

The Pittsfield AREA Senior Center

Serving: Barnstead, March 2010 Newsletter
Chichester, Epsom,
Loudon & Pittsfield



St. Patrick's Day Luncheon

Gather at the Pittsfield Senior Center for Community Luncheon Day!
St. Patrick's Day will be the Kickoff!

March 17th, 11 a.m. to 1:30 p.m. Reservations are necessary so RSVP by March 10th.
We are serving a traditional dinner of ham, parsley boiled potatoes, carrots, cabbage, beets, rye bread, desert and beverage. Come listen to Irish music, do a jig, visit with friends and enjoy a good meal all for only a \$2.00 requested donation.



March for Nutrition and Meals on Wheels

March is National Nutrition Month. This was the month that a law was enacted to include senior meal programs in the Older Americans Act. March For Meals 2010 is an annual national campaign through the Meals on Wheels Association of America (MOWAA) to raise awareness of senior hunger. To encourage local action and support, senior nutrition programs across the country, including those of Elder Services of Community Action Program Belknap-Merrimack Counties, promote March For Meals in their local communities. This includes an important March 24th event; Mayors For Meals where mayors and other civic leaders deliver meals to Meals on Wheels participants to demonstrate their support and promote the necessity of this valuable nutrition program.

A new part of this year's campaign involves incorporating a pledge to end senior hunger in America by 2020. It's important that every community pledge to support the Meals on Wheels program as a means of taking action against this issue. This March, what better way to honor this celebration than considering a donation to the Meals on Wheels program? No donation is too small for a program that does so much for so many. Let's all work together to make a difference in the lives of our loved ones, neighbors, our veterans and all of our nation's seniors who are facing the threat of hunger. With the population of older adults expected to double by the year 2050, the time to support Meals on Wheels and the eradication of hunger and malnutrition is now!!!

If you would like to sign **The Pledge**, please visit www.mowaa.org/take the pledge

**Movie Day 2nd Friday of each month
Pop Corn Social and Movie.
March 12th
12 p.m. – 2 p.m.**

Our first Movie day was lots of fun. Folk's really enjoyed watching a movie with others. Not only was there a good movie to watch but good snacks, some good laughs, and great companionship. Our first time moviegoers hope more people will join them in March. The movie probably won't be mystery but a title has not been chosen as of this printing.

The menu is
Baked Fish Poppers,
Sauce, Scalloped Potatoes,
Carrots, Yogurt
And Pop Corn!

Lunch is a \$2.00 donation.
Your attendance will be greatly appreciated!
Come one, come all and enjoy yourself!



March ACTIVITIES

Congregate Dinning Monday – Friday. 12 noon sharp. \$2.00 Requested Donation.

Activities begin at 10:00 a.m. unless noted.

Monday March 1, 8, 15, 22, 29

10:00 **Bingo**

Tues. March 2, 9, 16, 23, 30

10:00 Dan McGuire is willing to teach Bridge again. Or bring various games to play as a group. Come check it out.

Wed. March 3, 10, *17, 24, 31

10:00 **Craft Day.** We didn't have enough time to learn about making candy in February. So that is our project for March including a field trip (to be announced). We put our new skill to work, we made and decorated cupcakes for our Meals-on-Wheels participants. We had lots of fun, the meals-on-wheels driver had fun delivering them and the participants had fun receiving them.

In April Lynne will lead the group in developing a theme for the Scrapebooking we will be working on in May. We will choose a theme, gather pictures and journal about what the picture depicts. Call and reserve a space. 435-8482

Thurs. March 4, 11, 18, 25

10:00 – 11:30 **Bingo.**



Fri. March 5, 12, 19, 26

9:30 Chair Exercise & Dancing with our very own Certified Senior Fitness Specialist! Then stay for Senior Seated Yoga! People are having fun with this program. The music “just makes you want to move”.

10:30 Yoga, with Tom Sherman

Enjoy a morning activity, stay for a \$2.00 lunch then stay and play cards, a board game, work on a puzzle or *watch a movie*. The Center is open until 2 p.m. If you are sitting at home alone when you could take advantage of the social opportunities offered in this community, you are missing the boat! *Call 435-8482 to make lunch reservations or for more information about activities.*

Disclaimer: The menu and activities, times and dates are subject to change from the time of publication.

VOLUNTEER's Corner

The Pittsfield Senior Center has people volunteers from Barnstead, Chichester, Epsom, and Loudon as well as Pittsfield. A different group helps each day so no one person or group is overwhelmed with the need. Volunteers are a big part of our Mystery Dinning group. Many of them have formed close friendships. It is heartwarming to see this happen when many seniors do not have friends or family close by.

People volunteer to put up food for the daily Meals-on-Wheels program and Congregate Dinning.. They lead programs, track and deliver newsletters, call BINGO and lead programs.

You will all be celebrated again during Volunteer Appreciation Day in April. Lynne

P.S. Monthly volunteer meeting the 4th Monday of the month at 12:30 p.m.

MOW and Daily Participants



MOW participants - Thank you to those of you have called the office to let us know when you will not be home to receive your meal. Please call 435-8482 by 9 a.m. If you don't, we worry about you and may call emergency numbers and/or the police or fire departments to perform a well senior check on you.

We do not have current or working emergency phone numbers for some of you. Please be sure we have current emergency phone numbers for you. Our only alternative to an emergency phone number would be to call the police department.

Listen to WMUR Channel 9 TV on storm days for cancellations. Keep your **Blizzard Bags** for the days when we have to cancel deliveries due to a storm or flood! If we won't deliver, you will be called to be sure you are OK.

Daily participants: The senior center does not necessarily close just because the schools close. We make every attempt to be open even if we open late. The senior center is a warm dry place to spend a chilly day and share conversation. Listen to WMUR for cancelations only. Otherwise we are open.

**Another Senior Resource Program
to be aware of.**

American Seniors is a conservative alternative to AARP. Check out their website or call the 800 number for more information.

<http://www.americanseniors.org/index.php/about-us>

or call 1-800-951-0017.

Community Resources and Schedules

VNA Health Clinic by appointment. Call 224-4093 x 5808

* Commodity Food – Please call WIC/CSFP for information 225-2050.



Just a peek at things to come!

Celebration Luncheons (PARTIES) as designated by COMMUNITY ACTION Nutrition and Elder Services

Easter 3/25/10

April Volunteer Appreciation Luncheon Wednesday, 4/21/10

May Cinco DeMayo 5/5/10

Mothers Day 5/6/10

Memorial Day 5/27/10

JuneFlag Day 6/14/10



Go to www.bm-cap.org to see what Community Action Program Belknap-Merrimack Counties, Inc may be able to help you!

**The Pittsfield Area Senior Center is part of the Elder Service Department, a program of
COMMUNITY ACTION PROGRAMS Belknap-Merrimack counties, Inc.**

Pam Jolivette, Director

*Kris Bregler, Assistant Director Karen Heyes, Food Service Director Peggy Knightly,
Admin Billing Manager*