

# JANUARY 2017 NEWSLETTER

## CENTER STAFF

**Sharon Brassard**  
Recreation Director

**Mona Stankovich**  
Administrative Assistant

**Kera Ashline,** Cook

## **SOUTH BERWICK SENIOR CENTER**

71 Norton Street  
South Berwick, ME 03908

seniorcenterassist@yahoo.com  
207-384-3310

**The Center is Closed December 22nd thru January 3rd. and Monday, January 16th in honor of Martin Luther King Day.**

### **RINGING IN THE NEW YEAR WITH TERRIE WEDNESDAY, JANUARY 4TH AT 11:00AM**

Put on your top hat and throw on some bling! Terrie Collins will be here to join us in ringing in the New Year. There will be a toast to the New Year at noon. What a great beginning for 2017.



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

## ADVISORY COUNCIL

**Lois Bopp**

**Dede Dionne**

**Louise Fournier**

**Bernie Labonte**

**Joan Labonte**

**Bettina Laverriere**

**Frank McCarthy**

**Joyce Perreault**

**Marlene Taylor**

### **ROGER CLEMENT TICKLING THE IVORIES WEDNESDAY, JANUARY 11TH AT 11:30 am**

With the hustle and bustle of the holidays behind us, come, sit back and relax as we enjoy music of Roger Clement. This will be a relaxing day to share your holiday memories with your friends and your plans for the new year.



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

### **“LIGHTHOUSES OF THE PISCATAQUA” BY DAVID RAMSEY WEDNESDAY, JANUARY 18TH AT 11:00 am**

David Ramsey will return with another presentation on “The Lighthouses of the Piscataqua.” These presentations have been both interesting and informative. David is very knowledgeable and does a wonderful job. This should be a great day to hear the history behind our lighthouses.



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



Senior Center  
Publications

### **WINTER CARNIVAL—WEDNESDAY, JANUARY 25TH**

Get ready for some winter fun as we welcome Cedar Mountain Bluegrass to your annual Winter Carnival. The music begins at 11:00am. We will also be having a ugly sweater contest, so put on your ugliest winter sweater and join the competition. Everyone wearing their ugly winter sweater will receive a free raffle ticket and there will be a prize for the ugliest sweater.



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



**MEMORIAL DONATIONS**

In Loving Memory of Lois Anagnos

by

Dorothy Bridges

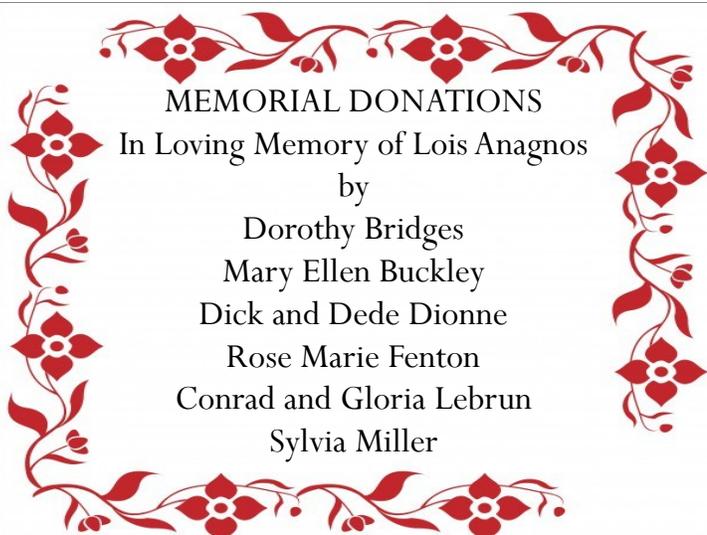
Mary Ellen Buckley

Dick and Dede Dionne

Rose Marie Fenton

Conrad and Gloria Lebrun

Sylvia Miller



**BREAKFAST WITH SANTA**

We would like to extend a big thank you to everyone, who volunteered

or baked for this year's Breakfast with Santa.



This event was a great success and it could not have happened without you.

A special thanks to Brian Stankovich for his holiday music and a huge thank you to our "Santa", Perry Ellsworth.

As always, everyone did a wonder job.

**2017 MEMBERSHIP DIRECTORIES**



Many of you have been asking for an updated Membership Directory, These directories will be available on Wednesday, January 18th. If interested, stop by the office and pick one up.

**BEST WISHES TO ALL OF OUR SENIORS WHO HAVE NOT BEEN WITH US FOR A WHILE. WE WISH THEM THE BEST OF HEALTH IN THE NEW YEAR AND HOPE TO SEE THEM SOON.**



**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.



**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 3rd through April 14th 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.



**THERE IS A LOBSTERFEST IN OUR FUTURE—JUNE 5TH AND 6TH**

Keep an eye out for our sign-up sheet for the June Lobsterfest. We will leave the Center on Monday, June 5th and return on the 6th. We have managed to book our Lobsterfest with Jose Duddy entertaining. He will do one show in the afternoon and a second one in the evening. Cost will include transportation, Lobsterfest Day Party, afternoon and evening entertainment, dinner and breakfast, and an overnight stay. Further details will be available soon.



# JANUARY MENU

- JANUARY 4 (W)** Ringing in the New Year with Terrie\*\*  
Pork Pie
- JANUARY 5 (T)** Corn Chowder, Salad and Sandwiches
- JANUARY 11 (W)** Roger Clement Tickling the Ivories\*\*  
Chef Mark's Spaghetti and Meatballs
- JANUARY 12 (T)** Soup, Salad and Sandwiches
- JANUARY 18 (W)** "Lighthouses of the Piscataqua"\*\*\*  
Oven Fried Chicken
- JANUARY 19 (T)** Soup, Salad and Sandwiches
- JANUARY 25 (W)** Winter Carnival with  
Cedar Mountain Bluegrass\*\*  
Sausage Sandwiches
- JANUARY 26 (T)** Soup, Salad and Sandwiches

## 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:** In the event of inclement weather, please watch WCSH 6 for a cancellation. Our policy is that if school is cancelled for SAD #35, the Center will be closed.

**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 2017



Mon	Tue	Wed	Thu	Fri
<p><b>2</b></p> <p><b>CENTER CLOSED</b></p>	<p><b>3</b></p> <p><b>CENTER CLOSED</b></p>	<p><b>4</b></p> <p>9:00am 2 Mile Walk                      10:00am Line Dancing                      11:00am <b>RINGING IN THE NEW YEAR WITH TERRIE</b>                      1:00pm Bridge</p> 	<p><b>5</b></p> <p>9:00am 2 Mile Walk                      10:15am Beg. Line Dancing                      11:30am LUNCH                      12:00 Noon Whist/Cards</p>	<p><b>6</b></p> <p>9:00am 2 Mile Walk                      10:00am <b>ADVISORY COUNCIL MEETING</b>                      1:30PM Line Dancing</p>
<p><b>9</b></p> <p>9:00am 2 Mile Walk                      12:30pm Cribbage                      1:00pm Bingo</p>	<p><b>10</b></p> <p>9:00am 2 Mile Walk                      1:00pm Cards                      Mahjong</p>	<p><b>11</b></p> <p>9:00am 2 Mile Walk                      10:00am Line Dancing                      11:30am <b>ROGER CLEMENT TICKLING THE IVORIES</b>                      1:00pm Bridge</p> 	<p><b>12</b></p> <p>9:00am 2 Mile Walk                      10:15am Beg. Line Dancing                      11:30am LUNCH                      12:00 Noon Whist/Cards</p>	<p><b>13</b></p> <p>9:00am 2 Mile Walk                      1:30PM Line Dancing</p>
<p><b>16</b></p> <p><b>CENTER CLOSED FOR MLK DAY</b></p>	<p><b>17</b></p> <p>9:00am 2 Mile Walk                      1:00pm Cards                      Mahjong</p>	<p><b>18</b></p> <p>9:00am 2 Mile Walk                      10:00am Line Dancing                      11:00am <b>LIGHTHOUSES OF THE PISCATAQUA</b>                      1:00pm Bridge</p> 	<p><b>19</b></p> <p>9:00am 2 Mile Walk                      10:15am Beg. Line Dancing                      11:30am LUNCH                      12:00 Noon Whist/Cards</p>	<p><b>20</b></p> <p>9:00am 2 Mile Walk                      1:30pm Line Dancing</p>
<p><b>23</b></p> <p>9:00am 2 Mile Walk                      12:30pm Cribbage                      1:00pm Bingo</p>	<p><b>24</b></p> <p>9:00am 2 Mile Walk                      1:00pm Cards                      Mahjong</p>	<p><b>25</b></p> <p>9:00am 2 Mile Walk                      10:00am Line Dancing                      11:00am <b>WINTER CARNIVAL</b>                      1:00pm Bridge</p> 	<p><b>26</b></p> <p>9:00am 2 Mile Walk                      10:15am Beg. Line Dancing                      11:30am LUNCH                      12:00 Noon Whist/Cards</p>	<p><b>27</b></p> <p>9:00am 2 Mile Walk                      1:30pm Line Dancing</p>
<p><b>30</b></p> <p>9:00am 2 Mile Walk                      12:30pm Cribbage                      1:00pm Bingo</p>	<p><b>31</b></p> <p>9:00am 2 Mile Walk                      1:00pm Cards                      Mahjong</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

- 1/26** Provided by Lorraine Thomas from York Hospital the 4th Thursday of each month. Call 384-3310 to schedule an appointment.
- 1/11** 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

- 1/11** If you would like a blood pressure check, South Berwick Emergency Rescue will be providing free blood pressure checks from 10:00 to 11:00 AM the second Wednesday of each month. Feel free to drop into Rescue for this service

## 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: 1:30-3:30pm  
 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

***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.



January 1	Arlene Croteau
January 3	Tom Blow
January 3	Elaine Hasty
January 6	HeLeana Kelley
January 8	James Hasty
January 8	Joan Hasty
January 14	Doris Landry
January 15	Juanita Goodwin
January 17	Jeanne Noyes
January 17	Frank McCarthy
January 18	Richard Bicknell
January 20	Jean Donnellan
January 21	Barbara Kelly
January 21	Evelyn Hamilton
January 22	Lena Molleur Bernard
January 24	Caroline Donovan
January 27	Patricia Langs
January 28	Norma Fernandes
January 31	Diane Ashburner

**OUR ADVISORY COUNCIL WILL MEET ON  
 JANUARY 6TH AT 10:00 AM  
 TO BEGIN PLANS FOR ANOTHER  
 WONDERFUL YEAR!**