

FEBRUARY 2014 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 ON MONDAY,
FEBRUARY 17TH FOR PRESIDENT'S DAY.**

ADVISORY COUNCIL

Lois Bopp

Dede Dionne

Bonnie Ham

Brenda Lumaye

Gary Lumaye

Frank McCarthy

Dick Page

Lori Shaheen

Harry Turner

LOVE IS IN THE AIR—Wednesday, February 12th

Join us as we celebrate the most romantic day of the year. Be here at 11:00am when the entire Shades of Grass band entertains us with some great love songs. A special baked haddock dinner prepared by



Chef Mark from Spring Hill will be served at noon. Anyone wearing a heart on their clothing (no jewelry) will receive a free raffle ticket. No ticket sale, reservations only.

Suggested donation: \$7.00 members \$8.00 nonmembers

SBSC "ROAD TO SOCHI" - WEDNESDAY, FEBRUARY 19TH

At 11:00am the Center will be taking their own "Road to Sochi" with "In-House Olympic Entertainment". This promises to be great, fun entertainment with lots of laughs. At noon, we will have an Olympic fare lunch..pizza, fries and Russian beet salad.

Suggested donation: \$7.00 members \$8.00 nonmembers



DON'T HIBERNATE—WEDNESDAY, FEBRUARY 26TH

Come see where "The Wild Things Are". The Granite State Zoo will be presenting "Winter Arctic Animal Athletics and more". This is



always a great day of getting up close and personal with a variety of friendly creatures. Thank you to the Strawberry Festival Committee for awarding this grant.

Suggested donation: \$7.00 members \$8.00 nonmembers



**Senior Center
Publications**

MARK YOUR CALENDERS...FOR WEDNESDAY, MARCH 5TH at 11:15am

You won't want to miss this. Community Care Resources will be presenting, "Who's Who in Our Community". Guest speakers will include: Margy Gambell, RN, Comfort Keepers Solutions for In-Home Care

Sue Aubuchon, RN, York Hospital, York Hospital HomeHealth Care

Bill Kirkpatrick, LSW, Alzheimer's Association

Heather Shields, Occupation Therapist/Driving Evaluation

(will go right to your home)

This health resource panel will help us become more informed on a variety of health care issues and "Helping Us to Stay at Home."

Suggested Donation: \$6.00 members \$7.00 nonmembers





MEMORIAL DONATIONS

*In Memory of
Toni Kretsepes
by
Elizabeth Lane*



**OXFORD CASINO TRIP IS
FEBRUARY 25TH..NOT
SEPTEMBER 25TH.**

**REMEMBER TO BAKE FOR
OUR SILENT AUCTION
ON FEBRUARY 5TH**



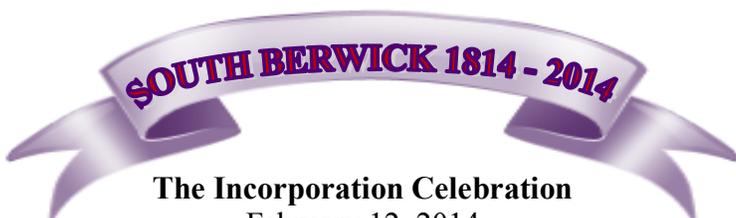
AARP TAX AIDE

AARP will be returning to the Center to provide free tax help and tax preparation service for low and moderate income taxpayers. AARP Tax Aides, Norm Fortier, local coordinator, and Dick Willey will be available by scheduled appointments on Friday's from February 7th through April 11th from 11:00am to 3:00pm. To schedule an appointment, please call 384-3306 or 384-3310. (Al Houde will not be available for this service this year.) You do not have to be a Center member or a resident of South Berwick to take advantage of this service.



ADVISORY COUNCIL ELECTIONS

Once again, we must vote for those Center members we would like to represent us by serving on the Advisory Council. Nomination forms are available and will be accepted until Wednesday, February 12th. All nominees will be contacted regarding their willingness to serve prior to placing their name on the ballot. On Wednesday, February 19th we will have a "Meet the Candidates" forum, so you can get to know those you are recommending for these positions. The week of February 24th, the elections will be held. We have four positions open this year. Those whose terms are expiring are Dede Dionne, Brenda Lumaye, Dick Page and Harry Turner. The strength of our Center depends on the strength of our Council.



The Incorporation Celebration
February 12, 2014
6:30-8:00 pm

The kick-off event of a year of celebrating South Berwick "the Best Small Town in Maine to Raise a Family"

Join us for an evening of period songs sung by children, a reading of the incorporation papers by Town Council and Manager and gingerbread and cider!

Event Location: South Berwick Public Library
27 Young Street South Berwick 03908 207-384-3308

FEBRUARY FRENZY

February is National Heart Month and we are looking to walk our way to healthier hearts. During the month of February, our Walking Class is sponsoring a very special walking incentive program. Every person who walks 30 miles during the month of February will receive a prize. Join us every weekday morning at 9:00am and start walking for your health. This is all done indoors out of the cold weather and we have a great time. Cost is only a \$1 donation per day.



FEBRUARY MENU

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- FEBRUARY 5 (W)** American Chop Suey, Salad, Garlic Bread
 - FEBRUARY 6 (T)** Corn Chowder, Sandwiches and Salad
 - FEBRUARY 12 (W)** Valentine's Day Party**
Baked Haddock Prepared by Chef Mark
 - FEBRUARY 13 (T)** Soup, Sandwiches and Salad
 - FEBRUARY 19 (W)** Pizza and Salad**
 - FEBRUARY 20 (T)** Soup, Sandwiches and Salad
 - FEBRUARY 26 (W)** Baked Chicken**
 - FEBRUARY 27 (T)** Soup, Sandwiches and Salad

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.

FEBRUARY 2014



Mon	Tue	Wed	Thu	Fri
<p>3 6:00am Step Aerobics 9:00am 2 Mile Walk 10:00am ADVISORY COUNCIL MEETING 12:30pm Cribbage 1:00pm Bingo</p>	<p>4 9:00am 2 Mile Walk 1:00pm Mah Jongg</p>	<p>5 6:30am Step Aerobics 9:00am 2 Mile Walk 10:00am Line Dancing 12:00 Noon LUNCH 1:00pm Bridge</p>	<p>6 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>10 6:00am Step Aerobics 9:00am 2 Mile Walk 12:30pm Cribbage 1:00pm Bingo</p>	<p>11 9:00am 2 Mile Walk 1:00pm Mah Jongg</p>	<p>12 6:30am Step Aerobics 9:00am 2 Mile Walk 10:00am Line Dancing 11:00am VALENTINE'S DAY CELEBRATION 1:00pm Bridge</p> 	<p>13 9:00am 2 Mile Walk 10:15am Beg. Line Dancing 11:30am LUNCH 12:00 Noon Whist/Cards</p>	<p>14 6:30am Step Aerobics 9:00am 2 Mile Walk 1:30pm Advanced Line Dancing</p> 
<p>17 Center Closed For President's Day</p>	<p>18 9:00am 2 Mile Walk 1:00pm Mah Jongg</p>	<p>19 6:30am Step Aerobics 9:00am 2 Mile Walk 10:00am Line Dancing 11:00am SBSC "Road to Sochi" 1:00pm Bridge</p> 	<p>20 9:00am 2 Mile Walk 10:15am Beg. Line Dancing 11:30am LUNCH 12:00 Noon Whist/Cards</p>	<p>21 6:30am Step Aerobics 9:00am 2 Mile Walk 1:30pm Advanced Line Dancing</p>
<p>24 6:00am Step Aerobics 9:00am 2 Mile Walk 12:30pm Cribbage 1:00pm Bingo</p>	<p>25 9:00am 2 Mile Walk 1:00pm Mah Jongg</p>	<p>26 6:30am Step Aerobics 9:00am 2 Mile Walk 10:00am Line Dancing 11:00am WHERE THE WILD THINGS ARE 1:00pm Bridge</p> 	<p>27 9:00am 2 Mile Walk 10:15am Beg. Line Dancing 11:30am LUNCH 12:00 Noon Whist/Cards</p>	<p>28 6:30am Step Aerobics 9:00am 2 Mile Walk 1:30pm Advanced Line Dancing</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 SAD 35 is closed, we will be closed as well.

TIME FOR CARING

FOOT CARE CLINIC

- 2/27** Provided by Lorraine Thomas from York Hospital the 4th Thursday of each month. Call 384-3310 to schedule an appointment.
- 2/12** 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

- 2/12** 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

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

OXFORD CASINO - TUESDAY, FEBRUARY 25TH

The Center is returning to Oxford on Tuesday, February 25th. We plan to leave at 8:30am sharp. It is a two-hour drive to the casino. We will be leaving the casino for our return drive at 3:30pm and should arrive back at the Center by 5:30pm. The cost is \$25.00 per person, dining at the Oxford Grill on your own and complimentary \$10.00 Free Slot Play. **Full payment is required when you sign up to reserve your seat.** There will be Bingo on the bus and a movie. You must have a photo ID.



AN IRISH CELEBRATION - WEDNESDAY, MARCH 12TH



Join us at Venus De Milo in Swansea, MA, for an Irish Celebration featuring Ronan Tynan of the Irish Tenors, a tenor as Irish as baseball and God Bless America. Upon arrival, we will enjoy your choice of corned beef and cabbage or baked haddock, famous minestrone soup, vegetables, breads, dessert, coffee/tea. Cost is \$79.00 per person. **Final payment is due by February 12th** and no refunds will be issued after March 7th. We need a minimum of 11 in order to have a pickup here at the Center.

DEBBIE REYNOLDS LIVE IN CONCERT—TUESDAY, APRIL 15TH

The legendary actress, singer and dancer will be live in concert at Mohegan Sun Casino. While at Mohegan Sun, try your luck at one of the slot machines, gaming tables or enjoy the restaurants and shops. This trip includes show ticket, transportation, \$20 free slot play or bet and \$10 meal voucher. Cost is \$79.00 per person. **Payment is due now. The sooner we get our payment in the better seats we will get.** No refunds will be issued after March 14th. Sign up early so you won't be left behind.



THE TEMPTATIONS AT VENUS DE MILO—WEDNESDAY, JUNE 11TH



Glenn Leonard's Temptations will perform their greatest hits in Swansea, MA... "My Girl", "Just my Imagination", "Papa was a Rolling Stone" and many more. Lunch choice is chicken parmesan or baked haddock. The cost is \$79.00 per person and payment is due by May 23rd.

ON THURSDAY, FEBRUARY 13TH, COLLETTE VACATIONS WILL BE HERE AT 1:00PM FOR AN INFORMATIONAL PRESENTATION ON OUR UPCOMING TRIP. WE ARE TRAVELING TO NORTHERN CALIFORNIA...TRAINS, WINERIES AND TREASURES. THIS ADVENTURE IS SCHEDULED FOR SEPTEMBER 16, 2014. WE WOULD LOVE TO HAVE YOU JOIN US.

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 FEBRUARY BIRTHDAYS

- | | |
|-------------|-------------------|
| February 1 | Ginny Kimball |
| February 3 | Alice Connolly |
| February 7 | Emma Goodwin |
| February 7 | Sandra Spellman |
| February 7 | Rachel Boudreau |
| February 7 | Warren Williams |
| February 8 | Cecil Green, Jr. |
| February 8 | Julianna Meneely |
| February 11 | Paul Roux |
| February 11 | Barbara Hamilton |
| February 14 | Joni McGlone |
| February 14 | Sylvia Miller |
| February 17 | Madeleine Scanlon |
| February 19 | Janet Mahony |
| February 19 | Kenneth Brown |
| February 20 | Raymond Bernard |
| February 22 | Priscilla Schmidt |
| February 23 | Richard Hamilton |
| February 23 | Kay Grant |
| February 25 | Fuji Berry |



THE NEXT ADVISORY COUNCIL MEETING WILL BE ON MONDAY, MARCH 3RD AT 10:00AM. PLEASE COME AND HELP US GET READY FOR A VERY BUSY MONTH!



OUR SILENT AUCTION WILL BE ON WEDNESDAY, FEBRUARY 5TH. LET'S GET CREATIVE FOR VALENTINE'S DAY WITH SOME GREAT BAKED GOODS. WHO WOULDN'T LOVE A SWEET GIFT FROM A SPECIAL FRIEND ON VALENTINE'S DAY?