

JANUARY 2015 NEWSLETTER

CENTER STAFF

Sharon Brassard
Activities Director

Mona Stankovich
Administrative Assistant

Kera Ashline, Cook

Emmy Goodwin
Kitchen Assistant

ADVISORY COUNCIL

Lois Bopp

Dede Dionne

Bella Rae Flowers

Bonnie Ham

Bernie Labonte

Joan Labonte

Brenda Lumaye

Gary Lumaye

Frank McCarthy



Senior Center
Publications

2015

Happy New Year



SOUTH BERWICK SENIOR CENTER

71 Norton Street
South Berwick, ME 03908

seniorcenterassist@yahoo.com
207-384-3310

**THE CENTER WILL BE CLOSED ON MONDAY,
JANUARY 19TH FOR MARTIN LUTHER KING DAY.**

ELVIS RETURNS— WEDNESDAY, JANUARY 7TH



"The King" returns. Come and enjoy the wonderful music of Elvis Presley, as we welcome back Elvis impersonator, Bill Bishop. The entertainment begins at 11:00am. Enjoy all of your favorite Elvis hits. The noon meal will be chicken stew and biscuits.

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

OLD BERWICK HISTORICAL SOCIETY "DUNNYBROOK" WEDNESDAY, JANUARY 14TH



Have you ever heard of a mysterious place in South Berwick called "Dunnybrook"? Not found on any map, it exists in the hearts and minds of SB's country folk. It is a storybook place of a cluster of families setting themselves down in the Emery's Bridge neighborhood. The book was written in 1943 by Gladys Hasty Carroll. This presentation will feature old photographs from "Dunnybrook" and brief readings from the book. Program will be presented by Norm Keim and Pat Laska from the OBHS. Suggested donation: \$7.00/members \$8.00/nonmembers

THE PIANO MAN—WEDNESDAY, JANUARY 21ST



This is a great day to just kick back and take some time to relax and enjoy the music as Roger Clement tickles the ivories with a variety of our old time favorites.

Entertainment will begin at 11:30am.

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

SUPER BOWL PARTY—WEDNESDAY, JANUARY 28th

Get ready for our super exciting, fun Super Bowl Party on Wednesday, January 28th. "Tailgating" 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. Pull out your favorite football jersey, because everyone wearing a jersey will receive a free raffle ticket. Be sure to sign up early.



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

BREAKFAST WITH SANTA A BIG SUCCESS

Thank you for all the help with our Breakfast with Santa. Many of you were here from beginning to end. We had approximately 100 guests each seating and it was a very big day. We couldn't do it without you and this is a favorite event for our community.



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.



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.

2015 MEMBERSHIP DIRECTORIES

Many of you have been asking for an updated Membership Directory, These directories will be available on Wednesday, January 14th. If you are interested, stop by the office and pick one up.



WELCOME BACK, EMMY!

Emmy is back in the kitchen and looking (and cooking) better than ever. Stop by on Thursday, January 8th, say hello and enjoy a bowl of her famous corn chowder.



DROP A NOTE

Liz Lane, a long-time friend of the Center, has asked us to let you know she has moved. Liz's new address is Sentry Hill Inn, 2 Victoria Court #304, York, ME 03909. Liz was a valued volunteer in our kitchen and also an infamous line dancer. She would love to hear from you.



THANK YOU TO EVERYONE WHO MADE OUR NEW YEAR'S CELEBRATION SO ENJOYABLE. WE HAD MANY COUNCIL MEMBERS, FRIENDS AND STAFF WHO WORKED HARD TO MAKE THIS A WONDERFUL CELEBRATION. A SPECIAL THANK YOU TO JOAN AND BERNIE FOR THE DELICIOUS BUFFET AND TO DICK PAGE FOR THE GREAT MUSIC.



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 TRIPS

As some of you have noticed, we currently do not have any trips on the calendar. It is not possible to run a trip for less than 50 passengers at a reasonable price and most companies do not have the smaller buses. There are some tentative plans, so please watch the bulletin board for information.



JANUARY MENU

- JANUARY 7 (W)** **Elvis Returns****
Roast Pork Dinner
- JANUARY 8 (T)** **Emmy's Corn Chowder,**
Sandwiches and Salad
- JANUARY 14 (W)** **OBHS "Dunnybrook"*****
Chicken Stew and Biscuits
- JANUARY 15 (T)** **Soup, Sandwiches and Salad**
- JANUARY 21 (W)** **The Piano Man****
Spaghetti and Meatballs
- JANUARY 22 (T)** **Soup, Sandwiches and Salad**
- JANUARY 28 (W)** **Super Bowl Party****
Moe's Subs
- JANUARY 29 (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.

JANUARY 2015

Mon	Tue	Wed	Thu	Fri
			1 CENTER CLOSED 	2 CENTER CLOSED
5 6:00am Step Aerobics 9:00am 2 Mile Walk 12:30pm Cribbage 1:00pm Bingo	6 9:00am 2 Mile Walk 1:00pm Cards Mahjong	7 6:30am Step Aerobics 9:00am 2 Mile Walk 10:00am Line Dancing 11:00am ELVIS RETURNS 1:00pm Bridge 	8 9:00am 2 Mile Walk 10:15am Beg. Line Dancing 11:30am LUNCH 12:00 Noon Whist/Cards	9 6:30am Step Aerobics 9:00am 2 Mile Walk 1:30pm Advanced Line Dancing
12 6:00am Step Aerobics 9:00am 2 Mile Walk 12:30pm Cribbage 1:00pm Bingo	13 9:00am 2 Mile Walk 1:00pm Cards Mahjong	14 6:30am Step Aerobics 9:00am 2 Mile Walk 10:00am Line Dancing 11:00am OBHS "DUNNYBROOK" 1:00pm Bridge 	15 9:00am 2 Mile Walk 10:15am Beg. Line Dancing 11:30am LUNCH 12:00 Noon Whist/Cards	16 6:30am Step Aerobics 9:00am 2 Mile Walk 1:30pm Advanced Line Dancing
19 CENTER CLOSED 	20 9:00am 2 Mile Walk 1:00pm Cards Mahjong	21 6:30am Step Aerobics 9:00am 2 Mile Walk 10:00am Line Dancing 11:30am THE PIANO MAN 1:00pm Bridge 	22 9:00am 2 Mile Walk 10:15am Beg. Line Dancing 11:30am LUNCH 12:00 Noon Whist/Cards	23 6:30am Step Aerobics 9:00am 2 Mile Walk 1:30pm Advanced Line Dancing
26 6:00am Step Aerobics 9:00am 2 Mile Walk 12:30pm Cribbage 1:00pm BingO	27 9:00am 2 Mile Walk 1:00pm Cards Mahjong	28 6:30am Step Aerobics 9:00am 2 Mile Walk 10:00am Line Dancing 11:00am SUPER BOWL PARTY 1:00pm Bridge 	29 9:00am 2 Mile Walk 10:15am Beg. Line Dancing 11:30am LUNCH 12:00 Noon Whist/Cards	30 6:30am Step Aerobics 9:00am 2 Mile Walk 1:30pm Advanced Line Dancing

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

- 1/22** Provided by Lorraine Thomas from York Hospital the 4th Thursday of each month. Call 384-3310 to schedule an appointment. (Schedule change for holiday)
- 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

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HAPPY JANUARY BIRTHDAYS

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!

- | | |
|------------|------------------|
| January 3 | Elaine Hasty |
| January 3 | Tom Blow |
| January 4 | Bob Davis |
| January 4 | Cheryl Olick |
| January 8 | Joan Hasty |
| January 8 | James Hasty |
| January 14 | Doris Landry |
| January 17 | Frank McCarthy |
| January 18 | Richard Bicknell |
| January 20 | Jean Donnellan |
| January 21 | Barbara Kelly |
| January 21 | Evelyn Hamilton |
| January 21 | Barbara Kelly |
| January 21 | Suzanne Orr |
| January 22 | Lena Bernard |
| January 24 | Caroline Donovan |
| January 28 | Norma Fernandes |



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.

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.

