



Londonderry Senior Center

September/October 2024

535 Mammoth Rd.

Londonderry, NH 03053

603-432-8554



Hello from Ilona:

One of the primary things I have noticed is that we, as seniors, all feel different and unique as we work with new life challenges through the years. Truly though, we are all very much the same. I have heard so many stories and experienced your joys and pain with you for the last 2 years. We have all worked and raised our version of a family. There are special childhood memories of summers and holidays and schools and friends. We have seen parts and much of the world through dreams, movies, books, social media (of late) and personal adventures. We all love being Americans. We all believe in a God. We all have worries and hopes of what the future may bring (especially in November). We have all had our share of health issues. We have all lost someone special. The most important thing is to realize that all of these experiences have made you who you are today. We are here in this senior community and in this town to offer friendship and support to everyone we encounter. We need this now, more than ever. We need each other to focus on moving forward. *Lets plan to break more bread together, smile, laugh, have fun, share stories and keep each other propped up and propelled towards what is next in store. We did just that at the annual OHD Senior Picnic!* I love coming here every day. Over the weekend hiatus from the center I often wonder what you are up to and how you are doing. I hope you all realize that you are never without when you are part of this wonderful community we have created..... *Bless you*

The Dash

by Linda Ellis

I read of a man who stood to speak at the funeral of a friend. He referred to the dates on the tombstone from the beginning...to the end.

He noted that first came the date of birth and spoke of the following date with tears, but he said what mattered most of all was the dash between those years.

For that dash represents all the time they spent alive on earth and now only those who loved them know what that little line is worth.

For it matters not, how much we own, the cars... the house...the cash. What matters is how we live and love and how we spend our dash.

So think about this long and hard; are there things you'd like to change? For you never know how much time is left that can still be rearranged.

To be less quick to anger and show appreciation more and love the people in our lives like we've never loved before.

If we treat each other with respect and more often wear a smile...remembering that this special dash might only last a little while.

So when your eulogy is being read, with your life's actions to rehash...would you be proud of the things they say about how you lived your dash?

www.TheDashPoem.com

© 1996 Inspire Kin Group, LLC



Welcome to our newest members: Allana Kelley, Gary Brewer, Theresa Karpowicz, Janet Filip, Ruth Beland, Anna Baumgartner, Leanne Mentzer, Caralinda Campbell, Lindalee Thibeault, Anne Robie, Diane Pelletier, Jerry Page, Ruth Page, Mary Katsirebas, Denise Robert, Sharon Comitale, Christine Long....

The Londonderry Senior Center will be closed Labor Day, 9/2/24, Columbus Day, 10/14/24, Craft Fair Prep 11/1/24



Past Events:

LSCI Membership

Meeting 7/11/24... Another successful fundraising year has allowed this



wonderful non-profit to make multiple contributions and donations to the local community and the Londonderry Senior Center. We are forever grateful for their personal time, heart and dollars raised. Bonnie Ritvo, our LSCI president for the last 9 years, has announced that she is stepping down at the end of 2024. She has been instrumental in elevating the performance and success of this organization. Hers are big shoes to fill.

Volunteer Luncheon: 7/13/24... What a wonderful afternoon. Thirty of us enjoyed a fabulous meal at The Coach Stop, here in town. It was so nice to have the volunteers taken care of instead of them taking care of us.



Monthly Birthday Celebration: On the last Wednesday of every month, right before our weekly Bingo game, we like to invite members to celebrate their birthday with everyone attending. We sing, eat cake, blow bubbles and have a few laughs. This last time we got really silly.



Upcoming:

Breakfast: 9/12/24 9am \$3.00 It is time once again to fry up the bacon and scramble the eggs. This is always a Senior Center hit. Let's say goodbye to summer and hello to fall by celebrating together.

Senior Expo: Saturday, 9/21/24 10-2 at the Londonderry Middle School. This event is growing bigger and better each year. You will find useful information to help you navigate through the fun and challenges these years provide.

Halloween Luncheon: 10/17/24 12pm \$3.00 Come dressed in your spooky or funny attire, win prizes and feast! We promise to have a fun afternooooooon!



Halloween Jam Session: Sunday 10/20/24 2-5pm. This Jam session will have a spooky theme. Come dressed up and feel free to bring your children and grandchildren.

Coffee with the LPD: 10/22/24 10:30-12:30 Representatives from the LPD will stop in to hang out and chat with Senior Center members and senior residents of Londonderry. Ask them about their new dispatch center. You may even meet Rio the newest canine comfort dog!

Londonderry Senior Center

535 Mammoth Rd, Londonderry NH 03053
603-432-8554

Foot Clinic (at the Senior Center)

Heather Dacosta - Nurse, CFCS

Licensed and Certified Foot Care Specialist
Nail cutting, evaluation, corn and callus treatment

9/10/24, Tuesday

9/12/24, Thursday

10/8/24, Tuesday

10/10/24, Thursday

Call 603-432-8554 to make an appointment

\$45.00



Open to Londonderry Senior Center members and Londonderry senior residents
Receipt provided to claim with FSA, Medicare or Supplemental Insurance



Free

Hearing Tests & Hearing Aid Maintenance



Thursday, 9/12 and 10/10

Hearing Tests: Please sign up for TWO 15 minute slots

Hearing Aid Maintenance: Please sign up for ONE 15 minute slot

Hearing aid batteries will be available for sale:

Size 10, 312, or 13

(1) package of 8 batteries: \$3.00

(1) box of 40 batteries: \$15.00

Open to Londonderry Senior Center members and residents of Londonderry.

SIGN UP AT THE FRONT DESK

The Londonderry Senior Resource Committee is pleased to announce

SAVE THE DATE

GIVEAWAYS



FREE

LONDONDERRY SENIORS INFORMATIONAL EXPO

3rd Annual

Saturday, September 21, 2024 / 10am-2pm

At the Londonderry Middle School

313 Mammoth Rd, Londonderry NH 03053

"You have two hands. one to help yourself. and one to help others."



Coming Together

LSCI NEWS CORNER

September- October 2024

Dear LSCI Family,

I hope everyone is having a great summer and enjoying their family and friends. Make sure you get out in the sunshine and smile and do fun things.

We are having our Holiday Fair and Cookie Walk on November 2nd. If you would like to make a basket for the Holiday Fair, please call Dale at 603-818-4495 or see me at the senior center. Baskets have to be in by October 1st. Baskets are the money maker for the fair. Please help. Thank You!

The Cookie Walk is happening again. Please help us out with cookies starting in October. We are accepting cookies for the Cookie Walk. We will freeze them here. Please package cookies in plastic baggies 2-3 per package. Label cookies with the cookie type and if they contain nuts or nut products. **No store-bought cookies- Only homemade.**

AS MOST OF YOU KNOW BY NOW, I AM RETIRING FROM MY POSITION AS PRESIDENT OF LSCI AT THE END OF DECEMBER. I HAVE HELD THIS POSITION FOR 9 YEARS AND FUNDRAISING DIRECTOR FOR 8 YEARS FOR A TOTAL OF 17 YEARS. ITS A LOT OF YEARS VOLUNTEERING. I HAVE ENJOYED EVERY MINUTE OF IT. IF ANYONE IS INTERESTED IN BECOMING PRESIDENT, I AM TAKING INTERVIEWS TILL SEPTEMBER 20TH AND HOPE TO HAVE SOMEONE IN PLACE BY DECEMBER. PLEASE CALL ME AT (978) 767-5057 IF YOU WOULD LIKE AN INTERVIEW FOR THIS POSITION. IT'S A GREAT PLACE TO VOLUNTEER. IT'S A HAPPY AND FRIENDLY ATMOSPHERE.

"Wise men speak because they have something to say; fools because they have to say something"

Plato

Bonnie Ritua

President/co-treasurer



Art Gallery

There are many creative members among us.
Let's highlight your talents.

You are invited to provide one of your creations that we can display at the Senior Center.



Facebook Page!! Visit, like and follow our Facebook page: "Londonderry Senior Center"

Newsletter Availability: Copies of this newsletter are available at the Senior Center, Town Hall, Leach Library and Town of Londonderry

You outta know.....

Londonderry Senior Center Membership has changed. Our membership year now aligns with the calendar year! If you are already a member, LSCI will send out a renewal letter towards the end of the year. This means you have gotten 1/2 a year of membership on the house! How cool are we?

Check out Room A! We have hung a huge erasable whiteboard. Are you tired of lounging around playing cards? Get together and play Pictionary, Hangman, Tic Tac Toe, Wordle and other word games with other members. Shake thing up a bit. Change is good.

Featured Author: The Library has had a major facelift Thanks to Barbara, Cindy and Warren. Books are now in alphabetical order by author's last name. We have mixed all genres. Now you can spot your favorite offer with ease. There is also a container for donated/returned books. If you cannot alphabetize them yourself put books in the container or give to the front desk. This will make keeping things in order easier. No hardback book please. In addition we will be featuring an author every several weeks. Maybe you'll want to expand. your personal reading. selections....

Ceramics class: Taking a break in Sept. Back in Oct....

NEVER MISS OUR NEWSLETTER!

SUBSCRIBE

Have our newsletter
emailed to you.



VISIT WWW.MYCOMMUNITYONLINE.COM



September 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	09:00 Cards/Games 10:00 Chair Exercise 11:00 Bone Builder 11:00 Meals on Wheels 12:15 Cribbage 12:00 Mah Jongg NO CERAMICS SEPT 12:30 Line Dancing	09:00 Cards/Games 09:00 Yoga 10:00 Chair Exercise 11:00 Meals on Wheels 12:15 Bingo	09:00 Cards/Games 10:00 Knit/Crochet/Crafts 10:00 Chair Exercise 10:30 Walking Club 11:00 Meals on Wheels 12:15 Bingo	09:00 Cards/Games 09:00 Yoga 10:00 Chair Exercise 11:00 Meals on Wheels 12:15 Cribbage 12:30 Cornhole	09:00 Cards/Games 10:00 Chair Exercise 11:00 Bone Builders 11:00 Meals on Wheels 12:00 Diamond Art 12:30 Tai Chi	
09/01/24	09/02/24	09/03/24	09/04/24	09/05/24	09/06/24	09/07/24
	Closed Labor Day					
09/08/24	09/09/24	09/10/24	09/11/24	09/12/24	09/13/24	09/14/24
		Foot Clinic Primary Election		Foot Clinic Breakfast 9am 10-12 Hearing Test	9:30 Book Club	
09/15/24	09/16/24	09/17/24	09/18/24	09/19/24	09/20/24	09/21/24
			10:00 Murder Mystery	Happiness for Seniors Presentation 12-1		Senior Expo 10-2 Londonderry Middle School
09/22/24	09/23/24	09/24/24	09/25/24	09/26/24	09/27/24	09/28/24
			BIRTHDAY CAKE			
09/29/24	09/30/24	10/01/24	10/02/24	10/03/24	10/04/24	10/05/24

October 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	09:00 Cards/Games 10:00 Chair Exercise 11:00 Bone Builder 11:00 Meals on Wheels 12:15 Cribbage 12:00 Mah Jongg 12:30 Ceramics 12:30 Line Dancing	09:00 Cards/Games 09:00 Yoga 10:00 Chair Exercise 11:00 Meals on Wheels 12:15 Bingo	09:00 Cards/Games 10:00 Knit/Crochet/Crafts 10:00 Chair Exercise 10:30 Walking Club 11:00 Meals on Wheels 12:15 Bingo	09:00 Cards/Games 09:00 Yoga 10:00 Chair Exercise 11:00 Meals on Wheels 12:15 Cribbage 12:30 Cornhole	09:00 Cards/Games 10:00 Chair Exercise 11:00 Bone Builders 11:00 Meals on Wheels 12:00 Diamond Art 12:30 Tai Chi	
09/29/24	09/30/24	10/01/24	10/02/24	10/03/24	10/04/24	10/05/24
10/06/24	10/07/24	10/08/24	10/09/24	10/10/24	10/11/24	10/12/24
		Foot Clinic		10-12 Hearing Test Foot Clinic	9:30 Book Club	
10/13/24	10/14/24	10/15/24	10/16/24	10/17/24	10/18/24	10/19/24
	Closed Columbus Day		10:00 Murder Mystery	Halloween Luncheon		
10/20/24	10/21/24	10/22/24	10/23/24	10/24/24	10/25/24	10/26/24
Halloween Jam Session 2-5pm		Coffee with Londonderry Police 10:30-12:30				
Halloween Theme	10/28/24	10/29/24	10/30/24	10/31/24	11/01/24	11/02/24
			BIRTHDAY CAKE		Closed Craft Fair Prep	CRAFT FAIR

Peabody Funeral Homes and Crematorium

15 Birch Street
Derry, NH 03038



290 Mammoth Road
Londonderry, NH 03053

Ph: (603) 432-2801 • Fx: (603) 432-0152

www.peabodyfuneralhome.com

Email: office@peabodyfuneralhome.com

Erik E. Peabody • Craig B. Peabody
Owners & Funeral Directors

fullerrv.com

FULLER RV
RENTALS & SALES

usamotorhomerentals.com

100 Shrewsbury St. Boylston, MA 01505, RTE 140



1 (800) 338-2578

Family Owned and Operated Since '84



NANARAO KROTHAPALLI, D.M.D. PLLC
Family & Cosmetic Dentistry

25 Nashua Rd., Unit D1, Londonderry, NH 03053

USE MEDICARE FOR YOUR DENTAL AND MEDICAL PROCEDURES

- Comprehensive Care: Tailored for seniors under Medicare
- Hassle-Free: We manage all Medicare paperwork
- Trusted Comfort: Compassionate care



SCHEDULE YOUR CARE TODAY!

603-945-0065

www.smilesfnh.com

DOES YOUR NONPROFIT ORGANIZATION NEED A NEWSLETTER?



**OUR COMMUNITY
NEWSLETTER**
OCTOBER EDITION



Engaging,
ad-supported
print and digital
newsletters to reach
your community.



Scan to
contact us!

Visit lpicomunities.com

SUPPORT OUR ADVERTISERS!



Dr. Woods
Hearing Center

Nashua Location
547 Amherst St. Suite 204 Nashua, NH 03063

Londonderry Location
50 Nashua Rd. Suite 200A Londonderry, NH 03053

(603) 889-7434



www.drwoodshearing.com

- Hearing Evaluations
- Hearing Aid Cleanings & Checks
- Tinnitus Treatment
- Hearing Aid Repair
- Hearing Aid Fittings & Adjustments
- Vertigo & Balance Assessments



**VALERIE
CLOUTIER**
REALTOR® SRES



Member of the Seniors
Real Estate Specialist Council
Licensed in New Hampshire
& Massachusetts

603-965-5197

Valerie@SNHhome.com

I'm Here for Your Estate Planning and Elder Law Needs

Deborah M. Bailin, Esq.

Bailin Sloat Law, PLLC

603-600-5550

dbailin@bailinsloat.com

- Financial Durable Powers of Attorney
- Health Care Advanced Directives
- Wills and Revocable Living Trusts
- Asset Protection Planning
- Qualifying for Medicaid
- Probate and Trust Administration



BAILIN SLOAT
LAW PLLC

835 Hanover St., Unit 302, Manchester, NH 03104



Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • www.4lpi.com

Londonderry Senior Center, Londonderry, NH

06-5439