

FEBRUARY 2015 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 16TH FOR PRESIDENT'S DAY.**

WE ARE THE CHAMPIONS WEDNESDAY, FEBRUARY 4TH



Due to the blizzard, our Super Bowl Party will now be a victory celebration on Wednesday, February 4th. Celebrating a Patriot win will begin at 11:00am with entertainment by Terrie Collins, one of our favorites. Moe's subs, chips, soda, cake and ice cream are on the menu for the day. Everyone wearing a Patriot's jersey will receive a free raffle ticket. Please be sure you sign up.

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

ADVISORY COUNCIL

Lois Bopp

Dede Dionne

Bella Rae Flowers

Bonnie Ham

Bernie Labonte

Joan Labonte

Brenda Lumaye

Gary Lumaye

Frank McCarthy

VALENTINE'S DAY PARTY—FEBRUARY 11TH AT 11:00am



Shades of Grass returns on February 11th to help us celebrate Valentine's Day. The entertainment will begin at 11:00am and lunch prepared by Chef Mark of Spring Hill will follow at noon. Wear a heart on your clothes (jewelry doesn't count) and receive a raffle ticket. Let's fill the room with red and pink for a fun Valentine's Day celebration.

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

THE PIANO MAN AND CHINESE NEW YEAR WEDNESDAY, FEBRUARY 18 TH

Roger Clement will join us with his wonderful piano playing as we celebrate Chinese New Year. It is always a relaxing day to come and enjoy the music as Roger tickles the ivories. We will be serving stir fry at noon.

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



Senior Center
Publications

THE WINTER MAGIC OF ROCK'N ROLL WEDNESDAY, FEBRUARY 25TH



New and exciting entertainment is arriving at the Center as we welcome The Locke Family with their magical entertainment. They are joining us from Farmington, NH, to dazzle us with rock'n roll magic. Entertainment begins at 11:00 am and we will enjoy Kera's delicious oven fried chicken for lunch. Sign up to enjoy a fun day of Winter Rock'n Roll Magic.

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

*Happy
Valentine's
Day*

AARP TAX AIDE



AARP will be returning to the Center to provide free tax help and preparation service for low and moderate income taxpayers. This service will be available by scheduled appointments on Friday's beginning February 6th through April 10th from 11:00am to 3:00pm. To schedule an appointment, please call 384-3306 or 384-3310. You do not have to be a member of the Center or a resident of South Berwick to take advantage of this service. Also, it will be necessary for you to bring proof of health insurance when you come for your appointment.

MARCH INTO MAY

Get ready for our annual three-month March into May walk. Beginning March 2nd, we will walk the equivalent of 2 miles each morning. At the end of 13 weeks, we will have a drawing for a \$25 gift card to Fogarty's for all who have walked 120 miles. Everyone who walked at least 60 miles will receive a \$5 gift card to Dunkin Donuts. The cost is only a \$1.00 donation per day, Monday thru Friday. Come and join us each morning at 9:00am. Walk your way to a healthier you!



2015 MEMBERSHIP DIRECTORIES

Many of you have been asking for an updated Membership Directory, These directories are now available. If you are interested, stop by the office and pick one up.



THE GREAT WORKS LAND TRUST WILL BE HERE ON WEDNESDAY, FEBRUARY 11TH TO GET THEIR NEWSLETTER READY FOR MAILING. PLEASE COME EARLY AND LEND A HAND.

Please remember that the handicapped parking spaces are reserved for those attending the Center, who have a state-issued handicapped parking permit. Also, it is illegal to try to park four cars in the spaces that are designated for three. We currently have a total of six handicapped parking spaces. We hope everyone will be mindful of these rules.



SENIOR CENTER ADVISORY COUNCIL ELECTION

It is again time to vote for those who represent us by serving on the Advisory Council. Nomination forms will be available on Monday, February 2nd and will be accepted until Friday, February 13th. All those nominated will be contacted regarding their willingness to serve prior to placing their name on the ballot. Be sure to nominate those you feel will work hard for the Center. Our future depends on the strength of our Council. On Wednesday, February 18th, we will be holding a forum to meet the candidates. This will be your opportunity to meet those running and ask questions. Elections will be held the following Wednesday, February 25th. Those who will not be returning to the Council are Bonnie Ham, Gary Lumaye and Brenda Lumaye. Bella Flowers, Lois Bopp and Frank McCarthy are up for re-election. Remember to come and vote on February 25th Every vote counts!

COMMUNITY WELLNESS COALITION SURVEY



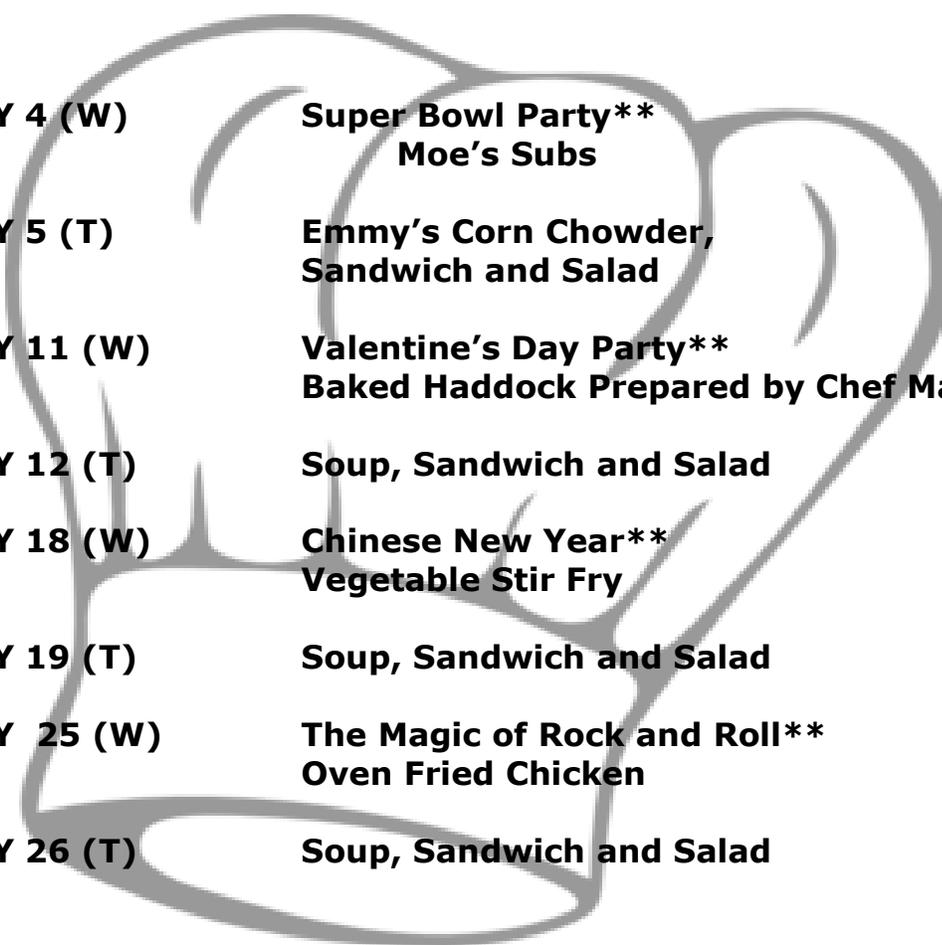
We have been asked by the Community Wellness Coalition to participate in a senior survey. Copies of this survey are available in the hallway. Please take a couple minutes of your time to complete this survey and drop it off in the office. Thank you.

SENIOR TRIPS

Upcoming trips will include The Taffetas, Sister Act and Not Fade Away (the Ultimate Buddy Holly Tribute) all at Interlakes Summer Theatre. There is also a Lobsterfest coming on June 15th and 16th at Indian Head. Please watch the bulletin board for details and sign ups.



FEBRUARY MENU



FEBRUARY 4 (W)	Super Bowl Party** Moe's Subs
FEBRUARY 5 (T)	Emmy's Corn Chowder, Sandwich and Salad
FEBRUARY 11 (W)	Valentine's Day Party** Baked Haddock Prepared by Chef Mark
FEBRUARY 12 (T)	Soup, Sandwich and Salad
FEBRUARY 18 (W)	Chinese New Year** Vegetable Stir Fry
FEBRUARY 19 (T)	Soup, Sandwich and Salad
FEBRUARY 25 (W)	The Magic of Rock and Roll** Oven Fried Chicken
FEBRUARY 26 (T)	Soup, Sandwich 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 2015



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 Cards Mahjong</p>	<p>4 6:30am Step Aerobics 9:00am 2 Mile Walk 10:00am Line Dancing 11:00am VICTORY CELEBRATION 1:00pm Bridge </p>	<p>5 9:00am 2 Mile Walk 10:15am Beg. Line Dancing 11:30am LUNCH 12:00 Noon Whist/Cards</p>	<p>6 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 12:30pm Cribbage 1:00pm Bingo</p>	<p>10 9:00am 2 Mile Walk 1:00pm Cards Mahjong</p>	<p>11 6:30am Step Aerobics 9:00am 2 Mile Walk 10:00am Line Dancing 11:00am VALENTINE'S DAY PARTY 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</p>
<p>16 CENTER CLOSED </p>	<p>17 9:00am 2 Mile Walk 1:00pm Cards Mahjong</p>	<p>18 6:30am Step Aerobics 9:00am 2 Mile Walk 10:00am Line Dancing 11:00am THE PIANO MAN 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 130pm Advanced Line Dancing</p>
<p>23 6:00am Step Aerobics 9:00am 2 Mile Walk 12:30pm Cribbage 1:00pm Bingo</p>	<p>24 9:00am 2 Mile Walk 1:00pm Cards Mahjong</p>	<p>25 6:30am Step Aerobics 9:00am 2 Mile Walk 10:00am Line Dancing 11:00am WINTER MAGIC OF ROCK'N ROLL 1:00pm Bridge ADVISORY COUNCIL ELECTIONS </p>	<p>26 9:00am 2 Mile Walk 10:15am Beg. Line Dancing 11:30am LUNCH 12:00 Noon Whist/Cards</p>	<p>27 6:30am Step Aerobics 9:00am 2 Mile Walk 130pm 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 RSU 35 is closed, we will be closed as well.

TIME FOR CARING

FOOT CARE CLINIC

- 2/19** Provided by Lorraine Thomas from York Hospital the 4th Thursday of each month. Call 384-3310 to schedule an appointment.
- 2/11** 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

- 2/11** 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

*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 FEBRUARY BIRTHDAYS

- | | |
|-------------|-------------------|
| February 1 | Ginny Kimball |
| February 6 | Rosa Smith |
| February 6 | David Sanborn |
| February 7 | Emma Goodwin |
| February 7 | Warren Williams |
| February 7 | Rachel Boudreau |
| February 7 | Gillian Cusack |
| February 8 | Cecil Green, Jr. |
| February 9 | Mona Haggood |
| February 11 | Paul Roux |
| February 11 | Barbara Hamilton |
| February 14 | Joni McGlone |
| February 14 | Karen Spillane |
| February 14 | Sylvia Miller |
| February 17 | Madeleine Carter |
| February 19 | Janet Mahony |
| February 19 | Kenneth Brown |
| 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, FEBRUARY 2ND AT 10:00AM. WE HAVE LOTS OF PLANS TO MAKE FOR A GREAT VALENTINE'S PARTY AND BUSY MONTH PLEASE MARK YOUR CALENDERS.

EVERYTHING IS COMING UP HEARTS

Valentine's Day is a fun time to give sweets to your sweetheart. Get creative and lets make sure we have enough baked goods for everyone to bid on a Valentine treat. Our Silent Auction will be on Wednesday, February 11th...just in time for Valentine's Day. 



STOP IN ON THURSDAY, FEBRUARY 4TH, FOR A BOWL OF EMMY'S CORN CHOWDER AND REMEMBER TO WISH HER A HAPPY BIRTHDAY.