

# Senior Moment-um

April - June 2026

Please **RSVP** to the Gilford Parks and Recreation Department by calling the office at **603-527-4722 by the deadline provided**. **Timely reservations and cancellations** are very important for planning purposes, but also when people cancel late or fail to show up, it still costs our Department money. This may eventually have to lead to an **increase in the cost of the meals** for all of us, so **please** help us out with this. Thank you!!!

## Senior Strides Walking Continues!

According to the calendar, spring is here! However, we're probably not out of the woods yet! So in the meantime, if you'd like to still get in a little indoor exercise, you can join us on **Wednesdays from 10:45 AM – 11:45 AM** at the **Gilford Youth Center gym** to do a bit of indoor walking! No need to worry about the outside weather or temperatures! There's no charge for the program. Just bring/wear comfortable walking shoes and your own water bottle, and enjoy some social time while getting in your steps. Walk as many laps around the gym as you like, it's up to you! Chairs will be available to take a break while you're walking. No need to RSVP – just come, sign up, and join us!!! We play a mixture of fun oldies music and play a little "Poker Walking" as we do our laps!! The program is anticipated to end for the season on Wednesday, April 22nd.



## April 13 – Lunch and “Name That Tune”

Let's try another walk down music "Memory Lane!" We'll be serving up a lunch featuring Italian ham, mashed potatoes, carrots, rolls and butter, and a Chef's Choice dessert. Coffee, tea, hot chocolate, and water will also be available. After lunch has been served, we'll let the music begin!!! We will be playing short snip-its from a variety of songs from the 60's through the present, and we'll see how well we all do coming up with the title of the song and who sang it! We will meet at the Gilford Community Church, Fellowship Hall at **11:30 AM**, and the cost for the program will be **\$11.00**. So please join us if you can as we eat, rock, roll, and remember!!! **Please RSVP by Wednesday, April 8.**



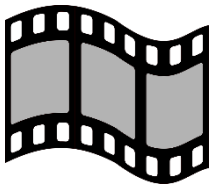
## April 27 – Lunch and Team “Pictionary”

We will be meeting at the Gilford Community Church, Fellowship Hall, at **11:30 AM**, and we'll be serving a heartwarming lunch of meat loaf, mashed potatoes, green beans, rolls and butter, and a Chef's Choice dessert. Coffee, tea, hot chocolate, and water will also be available. Then we're going to jump into some team “Pictionary!” Yes, there will be some drawing involved, but great artistic talent is not required!!! It should be a fun time for all with plenty of guaranteed laughs! The cost for the program will be **\$11.00.** **Please RSVP by Wednesday, April 22.**



## May 11 – Lunch and A Movie

Please meet us at the Gilford Community Church, Fellowship Hall, at **11:30 AM** for a tasty soft taco bar lunch, served with rice and beans, and a Chef's Choice dessert. Coffee, tea, hot chocolate, and water will also be available. After our tummies are nice and full, we'll sit back and enjoy the movie “Minari.” As a bit of a salute to Mother's Day (5/10) and Father's Day (6/21), this film is a tender and sweeping story about what really roots us and truly makes a family. The cost for the program will be **\$11.00.** **Please RSVP by Wednesday, May 6.**



## May 27 (Wednesday) – Dessert and A Show – “School of Rock Jr.”

Save the date – further information to follow!!!

## June 8 – Passport to Europe – Tour France, Italy, and Portugal with Monica and Peter Sawyer

Once again we are so very pleased to have Peter and Monica Sawyer take us on a virtual trip – this time it will be a tour of Europe, featuring France, Italy, and Portugal! What a ride!!! We will meet at the Gilford Community Church, Fellowship Hall at **11:00 AM** for the presentation. Then right after that, we will be serving up a mouth-watering lunch of rigatoni bolognese, a tossed salad, rolls and butter, and a Chef's Choice Dessert. The cost for the program will be **\$11.00.** **Please RSVP by Wednesday, June 3.**



## June 22 – Lunch and Team Trivia

It's that time for us to once again put on our “Thinking Caps” and exercise our minds a bit! But first we will nourish ourselves with a great summertime box lunch containing an Italian sub, chips, a drink, and a Chef's Choice Dessert. We will be meeting at the Gilford





Community Church, Fellowship Hall at **11:30 AM**. Then after lunch has been served, we'll dive into a little trivia competition, with questions covering a variety of categories. Once again, this is all for fun - no pressure, no need to study up on anything! The cost of the program will be **\$11.00**. **Please RSVP by Wednesday, June 17.**



**\*\*\*IN THE FUTURE, IF YOU KNOW YOU OFTEN END UP BRINGING LEFTOVER FOOD HOME WITH YOU, IF YOU COULD BRING YOUR OWN SMALL PLASTIC FOOD CONTAINERS WITH YOU, THAT WOULD BE VERY HELPFUL. WE FIND WE ARE GOING THROUGH OUR VARIOUS TO-GO CONTAINERS VERY QUICKLY, SO TO HELP CUT DOWN ON COSTS, BRINGING YOUR OWN CONTAINERS WILL HELP A GREAT DEAL. THANKS SO MUCH!!\*\*\***



**AS ALWAYS, VERY SPECIAL THANKS TO OUR OWN CHEF DAN BARNHART AND HIS WIFE LINDA FOR PLANNING, PREPARING, AND DELIVERING ALL OUR WONDERFUL, DELICIOUS MEALS!!!**



**HAPPY SPRING – WELCOME SUMMER !!!  
HOPE YOU CAN JOIN US FOR THE FUN, FOOD, AND  
FRIENDSHIP!!!  
DON'T FORGET TO GIVE US A CALL: 603-527-4722**

 **hello  
spring!**

