

# AUGUST 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

### **KARAOKE RETURNS WITH JONI AND BONNIE WEDNESDAY, AUGUST 3RD at 11:00AM**



It is time to bring back a day of karaoke. Joni and Bonnie will be providing the music and you will be providing the words. Choose a song and sing your heart out...we clap for everyone...fun is what it is all about.

Suggested donation: \$6.00/members \$7.00/nonmembers

## ADVISORY COUNCIL

**Lois Bopp**

**Dede Dionne**

**Louise Fournier**

**Bernie Labonte**

**Joan Labonte**

**Bettina Laverriere**

**Frank McCarthy**

**Joyce Perreault**

**Marlene Taylor**

### **SUMMER SHADES OF GRASS – WEDNESDAY, AUGUST 10TH**

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 a Noon. We always have a great time when Shades of Grass joins us.



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



### **RICH ARALDI AND HIS VIBRAPHONE WEDNESDAY, AUGUST 17TH**

What is a vibraphone you ask? We are about to find out. It will be a lot of fun to watch the four mallets being played on the bars, one moment appearing like they are dancing, the next looking like they are chasing each other. Rich's program features songs we grew up with and love. There will be stories, trivia and facts that accompany the music. It is an enjoyable "Walk down memory lane."

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



Senior Center  
Publications

**WE WILL HAVE A RELAXING LUNCH ON WEDNESDAY, AUGUST 24TH,  
SO THAT EVERYONE WILL BE READY TO ENJOY THE LANTERN  
FESTIVAL DINNER/DANCE AT SPRING HILL IN THE EVENING!**

### **LABOR DAY CELEBRATION WITH TERRIE COLLINS WEDNESDAY, AUGUST 31ST AT 11:00AM**

It is hard to believe that summer is almost over. We will kick off our Labor Day Celebration with entertainment by Terrie Collins at 11:00 am. Moe's subs will be served for lunch. Come join in on the fun with great music, great food and great raffles.



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



**MEMORIAL DONATIONS**

*In Loving Memory of Paul Roux  
by  
Mary Ellen Buckley  
Janet Hosken*

*In Loving Memory of Terry Grant  
by  
Mary Ellen Buckley  
Dick and Dede Dionne*

**FRIDAY NIGHT DINNER/DANCE****September 30th**

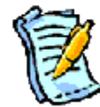
There will be no Friday Night Dinner/Dance in August and we encourage all of you to join us at Spring Hill for the Lantern Festival. We will be having a Friday Night Dance September 30th. Doors open at 4:30pm sharp. Jazzy Jeff will DJ and we will be serving salad, pizza and dessert. Cost is \$8.00 per person. Reservations must be made by Tuesday, September 27th. Please remember, if you sign up and do not come, you are responsible for paying for your reservation. Call 384-3310 to make a reservation or stop into the office.



A sincere thank you to **Bill Reichert** for teaching a CPR Class at the South Center. A total of 10 seniors took advantage of this opportunity.

**SPRING HILL LANTERN FESTIVAL DINNER/DANCE—AUGUST 24th**

We are having a dinner/dance at Spring Hill in conjunction with the South Berwick Lantern Festival. 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 5:00. There will be music and dancing before and after dinner. Tickets are on sale now and limited to 75. Rain date for this event is Thursday, August 25th.

**MEMBERSHIP RENEWAL**

Our memberships at the South Berwick Senior Center run September to September and it is almost time to renew. Due to the increasing cost of supplies, entertainment and daily operations, it is necessary for us to increase our membership fee to \$20.00. As 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 wonderful friendship and activities at the Center.

**FOOTLOOSE at Interlakes Summer Theatre**

On August 11th, we will be heading to Meredith for another fabulous presentation. We must leave the Center at 10:30 sharp, so please be on time. FOOTLOOSE is one of the most explosive movie musicals in recent memory. Lunch will be at Patrick's Pub in Gilford, NH. Please make a meal choice of chargrilled chicken with O'Leary sauce or baked haddock. There are only 4 tickets available for \$65.00. Once those tickets are gone, the cost will increase to \$79.00. Payment is due when you sign up.

**GLOUCESTER LOBSTER BAKE CRUISE—SUNDAY, SEPTEMBER 11TH**

We will travel to Gloucester, MA, where we will board the luxurious Beauport Princess. We will enjoy a 2-1/2 hour cruise and a traditional New England Lobster Bake (Virgilio's rolls, NE clam chowder, steamed lobster, barbeque chicken, cole slaw, corn on the cob, roasted red bliss potatoes and chocolate mousse.) The large outside decks are great for enjoying the salty sea breeze after lunch. Cost includes transportation, cruise and meal. Only \$80.00 per person. Payment due by 8/31.

# AUGUST MENU

<b>AUGUST 3 (W)</b>	<b>Karaoke with Joni and Bonnie Chicken Stir Fry</b>
<b>AUGUST 4 (T)</b>	<b>Salad and Sandwiches</b>
<b>AUGUST 10 (W)</b>	<b>Summer Shades of Grass** Meatloaf</b>
<b>AUGUST 11 (T)</b>	<b>No Lunch Today—Trip to Theatre</b>
<b>AUGUST 17 (W)</b>	<b>Vibraphone** Chicken Broccoli Ziti</b>



<b>AUGUST 18 (T)</b>	<b>Pizza</b>
<b>AUGUST 24 (W)</b>	<b>Pepper Burgers (Lantern Festival Tonight)</b>
<b>AUGUST 25 (T)</b>	<b>Salad and Sandwiches</b>
<b>AUGUST 31 (W)</b>	<b>Labor Day with Terri Collins** Moe's Subs</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:** 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.



# AUGUST 2016



Mon	Tue	Wed	Thu	Fri
<p><b>1</b> 9:00am 2 Mile Walk 12:30pm Cribbage 1:00pm Bingo</p>	<p><b>2</b> 9:00am 2 Mile Walk 1:00pm Cards Mahjong</p>	<p><b>3</b> 9:00am 2 Mile Walk 10:00am Line Dancing 11:00am <b>KARAOKE WITH JONI AND BONNIE</b> 1:00pm Bridge</p> 	<p><b>4</b> 9:00am 2 Mile Walk 10:15am Beg. Line Dancing 11:30am LUNCH 12:00 Noon Whist/Cards</p>	<p><b>5</b> 9:00am 2 Mile Walk 1:30PM Line Dancing</p>
<p><b>8</b> 9:00am 2 Mile Walk 12:30pm Cribbage 1:00pm Bingo</p>	<p><b>9</b> 9:00am 2 Mile Walk 1:00pm Cards Mahjong</p>  <p><b>BAKE SALE TOMORROW</b></p>	<p><b>10</b> 9:00am 2 Mile Walk 10:00am Line Dancing 11:00am <b>SUMMER SHADES OF GRASS</b> 1:00pm Bridge</p> 	<p><b>11</b> NO LINE DANCING AND NO LUNCH TODAY</p> <p>Bus to Interlakes Summer Theater Leaves at 10:30</p>	<p><b>12</b> 9:00am 2 Mile Walk 1:30pm Line Dancing</p>
<p><b>15</b> 9:00am 2 Mile Walk 12:30pm Cribbage 1:00pm Bingo</p>	<p><b>16</b> 9:00am 2 Mile Walk 1:00pm Cards Mahjong</p>	<p><b>17</b> 9:00am 2 Mile Walk 10:00am Line Dancing 11:00am <b>RICH ARALDI'S VIBRAPHONE</b> 1:00pm Bridge</p> 	<p><b>18</b> 9:00am 2 Mile Walk NO LINE DANCING TODAY</p> <p>Dancing 11:30am LUNCH 12:00 Noon Whist/Cards</p>	<p><b>19</b> 9:00am 2 Mile Walk 1:30pm Line Dancing</p>
<p><b>22</b> 9:00am 2 Mile Walk 12:30pm Cribbage 1:00pm Bingo</p>	<p><b>23</b> 9:00am 2 Mile Walk 1:00pm Cards Mahjong</p>	<p><b>24</b> 9:00am 2 Mile Walk 10:00am Line Dancing 11:00am LUNCH 1:00pm Bridge</p>  <p>Join Us at Spring Hill for the Lantern Festival Dinner/Dance at 4:30pm</p>	<p><b>25</b> 9:00am 2 Mile Walk 10:15am Beg. Line Dancing 11:30am LUNCH 12:00 Noon Whist/Cards</p>	<p><b>26</b> 9:00am 2 Mile Walk 11:00 am <b>RED HAT GALA</b> 1:30pm Line Dancing</p> 
<p><b>29</b> 9:00am 2 Mile Walk 12:30pm Cribbage 1:00pm Bingo</p>	<p><b>30</b> 9:00am 2 Mile Walk 1:00pm Cards Mahjong</p>	<p><b>31</b> 9:00am 2 Mile Walk 10:00am Line Dancing 11:00am <b>Labor Day with Terrie Collins</b> 1:00pm Bridge</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

- 8/25** Provided by Lorraine Thomas from York Hospital the 4th Thursday of each month. Call 384-3310 to schedule an appointment.
- 8/10** 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

- 8/10** 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

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

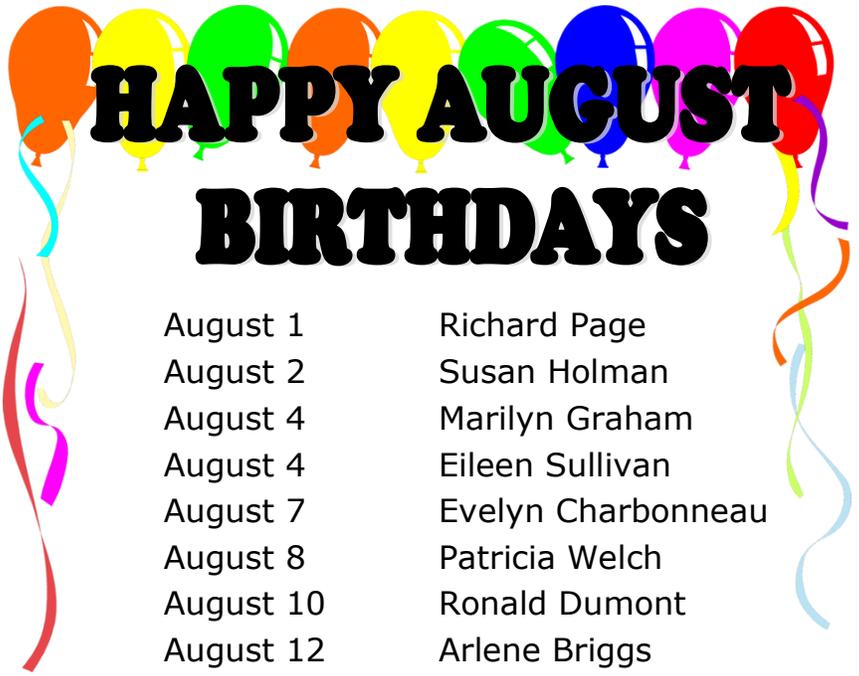
**SOUTH BERWICK SENIOR CENTER**

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 AUGUST BIRTHDAYS**

- |           |                     |
|-----------|---------------------|
| August 1  | Richard Page        |
| August 2  | Susan Holman        |
| 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 | Candace Weeks       |
| August 16 | Chellis Weeks       |
| August 17 | Normand Guillemette |
| August 18 | Doris Morgridge     |
| August 19 | Puff Uhlman         |
| August 19 | Phyllis Landry      |
| August 21 | Kera Ashline        |
| August 24 | Lawrence Plotkin    |

**AUGUST BAKE SALE on WEDNESDAY THE 10TH**

The baked goods are delicious and we are hoping you will help out with some of the baking. We have had pineapple upside down cake, apple pie, brownies, biscotti, homemade bread and much more.



**BAKE SALE**

**OUR ADVISORY COUNCIL WILL MEET ON FRIDAY, AUGUST 19th AT 10:00 AM. WE WILL BE DECORATING FOR OUR LABOR DAY CELEBRATION AND PLANNING FOR OUR FALL EVENTS.**



The Red Hat Gala will be on Friday, August 26th. This is a day that the residents of nursing homes in the area look forward to each summer. A special thank you to Vicki Desilets for leading this event this year.