

# Londonderry Senior Center

March / April 2025

535 Mammoth Rd.

Londonderry, NH 03053

603-432-8554

Open M-F 8:30am-2:30pm



**Hello from Ilona!** As the seasons change so do things at the senior center. **We are changing our open hours beginning in March to 8:30-2:30 Monday through Friday.** It will not affect any of our current scheduled programs. In fact, we are adding **Zumba** to our lineup on Tuesday at 10:30am-11:15am for only \$4 a session! It's just another way to get a good workout and get that body moving. We are also asking for members to stick around after Bingo on Wednesdays to help give this place a nice spring cleaning. Mops, brooms, cleaners and rubber gloves will be provided. Also, as spring arrives we would like to re-introduce our **Walking Club** on Wednesdays at 10:30am. Gather together with other members and take a stroll down our wonderful Londonderry Rail trail right around the corner!

**WELCOME TO OUR NEWEST MEMBERS:** Jane Kirkland, Richard Martin, William Reynolds, Norma Bursaw, Glenna Knights, Barbara Bailey, Vaughan Osmond, Valerie Wickman, Peggy & Joe Ghiloni, Pamela Morneau, Ernest Henzi, Stephanie & Stephen Botcher, Michael Williams, Larry Johnson, Jaqueline Faucher, Gary Howe, Charles VanValkenburgh, Anne Webster, Mark Sacco, Elaine Tremblay, Sandra Santos, Cynthia & Kurt Hinxman, Edd Lastowski, Karen Giguere, Jack Churchill, Dennis Kolifraith, Dan Murphy, Linda Sullivan, Pamela Waksmonski, Janice Durkee

## Be My Friend

I am a newcomer, won't you please... Smile at me as I walk through the door. You are my first impression, the impression I will carry with me for a long time.

Help me as I find a seat. I will not find your help an intrusion, but a welcome gesture. In fact, I will remember your kindness.

Speak to me before and after the program. I am here to make new friends and want to talk.

I know you want to see your friends, but I may find it hard to believe that you truly care for each other unless I first see evidence that you care for the 'stranger' in your midst.

Tell me good things. I want to believe I have come to a place where people are doing fun and exciting things and who are positive and encouraging.

Invite me to become part of some activity. I don't want to feel invisible. I'm excited about making new friends and being part of the Londonderry Senior Center.

-Prose donated by Deanna Mele....

Look what's new at the Senior Center! Londonderry Senior Citizens Inc. has generously paid for new flooring in our kitchen and coffee lounge area. We are also getting new flooring in our 2 small bathrooms and hallways.... AND, they had a handicap ramp installed in the rear of the building. If you want to see the finished work you should stop in. We are here M-F 8:30am-2:30pm.



Cozy Flannel days during a cold January!



Our colorful Quilting Craft Group!!

The Londonderry High School music department created an incredible festive atmosphere at the Senior Center in December. Thank you so much for your talent, time and spirit.

## Seasoned Readers

### Book Club



Second Friday of every month  
9:30 am

*Monthly book selection can be picked up  
at the Leach Library front desk*



## Spring Is Here

F	G	T	A	D	P	O	L	E	P	X	C	D	I	J
W	G	H	A	T	C	H	P	I	M	K	H	G	C	Q
S	E	V	A	E	L	V	L	H	S	H	I	N	R	H
Z	H	M	A	Y	E	U	A	N	U	T	C	I	O	J
M	A	R	C	H	T	B	Y	J	N	R	K	R	C	O
E	B	M	S	P	R	O	U	T	S	I	G	P	U	H
S	G	N	I	L	K	C	U	D	H	B	B	S	S	L
B	U	T	T	E	R	F	L	Y	I	O	P	J	L	S
J	V	J	X	S	T	O	O	B	N	I	A	R	B	R
M	N	I	B	O	R	F	F	J	E	R	Q	H	H	E
O	B	M	A	L	E	A	S	T	E	R	J	R	L	W
O	F	R	U	D	Z	P	U	D	D	L	E	J	I	O
L	D	L	I	D	O	F	F	A	D	U	T	N	R	L
B	W	T	S	M	O	S	S	O	L	B	F	V	P	F
L	A	D	Y	B	U	G	O	W	O	B	N	I	A	R

APRIL	LAMB
BEE	LEAVES
BIRTH	MARCH
BLOOM	MAY
BLOSSOMS	PLAY
BUTTERFLY	PUDDLE
CHICK	RAINBOOTS
CROCUS	RAINBOW
DAFFODIL	ROBIN
DUCKLINGS	SPRING
EASTER	SPROUT
EGG	SUNSHINE
FLOWERS	TADPOLE
HATCH	TULIP
LADYBUG	

## Londonderry Senior Center



### ZUMBA GOLD FREE CLASS and DEMONSTRATION PRESENTED BY Tracey Randlett

LONDONDERRY SENIOR CENTER  
TUESDAY FEBRUARY 18 // 10:30AM  
ALL MEMBERS WELCOME

STOP BY TO LEARN ALL ABOUT IT!

**NEW CLASS!!!!**  
**CLASSES TO FOLLOW EVERY TUESDAY AT 10:30AM**  
**\$4.00 PER CLASS**

Zumba is known for the zesty Latin music, the easy-to-follow moves and the invigorating party-like atmosphere. Zumba Gold takes the Zumba formula and modifies the moves and pacing to suit the needs of the active older participants, as well as those just starting their journey to a fit and healthy lifestyle. Zumba is a fun dance fitness class. We offer the Zumba Gold class with certified instructor Tracey.

# 603 LEGAL AID

## Consumer Law Unit Presents: Scams and Identity Theft



603 Legal Aid is a non-profit organization that is here to help you!

This presentation focuses on the growing risks of scams and identity theft, exploring how personal information is stolen and misused by criminals. You will learn how to identify red flags, secure sensitive information, and respond effectively to potential threats.

**Londonderry Senior Center**  
**March 6, 2025**  
**11:00 a.m.**

OFFERING LEGAL INFORMATION, REPRESENTATION, ADVOCACY, AND  
EDUCATION FOR ALL OF NH

### Contact Us

Call: 603-224-3333 9am-2pm Mon-Thurs

Visit: [www.603legalaid.org](http://www.603legalaid.org)

93 N. State St, Suite 200, Concord NH 03301



## Londonderry Senior Center

535 Mammoth Rd, Londonderry NH, 03053

Thursday, March 20, 2025

12:00-1:30

Ham Luncheon // \$2.00

## OFF OUR ROCKERS!

"Off Our Rockers" is a group of active seniors who dramatically read short skits about our encounters with the challenges of everyday life.

A sign-up sheet is available at the reception desk

Limited space available

\$2.00

The deadline to sign up is March 14, 2025 / 603-432-8554

Open to Londonderry Senior Center members

## Londonderry Senior Center

Presents:



**Thursday April 17, 2025 11am-12pm**

535 Mammoth Rd. Londonderry NH 03053

Strategic Caring Solutions' team of experts assist families with how to manage assets before or during a time of crisis, to ensure the proper legal documents are in place, as well as to create a long-term care plan that includes the Medicaid process and to provide funding options and strategies to preserve an estate from a nursing home. We are here to offer our expertise to individuals and families in times of crisis or before one begins. We understand there are many individuals who do not know where to turn when a long-term care event strikes and need a resource of professionals to help guide them to a successful outcome. We are committed to helping families navigate some of the most challenging and stressful moments in their lives:

- The importance of Medicaid planning as part of an overall long-term care plan.
- How to protect assets and preserve your estate from a nursing home.
- Identify the legal documents you need in place.
- The professionals needed for an effective plan.
- The keys to a successful outcome.

Senior Center members, Londonderry Seniors

and their family's welcome!

Call 603-432-8554 to sign up for this free program

# Londonderry Senior Center

## Donation Requests:

Many members ask what they can donate to the Senior Center. We are happy to accept consumable items that are used on a regular basis. Here are some suggestions:

- |                   |                                       |
|-------------------|---------------------------------------|
| Toilet Tissue     | Snacks                                |
| Paper Towels      | Creamer                               |
| Laundry Detergent | Sugar                                 |
| Tissues           | Complete Puzzles (500 piece or less)  |
| Clorox Wipes      | Paperback Novels                      |
| Seasonal Plates   | Magazines (no more than 2 months old) |
| Napkins           | Unused Greeting Cards                 |
| Plastic flatware  | Unused Yarn                           |
| Cups              |                                       |

### We do **not** accept:

- Hardback Books
- Clothing, Shoes
- Foods
- Gadgets, electronics, kitchen gear
- Linens

Please check in with Ilona if you have questions.

**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.

**You outta know.....** Our Town Election will be at the Londonderry High School on Tuesday March 11th. **Let your voice count** as we vote for town officials and warrant articles!

You can help decide where and how your tax dollars are spent.



# NEVER MISS OUR NEWSLETTER!


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LONDONDERRY SENIOR CENTER March 2025 Open M-F 8:30am-2:30pm

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	09:00 Cards/Games	09:00 Cards/Games	09:00 Cards/Games	09:00 Cards/Games	09:00 Cards/Games	
	10:00 Chair Exercise	09:00 Yoga	11-2 Knit/Crochet/Crafts	09:00 Yoga	10:00 Chair Exercise	
	11:00 Bone Builder	10:00 Chair Exercise	10:00 Chair Exercise	10:00 Chair Exercise	11:00 Bone Builders	
	11:00 Meals on Wheels	NEW 10:30 ZUMBA	10:30 WALKING CLUB	11:00 Meals on Wheels	11:00 Meals on Wheels	
	12:15 Cribbage	11:00 Meals on Wheels	11:00 Meals on Wheels	12:15 Cribbage	12:00 Diamond Art	
	12:00 Mah Jongg	12:15 Bingo	12:15 Bingo	12:30 Cornhole	12:30 Tai Chi	
	12:30 Ceramics		1:30 Cleanup Committee			
	12:30 Line Dancing					
03/02/25	03/03/25	03/04/25	03/05/25	03/06/25	03/07/25	03/08/25
				603 Legal Aid Scam Presentation 11-12		
03/09/25	03/10/25	03/11/25	03/12/25	03/13/25	03/14/25	03/15/25
		Foot Clinic Town Election	Foot Clinic	Hearing Test 10-12		
03/16/25	03/17/25	03/18/25	03/19/25	03/20/25	03/21/25	03/22/25
			Murder Mystery 10-11	Off Our Rockers Luncheon 12:00-1:30		
03/23/25	03/24/25	03/25/25	03/26/25	03/27/25	03/28/25	03/29/25
						

LONDONDERRY SENIOR CENTER

APRIL 2025

Open M-F 8:30am-2:30pm


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	09:00 Cards/Games	09:00 Cards/Games	09:00 Cards/Games	09:00 Cards/Games	09:00 Cards/Games	
	10:00 Chair Exercise	09:00 Yoga	11-2 Knit/Crochet/Crafts	09:00 Yoga	10:00 Chair Exercise	
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	12:00 Mah Jongg	12:15 Bingo	12:15 Bingo	12:30 Cornhole	12:30 Tai Chi	
	12:30 Ceramics		1:30 Cleanup Committee			
	12:30 Line Dancing					
03/30/25	03/31/25	04/01/25	04/02/25	04/03/25	04/04/25	04/05/25
04/06/25	04/07/25	04/08/25	04/09/25	04/10/25	04/11/25	04/12/25
		Foot Clinic	Foot Clinic	Easter Breakfast 10-11	9:30 Book Club Returns!!	Arts Café
04/13/25	04/14/25	04/15/25	04/16/25	04/17/25	04/18/25	04/19/25
			Murder Mystery 10-11	Strategic Caring Solutions 11-12		
04/20/25	04/21/25	04/22/25	04/23/25	04/24/25	04/25/25	04/26/25
						
04/27/25	04/28/25	04/29/25	04/30/25	05/01/25	05/02/25	05/03/25
						

# Peabody Funeral Homes and Crematorium

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Londonderry Location  
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- Wills and Revocable Living Trusts
- Asset Protection Planning
- Qualifying for Medicaid
- Probate and Trust Administration



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