



Claremont Senior Times

*Official Publication of the
Claremont Senior Center, Inc.*

5 Acer Heights Rd. ~ Claremont, NH 03743 ~ Tel. (603)543-5998

E-mail: seniorctr5@comcast.net

Website: cnhcs.org

Volume 24 ~ Issue 9

September 2023

Winter Winterland craft fair will be Dec 2

Crafters have the opportunity to reserve a spot at the fair by calling the center at 603-543-5998, or visit the center and sign up. Our past craft fairs have been very successful. More than 20 tables will be available at a reasonable price.

Yes— A Late Newsletter— from the editor!

My apologies of course. I have been very busy writing a grant for the center and other commitments have prevented me from getting the newsletter out on time. Since I am the only one who does the newsletter and I am a volunteer on the newsletter, it gets done when I can work on it. I appreciate your understanding. Tom



Gerry Grimo and the East Bay Band entertained an audience of more than 70 on August 19th. Dancing was optional! The band has also been playing for our Ballroom Dancing nights.



We have reconditioned the Claremont Senior Center Facebook page. Kim has done a great job on our improved page. Visit us! See what we have been up to. Plans are to use the Facebook page to list our events and activities.

Flu season is near! The CDC has recommended that adults (especially those over 65) be vaccinated in October or November to be effective through the season. Protect yourself and others!

Lake Sunapee VNA will NOT be conducting a Flu shot clinic this year. Pharmacies and health clinics make flu vaccines easily accessible, so make sure you get your shots!

Executive Director	Cheryl Bailey	543-5998
Board of Directors		477-6205
Chair	Lloyd Mann	542-5774
Vice Chair	Cindy Glidden	843-7139
Treasurer	Larry Johnson	341-4725
Secretary	Thomas Liveston	542-5725
Director	Linda Mardanes	542-6130

Wheelock Travel

34 Opera House Square
Claremont, NH 0374



For all your travel wishes and needs

Sarah Sucharzewski

604-543-0400

Email: sarah@wheelocktravel.com

Schedule for September 2023

Open Monday through Friday

Saturday and Sunday

Closed

Monday

9 AM — 3PM Open for activities

9 AM Ladies' Pool

Tuesday

9 AM - 3PM Open for activities

11:45 AM Indoor Dining

12 PM Drive through Meal

1 - 3 Afternoon Games

1 - 3 Cribbage

6 - 9 PM Open for activities

Wednesday

8:30 AM **Foot Clinic (13, 20, 27)**

9 AM - 3PM Open for activities

10 AM - 2 PM Quilting (6)

1 PM Bingo (Last card sold 12:45 PM)

Thursday

8:30 AM **Foot Clinic (7)**

9 AM - 3PM Open for activities

11:45 AM Indoor Dining

12 PM Drive through Meal

1 - 3 PM Afternoon Games

6 - 9 PM Open for activities

Friday

9 AM - 3PM Open for activities

10 AM - 2 PM Quilting (15)

1 - 3 PM Knitters, Mahjong

Monday thru Friday (9:00AM-3 PM)

**Activities ANYTIME during open hours:
Pool, Card Games, Cribbage, Puzzles, Chess,
Mahjong, Corn Hole, Ping Pong, Knitting,
Quilting, Socializing, Hanging out, Computers,
Browsing the Library, Suggestions**

September Monthly Business meeting
September 12th at 1 PM

October Monthly Business meeting is
October 3rd at 1 PM

**Foot Clinic Dates
Thursday, September 7,
Wednesday September 13, 20, 27**

**Sponsored by
Lake Sunapee Region VNA & Hospice
There is a charge (\$30);
Appointments will be required!
Call (603) 748-1731**

September 2023 Menu

Menu is subject to change.

\$5 for members, \$6 for nonmembers

Drive thru Pickup 12:00 or

Eat In Serving at 11:45

Tues. (5) (NEW) Chicken Zucchini casserole, Egg Noodles, Blueberry Crumb Squares

Thurs. (7) Shepherd's Pie, Dream Coffee Cake

Tues. (12) Chicken Cordon Bleu, Oven Roasted Potatoes, Vegetable, Brownie

Thurs. (14) Pulled Pork Sandwich, Cole Slaw, Lemon Cream Cheese Pie

Tues. (19) Spaghetti with Meat Sauce, Vegetable, Chocolate Pudding

Thurs. (21) **Birthdays Dinner;** Roast Pork Loin, Mashed Potatoes, Vegetable, Cake

Tues. (26) Salad, Meatball Subs w/ Cheese, Whoopie Pie

Thurs. (28) BBQ Chicken Leg, Potato Salad, Vegetable, Fruit Cocktail

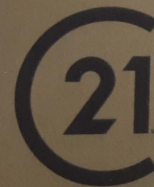
Call (603)678-0433 to reserve your meal.

Specify Drive thru Takeout or Dine In

PLEASE RETURN MEAL containers for reuse after sanitization. This will reduce costs to help us keep prices level.

FOOD ALLERGY WARNING

OUR FOOD MAY CONTAIN OR HAVE COME IN CONTACT WITH WHEAT, FISH, SOY, PEANUTS, TREE NUTS, EGGS, SHELL FISH OR DAIRY PRODUCTS. PLEASE MAKE US AWARE IF YOU HAVE ANY FOOD ALLERGIES!



ROZ CAPLAN
Broker-Owner

O. 603-542-7766

C. 603-477-3766

rozcaplan@century21highview.com

www.century21highview.com

42 Summer Street

Claremont, NH 03743

Each Office Independently Owned and Operated

WINTER WONDERLAND

Crafters Fair

**CLAREMONT SENIOR CENTER
5 ACER HEIGHTS ROAD Claremont, NH**

Saturday December 2, 2023

9AM TO 2 PM

**Come and share your day with us
Crafters wanted! Reserve your space today**

Game Night

Every Tuesday and Thursday
(6:00 - 9:00 PM)

Play Pool, Card Games,
work on a puzzle, or socialize.

Come visit! Bring a snack to share...bring a friend!

If you have changed your mailing address, email, phone number or contact information within the last year, PLEASE let us know. We have had a number of emails and post cards returned.

Thank you for updating and taking care of this.

Another Reminder! We now take credit and debit cards!

Claremont Senior Center is now accepting debit and credit cards for payment. However, we need to let everyone know there is a cost associated with the transaction. We charge a service fee to cover the fees and processing, as are many businesses and even the city. Our fee is less than 5%, and is added to the cost incurred. So, if you wish to use a credit card to pay your annual dues, the cost will be \$20 for the dues, plus the service fee. We can also take the information by mail or over the phone. PLEASE do not use email as your card information might be at risk.

**Senior Men's Breakfast
Is scheduled for October 16
We will have same good food,
and great company !
Still \$2 members, \$3 non-members**



Chris Watson
Finance Manager

152 Charlestown Rd
Claremont NH 03743

claremontsubaru.com
603.542.9966

cwatson@claremontsubaru.com



LATE MODEL AUTO & TRUCK PARTS

Local: 603-542-9595
New England: 800-782-6565
Nationwide: 800-562-3845
Fax: 603-542-2978

239 Old Newport Road
PO Box 1100
Claremont NH 03743-1100

Website: www.generalautosalvage.com
Email: sales@generalautosalvage.com

COME PLAY WITH US!

Do you like to play cards? Every Tuesday and Thursday afternoons (1-3 pm) and evenings (6-9 pm). We have several members who gather and play cards. You don't know how to play, but want to join us, come in and someone will teach you. How about Mahjong? Come in every Friday afternoon from 1-3 pm and someone will show you how to play if you don't know how to play.

Happy September Birthdays!
Birthstone
Flower

Joan Baillargeon
 MaryAnn Beaton
 Marlene Boisclair
 Janice Bushey
 Betsey Child
 Gloria Estefan
 Barry Gibb
 Jeremy Irons
 John Lambert
 Ronald Lannigan
 Arnold Johnson
 Jacqueline Merrill
 Phyllis Pavlik
 Donna Peck
 Amy Poehler
 Elizabeth Ryan
 Ed Small
 Sandy St Pierre
 David Vedder

Sapphire
Morning Glory

Cynthia Barriger
 James Boisclair
 Raella Bueno
 Kevin Chase
 Anne Douglas
 Lorraine Frizzle
 Shawn Hickey
 Stuart Hodgmen
 Robert Landry
 Robert Lovett
 Louise Matheson
 Sandra Parshall
 Delmar Paye
 Janet Pierce
 Pamela Rich
 Vince Sarah
 Maria Smith
 Bonnie Sczuka-Dodson
 Claudia Zombeck



Do you need food?
 Call Denny Francis at 543-0551

Good Day Respite

Serving individuals with mild to moderate dementia and their caregivers

Are you caring for someone with dementia?

Allow yourself a break and let Lake Sunapee VNA staff and volunteers provide your loved one with an enjoyable, safe and supportive environment that includes:

- Socialization and stimulation
- Games and crafts
- Music and singing
- Special guests
- Healthy snacks and lunch

Location
 Kearsarge Community Presbyterian Church
 82 King Hill Road
 New London

Hours
 Tuesdays and Thursdays
 10:00am – 3:00pm

Eligibility & Cost
 Interview required to determine eligibility
 Nominal daily fee
 Scholarships available

Contact
 Lake Sunapee Region VNA & Hospice
 603-526-4077
 LakeSunapeeVNA.org

rev 02-02-2023

"I'm A Disabled Veteran Wanting To Spend Time By Working For You."

NORMAN LP SANVILLE
 NORM DOES IT ALL-MOST

603.558.2132
 PO Box 561
 Claremont, NH 03743
 nsanville@comcast.net

Visiting Nurse and Hospice for New Hampshire and Vermont at Dartmouth VNA will make 3 presentations about the services they provide. The first presentation is September 14 at 10 AM. Meetings will be with Seniors 3 times with different topics. Future meetings will be September 28 and October 12 at 10 AM. This event is open to the public and is free to all.

The presenter told me there are many misconceptions and lack of knowledge of Hospice and visiting nurse services. These presentations will enlighten many people about the services they can receive.



A HUGE thank you to our Car Show volunteers Without the dedicated volunteers, members and nonmembers, the show would not be the tremendous success it was. And hopefully you will be back next year!

Volunteer
 Show Hours: 210.5; Kitchen 60 hours
 \$\$ Saved: \$4057.50



Blood Drive at Claremont Senior Center
 Monday, October 23, 2023; 12 to 5 PM
 To make an appointment to donate
 Call 800-RED-CROSS or online at
<https://www.redcrossblood.org/give.html/donation-time>.

RENTAL DISCOUNTS AVAILABLE

Active Members and Volunteers with documented hours are eligible for discounts that may apply to rentals. Check in with the office or Cheryl to find out the details.
 Rentals are now available! Tell your friends, relatives, acquaintances and, yes, even your enemies! We have rentals for many events; hourly, one day, or multiple days, weddings, funeral receptions, showers, birthday parties, in the Mozden room, Owens room, or the conference room (8 person capacity).

Tim Maxfield
 Sales Manager

(603) 542-9800 Ext. 202
 @tim@fordofclaremont.com

155-157 Charlestown Rd.
 Claremont, NH 03743

Women's Group Formed
 The Women's Group is a success!. Stories told, advice shared with a lively discussion among the group.
 The next meeting is Thursday, September 22 at 1:00 PM. Check with Cheryl or Mary Sargent to find the other meeting dates. Come talk about what is on your mind. The group is open to all women who want to talk or listen.

**Once again, we cannot thank our volunteers enough!
Without volunteers we could not put on all of the events that you enjoy. Volunteers are worth more than gold!**

Senior Center July volunteer hours

Kitchen	9 people	189	hours
Desk	7 people	126.5	hours
Other	4 person	44	hours
Bingo	6 people	30.75	hours

Attention Volunteers! This month you saved us \$5,854 at current wage costs!

We know that some volunteers have not documented their hours!

Notice ! We need Volunteers!

Please be sure to document your hours in the book at the front desk. Let everyone know how hard you work. Does not include Board, Finance and custodial volunteer times.

From the Executive Director:

It is hard to believe that summer is winding down. It has been a wet summer, hopefully no drought in our area! Fall is a pretty time of year with leaves changing soon.

The car show is behind us for another year. It went very well and was enjoyed by many spectators, car show drivers and volunteers that helped make it run. We appreciate all of you.

I'm looking at getting some new activities at the Senior Center for fall. I will keep you informed as I'm able to get them lined up.

September 14th will be the first VNA meeting at 10:00 AM. This is free and open to the public.

At this meeting they will talk about who they are and what they do. They will answer all questions. Plan to attend and hear what they are about.

At this meeting they will talk about who they are and what they do. They will answer all questions. Plan to attend and hear what they are about.

September 28th at 10:00 AM, the VNA will meet again and talk about What Hospice Really is and Why the word "Hospice" Doesn't Have to Sound Scary.

October 12th at 10:00 AM will be the third meeting. They will talk about Advanced Care Planning and Chaplaincy Services during Hospice.

Line dancing will continue so hope those of you that are enjoying it, plan to come and have an evening out.

Ballroom dancing continues monthly with a live band. Come out and enjoy an evening of dancing.

We have a small group of seniors that have been playing cribbage. If you like to play, come join them. They have been playing on Tuesday afternoons at 1:00

Call or come see me if you have ideas that you think others would like to do.

Cheryl Bailey, Executive Director

Please support our advertisers!

Thinking of joining the Center?

Come on over...we have a program for new members. Sign up for our

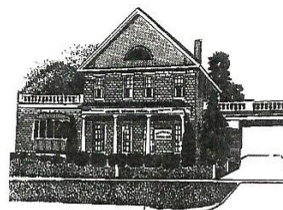
"One Month Trial Membership"

which means whatever date you sign up the membership will be good for one month. Come enjoy all of our programs and activities. Bring a friend. We hope you will join us after giving us a try.



DON CHABOT
CRB, GRI, CBR
NH - VT Broker
dchabot@townandcountryrealty.com

26 Tremont St.
Claremont, NH 03743
(603) 542-5188 Ext. 111
FAX (603) 542-6873
www.townandcountryrealty.com



603-543-3146

Fax- 603-542-9223

email: memorials@stringerfh.com

**Stringer Funeral Homes,
Inc. & Crematorium**

211 is the number to dial when you need help or don't know where to call.

211 NH makes information much easier to find. All calls from anywhere in NH are free and confidential and you are guaranteed person-to-person assistance 24/7 with translation assistance in over 150 languages. For everyday needs and difficult times, 211 NH is your connection to thousands of resources available in NH.

211 NH is strictly information and referral. They do not provide direct services, but if you are looking for something anywhere from dog food to mental health they can point you in the right direction.

Visit www.211nh.org for additional information.

CHRYSLER DODGE JEEP RAM
OF
CLAREMONT
CHRYSLER DODGE Jeep RAM
ERIC STICKNEY
Sales Manager
CDJR of Claremont
5 River Road
Claremont, NH 03743
(603) 543-0188 x214
@eric@cdjrofclaremont.com
www.cdjrofclaremont.com

Join the By Laws Committee

The By-Laws are the "Constitution" of Claremont Senior Center. They are the basis of operation of the Center. Every two years, we are required to review the By-Laws for accuracy. This is accomplished by a committee of members that reviews the By-Laws and report to the Board and membership. The committee may recommend changes in the By-Laws for approval by the membership.

We need members to form the committee. That means we need YOUR help! See Cheryl or Lloyd if you can be on the committee.



WEDNESDAY FUN
BINGO
Doors open at 11:00
Card sales end 12:45

Seniors Bingo

for persons 55 years of age and older every Wednesday at 1:00 PM.

Lunch available for purchase!
Card sales start at 12:00 PM

Do You Need a Document Notarized?

The Senior Center has a Notary Public who will notarize free of charge. Ask Cheryl or Cindy Glidden for more information.

Frances J. Tolles Home Complex

Private rooms with meals for Elderly Women
Apartments for Elderly Men and Women

44 Sullivan St.
Claremont, NH 03743
(603) 542-3070



Ballroom Dancing continues at Claremont Senior Center

Ballroom Dancing continues at the Senior Center, hosted by Betsey and Jim. The next dance will be on Friday, September 8th, from 7-9 pm. Live music is provided by Gerry Grimo and the East Bay Dance Combo. Cost is \$10 per person. No sign-up necessary. Just come and dance away the evening. For further information, please call Betsey Child at (603) 504-6671. Save the date of the following dance which will be September 8th.

CLAREMONT SENIOR CENTER INC
5 ACER HEIGHTS RD
CLAREMONT NH 03743

RETURN SERVICE REQUESTED

Crafty Business

We have several members who are asking for craft activities and workshops. We have many talented members who do crafts. Are you willing to volunteer and share one or more of your crafts with everyone? Let us know; we will provide space, time, and support. Come talk to us to make it happen and make it easy for you!

Claremont Senior Times

Official Publication of the Claremont Senior Center, Inc.

Edited and compiled this month by Tom Liveston.

Scrutinized and proofed by many.

Highly praised by a few!

Claremont Senior Center Mission Statement

The Claremont Senior Center, Inc. is a non-profit organization registered in New Hampshire, to benefit senior citizens in Claremont and the surrounding area. This organization enhances networking and provides educational, health, nutritional, artistic, social and recreational opportunities and resources.