

DECEMBER 2015 NEWSLETTER

CENTER STAFF

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Emmy Goodwin
Kitchen Assistant

ADVISORY COUNCIL

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Senior Center
Publications



SOUTH BERWICK SENIOR CENTER

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THE CENTER WILL BE CLOSED WEDNESDAY, DECEMBER 23RD AND WILL REOPEN ON MONDAY, JANUARY 5TH, 2016. HAVE A MERRY CHRISTMAS AND A WONDERFUL NEW YEAR!

CEDAR MOUNTAIN CHRISTMAS—WEDNESDAY, DECEMBER 2ND



Let's get into the Christmas spirit with some great music by the Cedar Mountain Blue Grass band. This group will be returning to the Center at 11:00 AM. Lunch will be served at noon. Anyone wearing their best Christmas sweater will receive a free raffle ticket. Suggested donation: \$7.00/members \$8.00/nonmembers

SINCE WE HAVE 40 SENIORS HEADED TO TEWKSBURY FOR A HOLIDAY EVENT, THERE WILL BE NO SPECIAL EVENT ON WEDNESDAY, DECEMBER 9TH. WE WILL BE SERVING A MEATLOAF DINNER AT NOON AND INVITE YOU TO COME ENJOY A MEAL AND VISIT WITH FRIENDS.



HOLIDAY DINNER/DANCE AT SPRING HILL—SUNDAY, DECEMBER 13TH



The votes are in and we will be enjoying a Holiday Dinner/Dance at Spring Hill Sunday, December 13th. Doors will open at 4:30 PM 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 will go on sale November 18th. The cost is \$18.00/members and \$20.00/nonmembers. Get into the holiday spirit with music, dancing, great food and friends. Let's fill the room with holiday

CHRISTMAS CELEBRATION—DECEMBER 16TH

Join us for our festive celebration of the holidays. Beginning at 11:00 AM, we will enjoy a Christmas sing-a-long with Brian Stankovich. At noon, we will enjoy a delicious baked stuffed chicken dinner. We will have Christmas raffles and our Yankee gift swap following lunch. If you are planning to participate in the Yankee Swap, please bring a new, wrapped gift with a \$6 value. Let's fill the room with holiday colors and a wonderful celebration. Suggested donation: \$7.00/members \$8.00/nonmembers



**BREAKFAST WITH SANTA
SATURDAY, DECEMBER 5TH**



Bring your families and friends to Breakfast with Santa. There will be Christmas crafts for the children. 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 breakfast basket raffle, gift raffles and a bake sale. There will be two seatings for this event 9:00 and 10:00AM. Reservations are required by November 30th. Volunteers are needed to work at the breakfast and the bake sale. There will be a volunteer sign-up sheet in the Center hallway, so please sign up and let us know how you would like to help. The cost will be \$6.00/ adults, \$4.00/children 2-12 and 2 years and under are free. This promises to be a great day. There is a snow date of December 6th.

**HOLIDAY COOKIE SWAP
WEDNESDAY, DECEMBER 2ND**



Pull out your favorite Christmas cookie recipe and bake a batch for our Holiday Cookie Swap. Bring your cookies and a copy of your recipe to the Center on December 2nd. 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 Mona know. We hope to have a very fun day and some great cookies for the holiday.

**NEW YEAR'S AT THE CENTER
WEDNESDAY, JANUARY 6TH**

We will bring in the New Year with Terrie Collins on Wednesday, January 6th.



The entertainment will begin at 11:00 AM and we will be serving pork pie for lunch at noon. A day with Terrie is always enjoyed by everyone.

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



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 A SUCCESS.

**MARK YOUR CALENDAR FOR WEDNESDAY, JANUARY 13TH AS
THE SBSC PRESENTS "THE SINGING TROOPER"**

It is with great pleasure that we will welcome Daniel M. Clark, known as "The Singing Trooper". Sgt. Daniel Clark performed in uniform while representing the Commonwealth of MA during his 20-year career. He has performed at more than 2,500 events for Federal, State, Local and military functions. This is a big event for our Center and we hope you will join us. Everyone is welcome!



Lunch is included. Suggested donation: \$8.00/members \$9.00/nonmembers

CHRISTMAS PARTY 2015 - WEDNESDAY, DECEMBER 9TH

We have a wonderful group heading to the Tewksbury Country Club on Wednesday, December 9th for this fun, holiday trip. We will begin our day with a delicious luncheon of roasted turkey, followed by entertainment by local songstress Marlena Phillips. A down-to-earth performer born to sing to your heart. **The bus will be leaving the Center at 10:00AM, so please be here and ready to go by 9:45AM. Cost is \$69.00 and payment is due now.**



DECEMBER MENU

DECEMBER 2 (W)	CEDAR MOUNTAIN CHRISTMAS** Beef Stew
DECEMBER 3 (T)	Soup, Salad and Sandwiches
DECEMBER 9 (W)	Meatloaf
DECEMBER 10 (T)	Soup, Salad and Sandwiches
DECEMBER 16 (W)	Christmas Celebration** Oven-Fried Chicken
DECEMBER 17 (T)	Soup, Salad and Sandwiches
DECEMBER 23 (W)	CENTER CLOSED
DECEMBER 24 (T)	CENTER CLOSED
DECEMBER 30 (W)	CENTER CLOSED
DECEMBER 31 (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 2015



Mon	Tue	Wed	Thu	Fri
	1 9:00am 2 Mile Walk 1:00pm Cards Mahjong	2 9:00am 2 Mile Walk 10:00am Line Dancing 11:00am CEDAR MOUNTAIN CHRISTMAS 1:00pm Bridge COOKIE SWAP  	3 9:00am 2 Mile Walk 10:15am Beg. Line Dancing 11:30am LUNCH 12:00 Noon Whist/Cards	4 9:00am 2 Mile Walk 1:30pm Advanced Line Dancing BREAKFAST WITH SANTA TOMORROW 
7 9:00am 2 Mile Walk 12:30pm Cribbage 1:00pm Bingo	8 9:00am 2 Mile Walk 1:00pm Cards Mahjong	9 9:00am 2 Mile Walk 10:00am Line Dancing Noon LUNCH 1:00pm Bridge CHRISTMAS TRIP TO TEWKSBURY LEAVES AT 10:00 AM	10 9:00am 2 Mile Walk 10:15am Beg. Line Dancing 11:30am LUNCH 12:00 Noon Whist/Cards	11 9:00am 2 Mile Walk 1:30pm Advanced Line Dancing REMEMBER THE HOLIDAY DINNER/DANCE AT SPRING HILL ON THE 13TH 
14 9:00am 2 Mile Walk 12:30pm Cribbage 1:00pm Bingo	15 9:00am 2 Mile Walk 1:00pm Cards Mahjong	16 9:00am 2 Mile Walk 10:00am Line Dancing 11:00am CHRISTMAS CELEBRATION 1:00pm Bridge 	17 9:00am 2 Mile Walk 10:15am Beg. Line Dancing 11:30am LUNCH 12:00 Noon Whist/Cards	18 9:00am 2 Mile Walk 10:00 ADVISORY COUNCIL MEETING 1:30pm Advanced Line Dancing
21 9:00am 2 Mile Walk 12:30pm Cribbage 1:00pm Bingo	22 9:00am 2 Mile Walk 1:00pm Cards Mahjong	23 CENTER CLOSED	24 CENTER CLOSED	25 CENTER CLOSED
28 CENTER CLOSED	29 CENTER CLOSED	30 CENTER CLOSED	31 CENTER CLOSED	

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

- 12/10** Provided by Lorraine Thomas from York Hospital the 4th Thursday of each month. Call 384-3310 to schedule an appointment. THERE WILL BE NO NOVEMBER FOOTCARE
- 12/9** 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

- 12/9** 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

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

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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.



December 1	Mary Ellen Buckley
December 2	Albert Fontaine
December 5	Vicki Desilets
December 7	Frances Goddard
December 9	Charles Colwell, Sr.
December 10	Arlene Cole
December 10	Lillian Dube
December 10	Perry Ellsworth
December 13	Bonnie Ham
December 15	William Bishop
December 18	Beverly Elia
December 18	Nobby Dumont
December 19	Cheryl Teves
December 19	Kenneth McComish
December 20	Beth Houston
December 21	Kate Reynolds
December 22	Clara Hokinson
December 22	Marlene Taylor
December 24	Rosemarie Crockett
December 28	Claire Lord
December 28	Jonny Von Husen
December 28	Mary Smith
December 28	Doris Meserve
December 30	Robert Carter
December 31	William Berry

OUR ADVISORY COUNCIL WILL MEET ON FRIDAY, DECEMBER 18TH AT 10:00AM. WE WILL BE DECORATING FOR THE NEW YEAR'S CELEBRATION.