

DECEMBER 2013 NEWSLETTER

CENTER STAFF

Sharon Brassard
Activities 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

**THE CENTER WILL BE CLOSED MONDAY, DECEMBER 23RD
AND WILL REOPEN ON MONDAY, JANUARY 6TH, 2014
MERRY CHRISTMAS AND HAPPY NEW YEAR!**



BUSY CRADLE PROGRAM-WEDNESDAY, DECEMBER 11TH

Plan to join us as the Washburn-Norlands Living History Center from Livermore, ME, in conjunction with the Center & Old Berwick Historical Society presents "The Busy Cradle". Support our Town Manager as he becomes "Pa" of the 7 famous Washburn brothers and their 3 sisters in a true tale of Maine history and changing the face of politics and business. You will not want to miss this wonderful program. Plan to arrive by 10:40am, as the program will start at 10:50am. Thank you to OBHS for sponsoring the program. No ticket sale, but please make a reservation.



ADVISORY COUNCIL

Lois Bopp

Dede Dionne

Bonnie Ham

Brenda Lumaye

Gary Lumaye

Frank McCarthy

Dick Page

Lori Shaheen

Harry Turner

ANNUAL SENIOR CENTER CHRISTMAS PARTY WEDNESDAY, DECEMBER 18th



Join us for our holiday celebration at 11:00am when the party begins with Christmas music provided by The Jubilees. At noon, we will enjoy a roast pork dinner. If you wish to participate in our annual Yankee gift swap, you will need to bring a new, wrapped gift of \$6.00 in value. Tickets for this celebration go on sale December 4th, so be sure to get yours early.

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

NEW YEAR'S BRUNCH AT SPRING HILL—WEDNESDAY, JANUARY 1ST

Ring in the New Year on January 1st at Spring Hill. Doors will open at 11:00 AM for a social hour. A delicious Spring Hill brunch will be served at 12:00 noon, following a toast to the New Year. We will then dance in the New Year with one of our favorites, Dick Page. Tickets are on sale now and are limited to 75, so you will want to get yours early. Also, please remember that the Center will be closed for the holiday on December 23rd, so you will want to have your ticket before then. You won't want to miss this grand New Year's Celebration.

Cost: \$17.00/Member \$19.00/Nonmembers



**Senior Center
Publications**



BREAKFAST WITH SANTA-SATURDAY, DECEMBER 14TH



Plans for this wonderful Christmas event are well underway, but there is still room for volunteers. We still need more help with the candy cane craft, cookie decorating, set up, clean up, dishes and much more. Please check out the sign up sheet in the hallway and plan to help make this event special. Santa will be here for a visit and pictures (bring your own camera). Christmas music will be provided by Brian Stankovich and everyone is welcome to sing a long. There will also be a break-

fast basket raffle and a bake sale. There will be two seatings, one at 9:00 and another at 10:00AM. Reservations are required. The cost is \$6.00/adults, \$4.00/children 2-12 and 2 years and under are free.



A SPECIAL THANK YOU TO THE SOUTH BERWICK/ELIOT ROTARY, THE YORK HOSPITAL AND ALL OF OUR WONDERFUL SENIORS, WHO HELPED TO MAKE THIS YEAR'S THANKSGIVING CELEBRATION WONDERFUL.



2013/2014 MEMBERSHIP DIRECTORIES ARE NOW AVAILABLE. YOU MUST BE A MEMBER OF THE CENTER TO RECEIVE A DIRECTORY. PLEASE SEE MONA IF YOU WOULD LIKE TO HAVE ONE.

HOLIDAY COOKIE SWAP WEDNESDAY, DECEMBER 4TH



Get ready for our second annual Holiday Cookie Swap. Pull out your favorite Christmas cookie recipe and bake up a batch. Bring your cookies and a copy of your recipe to the Center on December 4th and immediately following lunch, the swapping will begin. You will go home with a variety of delicious Christmas cookies. If you plan to participate, please let Sharon know. We hope to have a very fun day as our new Christmas tradition continues.

Thank You

So many of you do so much for our Center, but there are a few thank you's we need to send out. Thank you to Nobby Hilton and Cheryl Estabrook for their great apple pies for our weekly raffles, Maureen Keating for her donation of yarn and other new raffle items, Marcia Mastriano and Fullheart Spataro for their donation of knitted items to Keep South Berwick Warm.

THE JANUARY 2014 NEWSLETTER WILL NOT BE AVAILABLE UNTIL WEDNESDAY, JANUARY 8TH



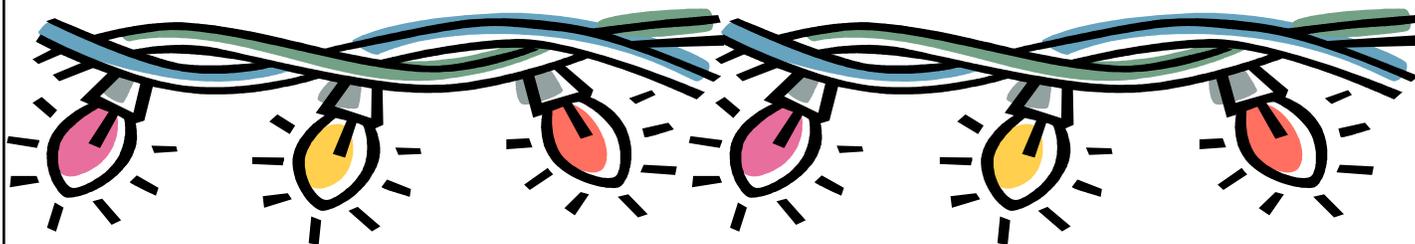
FOOT CARE CLINIC SCHEDULE CHANGE

Please remember the change in the Footcare Clinic schedule with Lorraine from the York Hospital. December's clinic will be Thursday, December 12th.



THANK YOU TO THOSE WHO BAKED FOR THE KEEP SOUTH BERWICK WARM BAKE SALE. WE HAD A GREAT SELECTION OF ITEMS AND MADE A GENEROUS CONTRIBUTION TO THE FUEL FUND.





DECEMBER MENU

DECEMBER 4 (W)	Meatloaf
DECEMBER 5 (T)	Corn Chowder, Sandwiches and Salad
DECEMBER 11 (W)	Oven Fried Chicken**
DECEMBER 12 (T)	Soup, Sandwiches and Salad
DECEMBER 18 (W)	Pork Roast**
DECEMBER 19 (T)	Soup, Sandwiches and Salad
DECEMBER 25 (W)	CENTER CLOSED
DECEMBER 26 (T)	CENTER CLOSED



MEAL INFORMATION

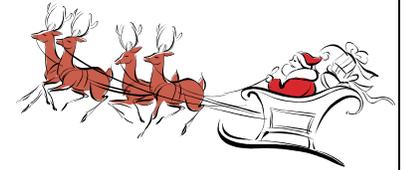
PLEASE NOTE: Reservations are required for all Wednesday meals and must be made 48 hours in advance. You must cancel by Monday for a Wednesday meal or you will be charged for that meal. The suggested donation for a meal is \$6.00/members and \$7.00/nonmembers. All special events are indicated by an **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

DECEMBER 2013



Mon	Tue	Wed	Thu	Fri
<p>2 6:00am Step Aerobics 9:00am 2 Mile Walk 12:30pm Cribbage 1:00pm Bingo</p>	<p>3 9:00am 2 Mile Walk 1:00pm Mah Jongg</p>	<p>4 6:30am Step Aerobics 9:00am 2 Mile Walk 10:00am Line Dancing 12:00 Noon LUNCH 12:30pm COOKIE SWAP 1:00pm Bridge Seniors Leave for Germany </p>	<p>5 9:00am 2 Mile Walk 10:15am Beg. Line Dancing 11:30am LUNCH 12:00 Noon Whist/Cards</p>	<p>7 6:30am Step Aerobics 9:00am 2 Mile Walk 1:30pm Advanced Line Dancing</p>
<p>9 6:00am Step Aerobics 9:00am 2 Mile Walk 10:00am Advisory Council Meeting 12:30pm Cribbage 1:00pm Bingo</p>	<p>10 9:00am 2 Mile Walk 1:00pm Mah Jongg</p>	<p>11 6:30am Step Aerobics 9:00am 2 Mile Walk 10:00am Line Dancing 10:50am BUSY CRADLE STORY 1:00pm Bridge </p>	<p>12 9:00am 2 Mile Walk 10:15am Beg. Line Dancing 11:30am LUNCH 12:00 Noon Whist/Cards</p>	<p>13 6:30am Step Aerobics 9:00am 2 Mile Walk 1:30pm Advanced Line Dancing BREAKFAST WITH SANTA TOMORROW </p>
<p>16 6:00am Step Aerobics 9:00am 2 Mile Walk 12:30pm Cribbage 1:00pm Bingo</p>	<p>17 9:00am 2 Mile Walk 1:00pm Mah Jongg</p>	<p>18 6:30am Step Aerobics 9:00am 2 Mile Walk 10:00am Line Dancing 11:00am CHRISTMAS PARTY 1:00pm Bridge </p>	<p>19 9:00am 2 Mile Walk 10:15am Beg. Line Dancing 11:30am LUNCH 12:00 Noon Whist/Cards</p>	<p>20 6:30am Step Aerobics 9:00am 2 Mile Walk 1:30pm Advanced Line Dancing</p>
CENTER CLOSED				
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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 SAD 35 is closed, we will be closed as well.

TIME FOR CARING

FOOT CARE CLINIC

- 12/12** Provided by Lorraine Thomas from York Hospital the 4th Thursday of each month. Call 384-3310 to schedule an appointment.
(Schedule change for the holidays)
- 12/11** 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

- 12/11** 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

- *MAH JONGG: 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**

SNOW QUEEN AT PORTLAND STAGE—SUNDAY, DECEMBER 1ST



This show sounds fantastic and we will be leaving the Center at 8:45am sharp, so please be here by 8:30. Our plan is to arrive at the Cracker Barrel in South Portland around 9:30 and then continue to the Portland Stage for the noon performance of Hans Christian Andersen's "Snow Queen", which has been getting great reviews. We are expected to return to the Center by 4:00pm. I am looking forward to a great show to begin our Christmas season.

COMING ATTRACTIONS FOR OUR SENIOR TRAVELS—WATCH THE BOARD

February 18th—Oxford Casino

March 12th—An Irish Celebration with Ronan Tynan of the Irish Tenors at Venus de Milo OR

March 12th—"Romance in the Garden" Boston Flower and Garden Show

April 15th—Debbie Reynolds Live in Concert at Mohegan Sun

June 11th—Glen Leonard's The Temptations Live in Concert at Venus de Milo



ON DECEMBER 4TH, SEVERAL OF OUR SENIORS WILL BE TRAVELING TO GERMANY FOR A CHRISTMAS ON THE DANUBE RIVER CRUISE WITH COLLETTE VACATIONS. WE WISH THEM A SAFE AND FUN-FILLED TRIP.

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

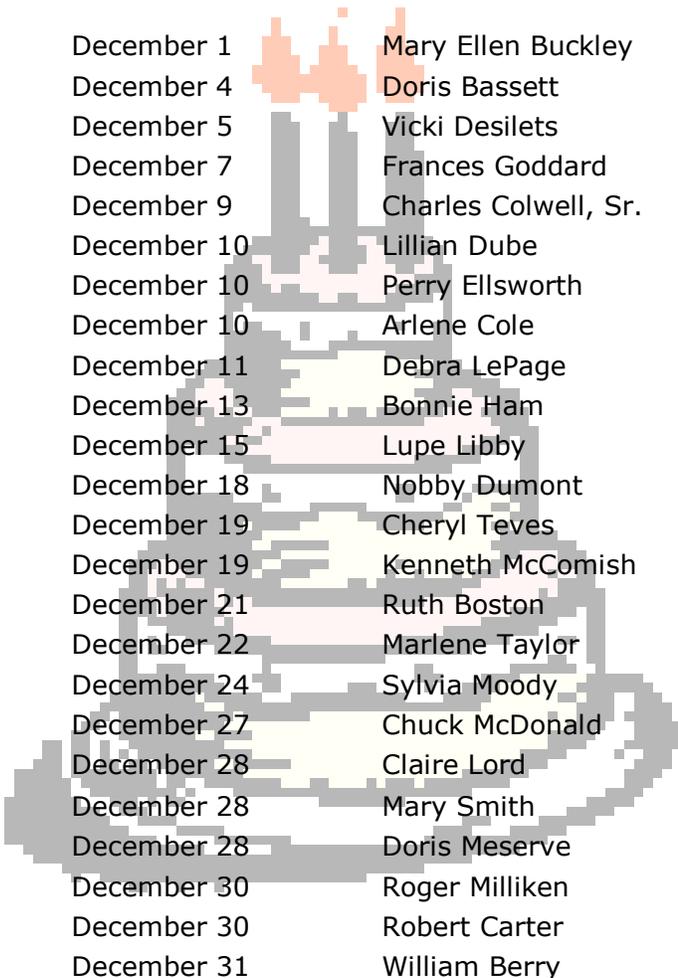
**71 Norton Street
 South Berwick, ME 03908
 1-207-384-3310
 seniorcenterassist@yahoo.com**

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 DECEMBER BIRTHDAYS



December 1	Mary Ellen Buckley
December 4	Doris Bassett
December 5	Vicki Desilets
December 7	Frances Goddard
December 9	Charles Colwell, Sr.
December 10	Lillian Dube
December 10	Perry Ellsworth
December 10	Arlene Cole
December 11	Debra LePage
December 13	Bonnie Ham
December 15	Lupe Libby
December 18	Nobby Dumont
December 19	Cheryl Teves
December 19	Kenneth McComish
December 21	Ruth Boston
December 22	Marlene Taylor
December 24	Sylvia Moody
December 27	Chuck McDonald
December 28	Claire Lord
December 28	Mary Smith
December 28	Doris Meserve
December 30	Roger Milliken
December 30	Robert Carter
December 31	William Berry

THE ADVISORY COUNCIL WILL MEET ON MONDAY, DECEMBER 2ND AT 10:00AM. PLEASE COME AND HELP US DECORATE FOR CHRISTMAS!



THERE WILL BE NO SILENT AUCTION IN DECEMBER AND JANUARY. THIS WILL GIVE YOU PLENTY OF TIME TO BAKE FOR OUR COOKIE SWAP ON WEDNESDAY, DECEMBER 4TH AND BREAKFAST WITH SANTA ON SATURDAY, DECEMBER 14TH.