

Londonderry Senior Center

July/August 2024 Newsletter

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



Hello from Ilona: As we roll into the summer months, my preferred time of year, I am so grateful to be part of the Londonderry community. As Director of Senior Affairs for a quick 2 years I cannot believe how much of the world has opened up to me in this sleepy little town (not) since hubby, kids and I moved here 20 years ago. At first, I was preoccupied with a long commute to a full-time career while watching our sons make their way through high school. Our daughter had already flown the coop, making a life for herself and making us grandparents. Our youngest son married first and brought 3 beautiful children to Londonderry. We lost our oldest son to a fast life and poor choices. My mother joined us in our home 3 years after my dad passed. She and I often drove by the senior center and I encouraged her to check it out, join and make new friends. She was a shy and reluctant immigrant so that never happened. I, on the other hand, was always drawn to this place. I was laid off at the age of 61 and found it very hard to find a new job. I was accustomed to interviewing and getting offers from the start. Not this time. I finally landed a role with Rockingham County Meals on Wheels. When the pandemic hit our routes expanded, we were able to move part of the Derry operation to the well-equipped and large Londonderry Senior Center kitchen. That is where I got to know the day to day workings of the LSC. I joined, helped out a bit and was so so fortunate to be able to replace Cathy Blash as director when she relocated to North Carolina with her husband. Since then we have kept programs going and introduced more. Our membership has grown to over 560. I would like to take credit for that but the LSCI group and folks climbing out of the pandemic have so much to do with it. We have over 300 hours of volunteer hours dedicated to the center every month. I have worked side by side with the Lions, Arts Council, Library, LPD, LFD, YMCA, Recreation Dept and Senior Resource Committee. It is an honor and privilege to be part of this community. It props me up every single day. I hope I can do the same for all of you! Have a wonderful New England Summer!

Welcome to our newest members: Jacqueline Michaud, Ray Breslin, Susan Grodin, Deloris Lamson, Diane Hoppe, Mary Dalton, Patricia Rickard, Paula Duyon, Lucy DaSans, Wayne Doodson, Linda Jere, Linda Senecal, Lois Dube, Valerie Brauer, Douglas Jones, Sherrill Abrams, Anne Mayo, Carolyn Berube, Anita Morrill, Edsel Pfabe, Ann Robie, Helen LoPresti, Sandra Grimes, Joanne O'Donnell, Aida Medeiros.....

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 website.

The Londonderry Senior Center will be closed Thursday July 4th 2024
to observe Independence Day



Past Events:

Aviation Museum Road Race 5/4/24 . The LSC collaborated with the Aviation museum to make LSC a pit stop for this annual event. Members of the Senior Center and folks in the neighborhood enjoyed watching the runners registered and participating in this wonderful fund raiser.

Visiting Angels 5/9/24 cancelled. It is unfortunate that scheduling programs that may help us in the future are not popular and well attended. When our members and Londonderry senior residents are ready for those next steps we hope to be able to help by providing you with a valuable resource guide. The **Senior Resource Committee** hopes to have this published and available by the end of 2024

Alzheimer's and Dementia Italian Luncheon 5/16/24... Members learned how to recognize the warning signs and how to speak to their doctor while enjoying a great meal prepared by LSC volunteers!

AARP SmartTek 5/23/24... This presentation gained popularity at our Senior Expo last fall and was well attended again in May. It is important to learn about all the fancy gadgets in your new or rental car!

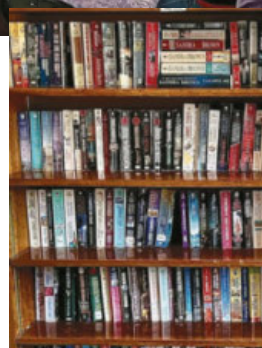
Off Our Rockers 5/30/24... This hilarious program never disappoints. We hope to invite this wonderful, fun and funny troop of entertainers from our Nevin's community back in 2025.

Jam Session 6/9/24... Always a popular and fun event. If We had close to 50 folks on a beautiful June Sunday afternoon. you have never been we highly recommend that you attend next fall! We plan a Halloween theme!

Off Our Rockers is a big hit!



Come to the Londonderry Senior Center for your summer read. We have plenty of paperback novels that you are welcome to take to the beach, the lake, your backyard or your comfy chair!



Londonderry Senior Center

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

Foot Clinic

with

Heather Dacosta - Nurse, CFCS

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

Tuesday 7/9/24

Wednesday 7/10/24

Tuesday 8/6/24

Thursday 8/8/24

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

Upcoming:

Volunteer Luncheon: 7/13/24... Did you know we have members who dedicate an average of 300 hour a month to the Londonderry Senior Center? The center could not operate without these amazing folks! To celebrate them LSCI 's Bonnie Ritvo and LSC's Ilona Arndt are throwing a luncheon for members who have dedicated 25 volunteer hours or more from last June 2023 to this May 2024. It is essential that you tell the front desk, Bonnie or Ilona every time you volunteer. We would love to see more folks at our annual celebration.

Luncheon: 7/25/24... We are still in the planning stages here. Stay tuned for more information. We have grabbed the kitchen back form Meals on Wheels a few times a year so that we can schedule more time enjoying a meal and hanging out together.

Coffee With a Cop: July date TBD... We have contacted the LPD to have them come and spend some time here. It is always nice for this vital part of our community to touch base with our citizens.

OHD Senior Picnic: 8/14/24... Old Home Day Senior Picnic Tickets will be available on 7/15/24 at the Senior Center for LSC members and Londonderry residents over 55. The Senior Center is open from 8-2 M-F. First come, first serve! 200 tickets will be available.....Always a great time!!

OHD Parade Senior Trolley: 8/17/24.... OHD Senior Center Trolley, sign ups start on 7/15/24 as well...seating for 20. See Ilona for any questions.

Historical Fiction Book Discussion: 8/29/24.... Join library staff on Thursday, August 29th @ 11:30am at the Senior Center for a book discussion! We will be discussing Kate Quinn's historical novel "The Alice Network." The book is about two women —a female spy recruited to the real-life Alice Network in France during World War I and an unconventional American socialite searching for her cousin in 1947—who are brought together in a mesmerizing story of courage and redemption. Copies of the book are available at the Leach Library.



Our Tai Chi instructor is taking a break in August. Classes will resume in September.



Londonderry Senior Resource Committee is pleased to announce
SAVE THE DATE
EAWAYS  **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."

The Walking Club Has started again every Wednesday at 10:30am-11:30 AM. Take a leisurely stroll down the Londonderry Rail Trail with other members to improve your health and well being....





Coming Together

LSCI NEWS CORNER

July - August 2024

Dear LSCI family,

As I write this news corner, I am hoping everyone is enjoying their summer and staying healthy. Happiness is not by chance, but by choice.

Just a reminder If you signed up for the Annual LSCI Membership meeting July 11th at 12:30pm we will see you then. If you would like to attend and you did not sign up please call me by July 5th (978-767-5057) and ask for Bonnie.

Our Ice Cream Social will be held on Thursday, August 15th 2024 this year. The cost is \$5.00 a person for all you can eat. Everyone is invited. Bring your Children, Grandchildren, friends and neighbors. This is a great deal at \$5.00 per person. Please sign up at front desk.

As a reminder, when you are here at the center lets be friendly and smile at all. We are one happy family. It is always nice to make someone feel comfortable. We have become such a friendly and happy center that makes everyone feel welcome. This is because of all of you. Thank you for making our center this way. We have a lot of new members and we appreciate everyone making them feel welcome. Remember to smile and say hello. As President of LSCI, I am so proud of all our members making this such a fun place.

The Cookie Walk and Craft fair will be held later this year. More information will be in the September News Corner. The date is Saturday November 4th 2024. If you would like to make a basket for our Raffle Table please let me know. The raffle makes a lot of money for the Senior Center.

"Beautiful young people are accidents of nature. But beautiful old people are works of art."

Eleanor Roosevelt

Bonnie Ritvo

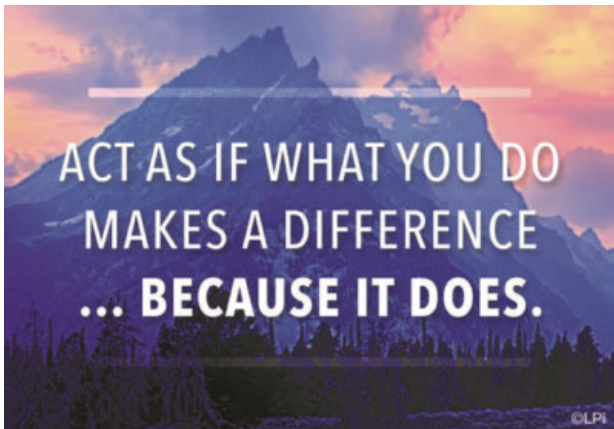
LSCI President

Summer Fun

K E G E R B T S L A V I T S E F S S S S
 C D N A T I N I G S L A D N A S S U C G
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Word List:

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|----------------|-----------|--------------|------------|
| BARBECUE | BASEBALL | BEACH | BIKING |
| BOATING | CAMPING | COOKOUTS | DANDELIONS |
| FARMERS MARKET | FESTIVALS | FIREFLIES | FISHING |
| FLIPPLOPS | FLOWERS | GARDENING | GOLF |
| GRILLING | HEAT | HOT DOGS | ICE CREAM |
| ICED TEA | JUNE | LEMONADE | MOSQUITOS |
| PICNIC | POOL | ROSES | SANDALS |
| SAND CASTLE | SPRINKLER | STRAWBERRIES | SUMMER |
| SUNBLOCK | SUNBURN | SUNGLASSES | SUNSHINE |
| THUNDERSTORMS | TRAVELING | VACATION | WATERMELON |



July 2023

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 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 12:15 Cribbage 12:30 Cornhole	09:00 Cards/Games 10:00 Chair Exercise 11:00 Bone Builders 11:00 Meals on 12:00 Diamond Art 12:30 Tai Chi	
	July 1, 2023	July 2, 2023	July 3, 2023	July 4, 2023	July 5, 2023	July 6, 2023
				Closed		
July 7, 2024	July 8, 2024	July 9, 2024	July 10, 2024	July 11, 2024	July 12, 2024	July 13, 2024
		Foot Clinic	Foot Clinic	10-12 Hearing Test LSCI Membership Meeting 12:30	9:30 Book Club	Volunteer Luncheon (invitation only)
July 14, 2024	July 15, 2024	July 16, 2024	July 17, 2024	July 18, 2024	July 19, 2024	July 20, 2024
	OHD Senior Picnic Tickets Available		10:00 Murder Mystery			
July 21, 2024	July 22, 2024	July 23, 2024	July 24, 2024	July 25, 2024	July 26, 2024	July 27, 2024
				Luncheon (TBD)		
July 28, 2024	July 29, 2024	July 30, 2024	July 31, 2024	August 1, 2024	August 2, 2024	August 3, 2024
			BIRTHDAY CAKE			

August 2023

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 Tai Chi (NO AUGUST CLASSES)	
August 4, 2024	August 5, 2024	August 6, 2024	August 7, 2024	August 8, 2024	August 9, 2024	August 10, 2024
		Foot Clinic		10-12 Hearing Test Foot Clinic	9:30 Book Club	
August 11, 2024	August 12, 2024	August 13, 2024	August 14, 2024	August 15, 2024	August 16, 2024	August 17, 2024
			OHD SENIOR PICNIC (tickets required)	LSCI ICE CREAM SOCIAL 12:30-2:00		OHD Parade Trolley (reservation needed)
August 18, 2024	August 19, 2024	August 20, 2024	August 21, 2024	August 22, 2024	August 23, 2024	August 24, 2024
			10:00 Murder Mystery			
August 25, 2024	August 26, 2024	August 27, 2024	August 28, 2024	August 29, 2024	August 30, 2024	August 31, 2024
			BIRTHDAY CAKE	Leach Library Book Discussion 11:30-12:30		

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