program will be Gary Sredzienski, a longtime Saturday morning UNH radio entertainer, who plays a wide variety of accordion music styles...Polish, 1920's and 30's. Don't miss out ...Polka music is happy music. Suggested donation: \$7.00/members \$8.00/nonmembers

### **JOIN US AT SPRING HILL FOR THE LANTERN FESTIVAL DINNER/DANCE - WEDNESDAY, AUGUST 19TH**



There will be no luncheon today or line dancing, as we hope that you will join us at Spring Hill for the Annual Lantern Festival Dinner Dance. This is a wonderful evening and we enjoy being a part of it. Doors open at 4:30pm sharp for social hour and dinner will be served at 5:00. Music provided by Dick Page. Tickets are on sale now and are limited to 75. Rain date for this event is Thursday, August 20th. Suggested donation: \$16.00/members \$18.00/nonmembers



Senior Center  
Publications

### **SUMMER SHADES OF GRASS WEDNESDAY, AUGUST 26TH**

Welcome back to Shades of Grass, as we enjoy their great summer entertainment. The music begins at 11:00am and will be followed by lunch at 11:30. We always have a great time when Shades of Grass joins us. Sign up and come enjoy the day with us.

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



**FRIDAY NIGHT DINNER/DANCE  
JULY 31st HAS BEEN CANCELLED.**



**PLEASE SIGN UP FOR OUR  
END-OF-SUMMER DINNER/  
DANCE ON AUGUST 28TH**

Let's make this dinner/dance happen as we end the summer with a great evening of food, friends and dancing. Doors open at 4:30pm sharp. Moe's subs will be featured at 5:00, followed by dancing to one of our favorite DJs, Dick Page, until 7:30. Cost is \$8.00 per person and you must make a reservation by August 25th. Please remember, if you sign up and do not come, you are responsible for paying for your reservation. Call 384-3310 to sign up or stop into the Center.

**FLU SHOTS**

A flu shot clinic is being offered at the South Berwick Senior Center and is open to everyone.

York Hospital—Lorraine Thomas  
Thursday, September 10th  
9:00am to 11:30am



**MEMBERSHIP RENEWAL**

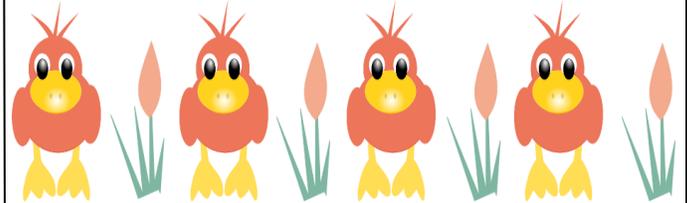


It is almost time to renew your membership at the South Berwick Senior Center. Our memberships run September to September. By becoming a member of our Center, you qualify for reduced prices on special events, as well as helping to support the daily operations of the Center. Membership forms will be attached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

**Line Dance**

Following is a list of changes to our regular line dancing schedule:

- Wednesday, August 12 — Line Dancing with Jeanette and Cheryl
- Thursday, August 13 — No Line Dancing
- Wednesday, August 19 — No Line Dancing
- Thursday, August 20 — No Line Dancing
- Friday, August 21 — No Line Dancing

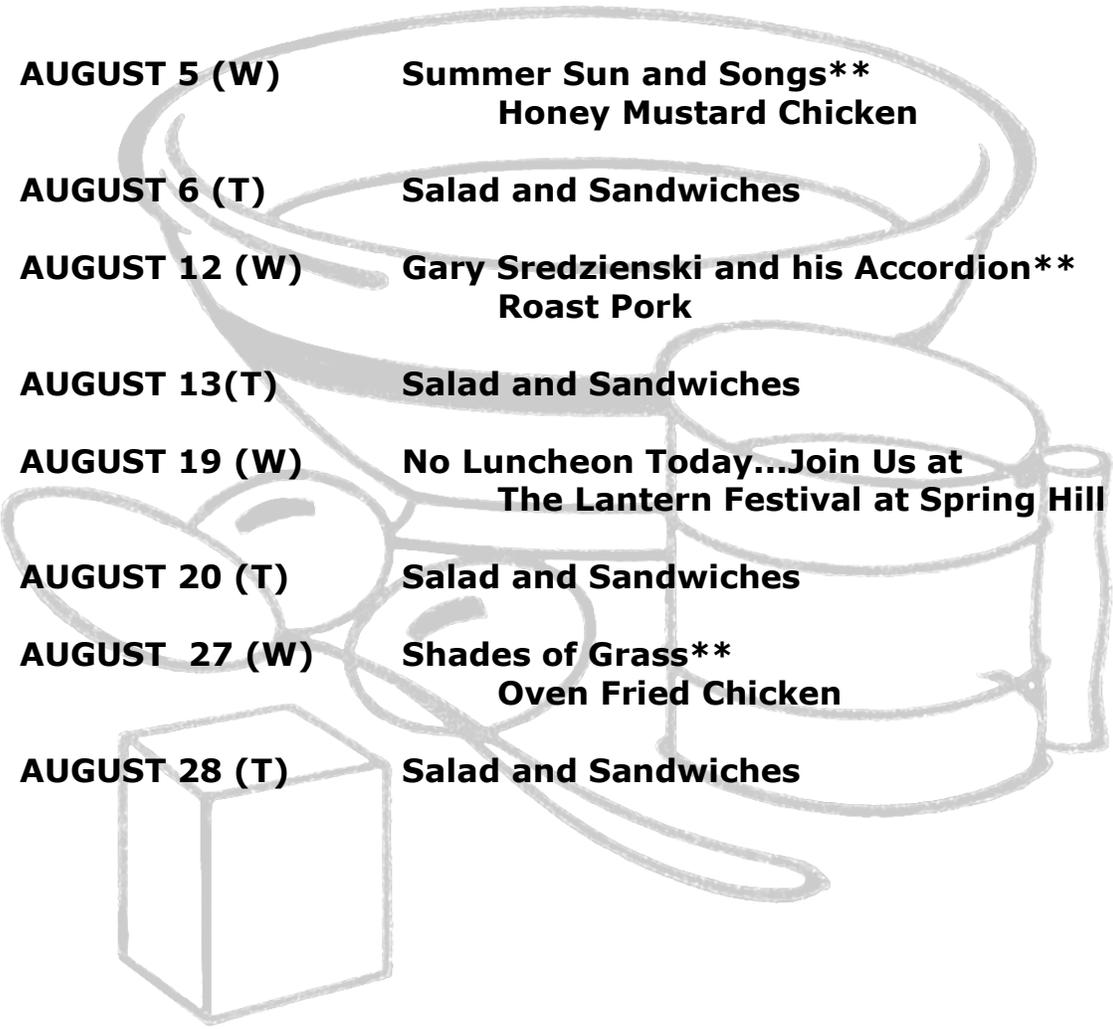


**OLDIES, BUT GOODIES WITH MARK POULIN  
WEDNESDAY, SEPTEMBER 2ND**

On Wednesday, September 2, get ready for some oldies, but goodies, as we welcome back Mark Poulin (Roy Orbison) with music from the 50's and 60's. The end of summer is here and we are celebrating. We invite you to join us for a grand Labor Day Celebration. The entertainment will begin at 11:00 AM and Spring Hill will provide their delicious pulled pork sandwiches at noon. Space is limited to 85, so you will want to sign up early, so you don't miss out. Music, food and fun raffles. We will also have our last drawing for the 50/50 raffle for \$500.

Suggested Donation: \$8.00/members  
\$9.00/nonmembers

# AUGUST MENU



<b>AUGUST 5 (W)</b>	<b>Summer Sun and Songs** Honey Mustard Chicken</b>
<b>AUGUST 6 (T)</b>	<b>Salad and Sandwiches</b>
<b>AUGUST 12 (W)</b>	<b>Gary Sredzienski and his Accordion** Roast Pork</b>
<b>AUGUST 13(T)</b>	<b>Salad and Sandwiches</b>
<b>AUGUST 19 (W)</b>	<b>No Luncheon Today...Join Us at The Lantern Festival at Spring Hill</b>
<b>AUGUST 20 (T)</b>	<b>Salad and Sandwiches</b>
<b>AUGUST 27 (W)</b>	<b>Shades of Grass** Oven Fried Chicken</b>
<b>AUGUST 28 (T)</b>	<b>Salad and Sandwiches</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 2015



Mon	Tue	Wed	Thu	Fri
<p><b>3</b> 9:00am 2 Mile Walk 12:30pm Cribbage 1:00pm Bingo</p>	<p><b>4</b> 9:00am 2 Mile Walk 1:00pm Cards Mahjong</p>	<p><b>5</b> 9:00am 2 Mile Walk 10:00am Line Dancing 11:30am <b>SUMMER SUN AND SONGS</b> 1:00pm Bridge</p> 	<p><b>6</b> 9:00am 2 Mile Walk 10:15am Beg. Line Dancing 11:30am LUNCH 12:00 Noon Whist/Cards</p>	<p><b>7</b> 9:00am 2 Mile Walk 1:30pm Advanced Line Dancing</p>
<p><b>10</b> 9:00am 2 Mile Walk 12:30pm Cribbage 1:00pm Bingo</p>	<p><b>11</b> 9:00am 2 Mile Walk 1:00pm Cards Mahjong</p>	<p><b>12</b> 9:00am 2 Mile Walk 10:00am Line Dancing 11:00am <b>GARY SREDZIENSKI AND HIS ACCORDIAN</b> 1:00pm Bridge</p> 	<p><b>13</b> 9:00am 2 Mile Walk 10:15am Beg. Line Dancing 11:30am LUNCH 12:00 Noon Whist/Cards</p>	<p><b>14</b> 9:00am 2 Mile Walk 1:30pm Advanced Line Dancing</p>
<p><b>17</b> 9:00am 2 Mile Walk 12:30pm Cribbage 1:00pm Bingo</p>	<p><b>18</b> 9:00am 2 Mile Walk 1:00pm Cards Mahjong</p>	<p><b>19</b> 9:00am 2 Mile Walk 10:00am Line Dancing 11:00am <b>NO LUNCH</b> 1:00pm Bridge 4:30pm <b>LANTERN FESTIVAL DINNER/DANCE</b></p> 	<p><b>20</b> 9:00am 2 Mile Walk 10:15am Beg. Line Dancing 11:30am LUNCH 12:00 Noon Whist/Cards</p>	<p><b>21</b> 9:00am 2 Mile Walk 1:30pm Advanced Line Dancing</p>
<p><b>24</b> 9:00am 2 Mile Walk 12:30pm Cribbage 1:00pm Bingo</p>	<p><b>25</b> 9:00am 2 Mile Walk 1:00pm Cards Mahjong</p>	<p><b>26</b> 9:00am 2 Mile Walk 10:00am Line Dancing 11:00am <b>SHADES OF GRASS</b> 1:00pm Bridge</p> 	<p><b>27</b> 9:00am 2 Mile Walk 10:15am Beg. Line Dancing 11:30am LUNCH 12:00 Noon Whist/Cards</p>	<p><b>28</b> 9:00am 2 Mile Walk 10:00am <b>ADVISORY COUNCILMEETING</b> 1:30pm Advanced Line Dancing 4:30pm <b>DINNER/DANCE</b></p> 
<p><b>31</b> 9:00am 2 Mile Walk 12:30pm Cribbage 1:00pm Bingo</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

- 8/27** Provided by Lorraine Thomas from York Hospital the 4th Thursday of each month. Call 384-3310 to schedule an appointment.
- 8/12** 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

- 8/12** 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

### 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**

### SISTER ACT—THURSDAY, JULY 30TH

Back to the Interlakes Summer Theatre to enjoy this cheerful musical of the determined, but not particularly successful night club singer, Deloris Cartier. When she witnesses a murder, the police take Deloris under protective custody and hide her in a convent. Has Deloris run out of time or has she underestimated the divine strength of sisterhood? We will enjoy lunch at Patrick's Pub. Meal choice of chargrilled chicken with O'leary sauce or baked haddock, includes salad, butternut squash, garlic mashed potato, roll, sticky toffee pudding and beverage. Cost is \$79.00 per person. We need 30 to go.



### 'LOST IN YONKERS' - MONDAY, AUGUST 3RD



We will return to the Cornerstone Inn for lunch with entrée choices of Chicken Cordon Bleu or Cranberry-Crusted Haddock. After lunch we will continue to the Winnepesaukee Playhouse for Neil Simon's Tony Award and Pulitzer Prize winning play, "Lost in Yonkers". This is a the bittersweet comedy-of-age tale of the highs and unforeseen lows of family ties during World War Two. Cost is \$89.00 per person.

### NOT FADE AWAY, THE ULTIMATE BUDDY HOLLY TRIBUTE—AUGUST 13TH

Go back in time to celebrate the music of Buddy Holly, Big Boy and more! This is not the same as The Buddy Holly Story...something new and different. We will stop at Patrick's Pub for lunch and then continue to Interlakes to enjoy the show. Cost is \$79.00. Meal choices are Chargrilled chicken with O'leary sauce or baked haddock. Meal includes salad, butternut squash, garlic mashed potatoes, roll and sticky toffee pudding. Sign up now to enjoy this wonderful day. We need at least 30 to make this trip happen.



### SUNDAY MORNING JAZZ CRUISE AND BRUNCH—SUNDAY, SEPTEMBER 20TH



Spend Sunday with us as we enjoy live jazz entertainment, a great brunch and a beautiful cruise. We travel to Gloucester and board the magnificent Beauport Princess for a 2-1/2 hour cruise. While onboard, we will cruise historic Gloucester harbor all the while being entertained by a live jazz band and enjoying a buffet brunch. Brunch includes pastries, fresh fruit, eggs benedict, French toast, honey ham, butternut squash ravioli, home style fried potatoes, vegetables and dessert. Cost is \$89.00 per person. Payment is due by August 26th..

### 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 2  | Susan Holman        |
| August 3  | Jim Rousseau        |
| August 3  | Iza Seekins         |
| August 3  | Shirley MacKenzie   |
| August 4  | Marilyn Graham      |
| August 4  | Eileen Sullivan     |
| August 7  | Evelyn Charbonneau  |
| August 8  | Patricia Welch      |
| August 10 | Ronald Dumont       |
| August 12 | Arlene Briggs       |
| August 13 | Marie Eighmey       |
| August 14 | Loris Daley         |
| August 16 | Chellis Weeks       |
| 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 | Lawrence Plotkin    |
| August 25 | Pauline Smith       |
| August 26 | Molly Sweeney       |
| August 29 | Linda Pianka        |
| August 29 | Patricia Varrell    |

**OUR ADVISORY COUNCIL WILL MEET ON FRIDAY,  
 AUGUST 28th AT 10:00AM.  
 PLEASE MARK YOUR CALENDAR.**