



# 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](mailto:seniorctr5@comcast.net)

Website: [cnhcs.org](http://cnhcs.org)

**Volume 22 ~ Issue 6**

**Welcome Back**

**June 2021**

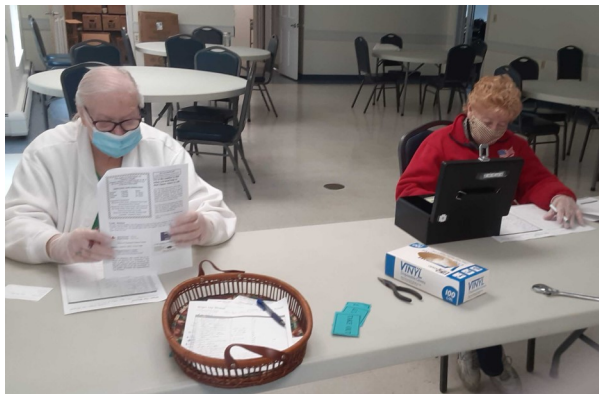
## ***Happy Father's Day to All Fathers!***

### **Election for Board of Directors.**

Normally, elections are scheduled in May, with candidates presented in April for members to review. The elections had been delayed until the Nominating Committee was able to present a list of candidates to the membership at the June business meeting. With the delay of the election, the new Board of Directors members will be elected at the July business meeting. We will also be using Absentee ballots

Absentee ballots must be received 1 week before the election date. Absentee ballots may be obtained from the desk or printed from the CSC website: Members will submit absentee ballots in a double envelope; with the ballot in an unmarked envelope placed into an envelope with the member's name clearly printed on the outside envelope. Absentee ballots can be mailed to the Center, attn: Ballot, or given to the executive director or receptionist at the lobby desk. Your envelope containing the ballot will be put into the ballot box in the lobby to be opened at the election.

If you have questions about the process, please ask.



Brenda and Marilyn have been taking care of business for meals through the entire pandemic! Every noon lunch and Turkey Dinner.

Thank you Brenda and Marilyn!

## **Our FIRST Business meeting of 2021! We need to hear from you!! Come to the June Senior Center monthly business meeting !**

The June Business Meeting is very important! Our last business meeting was December 2020. Six months of new business!

We have a by-law change to be presented. We will vote on the change at the July meeting.

The nominating committee will present a list of candidates for the election of Board and the Finance Committee. Voting will take place by Absentee ballot or voting at the July meeting. Absentee ballots can be picked up at the Center or requested by email, but must be submitted according to the procedure.

Other interesting items will be the Treasurer's report, return of Bingo, and issues that need to be resolved. And your opportunity to ask questions and meet our new Executive Director!

**Hope we see you there!**

## **COVID restrictions are eased at Claremont Senior Center**

At the May Board of Directors meeting, Board members decided to continue restrictions according to the CDC and NH State COVID guidelines. Masks will be required for Members and Guests who have NOT been fully vaccinated. That is, two weeks after the recommended vaccines have been received. For those who are fully vaccinated, masks are optional. The CDC is recommending masks for all to protect from infection for everyone.

### **Interim Director Board of Directors**

**Pending**

**Chair**

Denise Liveston

542-5725

Brenda Ruest

542-6644

**Vice Chair**

Debbie Bedard

558-3710

Dennis Francis

543-0551

**Treasurer**

Lloyd Mann

542-5774

Michele Bryant

543-0468

**Secretary**

Donna Cornett

826-3260

Marilyn Gilbert

542-5798

Shirley LaClair

542-3202

## Mon. - Fri.

### Tentative Schedule for our June

#### Saturday and Sunday

Closed

#### Monday

9 AM — 3PM Open for activities

#### Tuesday

9 AM — 3PM Open for activities

11:45 AM Drive through Lunch

12:30 PM **Membership Meeting (June 8)**

6 - 9 PM Open for activities

#### Wednesday

8:30 AM **Foot Clinic (June 9, 16, 23)**

9 AM — 3PM Open for activities

#### Thursday

8:30 AM **Foot Clinic (June 3)**

9 AM — 3PM Open for activities

11:45 AM Drive through Lunch

6 - 9 PM Open for activities

#### Friday

Closed

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

#### Activities during open hours:

Pool, Card Games, Cribbage, Puzzles, Chess, Mah-jong, Corn Hole, Ping Pong, Knitting, Quilting, So-cializing, Hanging out, Computer use, Browsing the Library, Suggestions

**Monthly Center Business meeting is  
Tuesday, June 8 @ 1:00.**



[www.EssCorElectronics.com](http://www.EssCorElectronics.com)

Steve Spetelunas - Owner 603-542-3745  
4 Second Street 603-287-4333 fax  
Claremont, NH 03743 Steve@EssCorElectronics.com

## Reserve Your New Apartment Today!

Contact Leigh Stocker to Book a Virtual Tour:

[lstocker@summercrest.net](mailto:lstocker@summercrest.net) • 603-863-8181

- Competitive pricing
- Fun-loving community
- Convenient location
- 20+ years of experience



Independent Living | Assisted Living | Memory Care

## June 2021 Menu

**Menu is subject to change**

**Drive thru Takeout ONLY**

Tuesday (1) Turkey Shepherd's Pie, Cranberry Sauce, Dessert

Thursday (3) Swedish Meatballs, Gravy, Egg Noodles, Vegetable, Dessert

Tuesday (8) Baked Beans, Hot Dog, Roll, Cole Slaw, Dessert

Thursday (10) Spaghetti w/meat Sauce, garlic Bread, Vegetable, Dessert

Tuesday (15) Turkey ALA King over Rice, Dessert

Thursday (17) Pork Loin, Baked Potato, Applesauce, Vegetable, Birthday Cake

Tuesday (22) Chicken Cacciatore, Rice, Vegetable, Dessert

Thursday (24) Mac & Cheese, Ham, Vegetable, Dessert

Tuesday (29) Ham & Cheese Grinder w/Fixings, Chips, Pickles, Dessert

**Call 543-5998 to reserve your meal.**

**Meals may be suspended temporarily without notice.**

**Our meals  
are made  
fresh by our  
volunteer  
staff and  
mostly from  
scratch.  
Thank you  
Linda, Ann,  
and Ken.**



Ken has shared 2 of his favorite recipes. He is still looking for recipes that we can make for our meals. So, please share recipes of your favorites or maybe a family recipe! You can drop it off at lunch; give it to Ken or Tom, or bring it in to the front desk. Or you can email it. BUT PLEASE DO NOT TEXT IT! Our phone doesn't know how to do texts!

**Free! Free! Free! Free! Summer Concerts are BACK!**

**At the Claremont Senior Center**

**5:30 — 7:00 Desserts available**

**6:30 to 8 PM The Band Plays On!**

**July 3rd East Bay Jazz Ensemble sponsored by Crown Point Cabinetry**

**August 6th Firehouse 6 Dixieland Band sponsored by Roz Caplan**

### **RENTALS AVAILABLE**

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, weddings, funeral receptions, showers, birthday parties, Mozden room, Owens room and conference room (8 person capacity).

Member and Volunteer discounts may apply! Ask at the desk for 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



### **Men's Breakfast is returning!**

Monday June 14; 8 AM

Pancakes, bacon, juice and coffee.

Lousy service, great company.

Still \$2 members, \$3 guest men.

Sign up appreciated

Come in or call 543-5998

### **Coming Soon! Our almost annual Penny Sale.**

Bigger! Better than ever. **July 18.** Save the date! Tools, sports gear, kitchen and household items, curios, collectibles and more! We need volunteers! Contact the Center if you can help. We have enough items for the penny sale and we are no longer accepting items.



May 17 was our first Men's Breakfast this year. Ken prepared bacon and pancakes as per tradition.

## **Happy June Birthdays!**

<b><i>Birthstone Flower</i></b>	<b><i>Alexandrite Rose</i></b>
-------------------------------------	------------------------------------

Gerald Baillargeon  
Marilyn Brody  
Victor Fleury  
Doris Hale  
Ted Hopkins  
Bev Janelle  
Thomas Liveston  
Edward Miville  
Priscilla Roberts  
Ronald Stevens  
Meryl Streep

George Blake  
Virginia Dufresne  
Robert Hamel  
Beatrice Hobbs  
Jean Howe  
Denise Liveston  
Penny Mann  
Elon Musk  
Ted Ruest  
Lorraine Strobbe  
Mark Wahlberg

**The secret of staying young is to live honestly, eat slowly, and lie about your age. [Lucille Ball](#)**

### **Christmas in New York City**

We are looking at the possibility of a trip to NYC for Christmas. The trip would include the Radio City Spectacular Christmas show, and at least 2 overnights. We have several people who are interested, but we need more if we are to put the work into the trip. We need to know if it will be worthwhile to further pursue. If you have never been to NYC at Christmas, you have missed a great trip.

Call the center and leave a message, write a note and hand it in at lunch, or email us that you are interested.



**A Birthday Button for you to cut out and wear on your birthday.**

**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](mailto:sarah@wheelocktravel.com)**

**FREE MONEY!** State of NH has a website for unclaimed money. Go there, put your name in and see if you have some treasure! Here is the link:

<https://newhampshire.findyourunclaimedproperty.com/>

## **Donations List**

**Small donations to the center help defray some of the expenses incurred in our daily operations especially regarding the kitchen and office. Members...feel free to offer suggestions to the list. Thank you for your donations!**

### **Desperately needed ITEMS for the kitchen!**

Market Basket gift cards	bell stuffing mix	spaghetti	elbow macaroni
pie fillings: apple, cherry, blueberry, mincemeat		pie crust	
Sandwich or Snack size bags	left over/ deli containers	Turkeys	
Cans of fruit cocktail, peaches and cranberry sauce		frozen vegetables	

**Ask Ken for other kitchen items that are needed**

### **Other still needed ITEMS!**

Lysol Spray	Wal-Mart Gift Card	"Forever" First class postage stamps
	Facial Tissue	Disinfecting wipes

## HELP US OUT!

Want to help the center financially?  
Here's how to sign up for  
AmazonSmile.



We make money every time you buy!

1. Visit [smile.amazon.com](https://smile.amazon.com)
2. Sign in with your Amazon.com credentials
3. Choose a charitable organization to receive donations, or search for Claremont Senior Center as your charity choice.
4. Select Claremont Senior Center as your charity
5. Start shopping!
6. Add a bookmark for [smile.amazon.com](https://smile.amazon.com) to make it even easier to return and start your shopping at AmazonSmile.

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MLS

### Thinking of joining the Center?

Come on over...we have a new member program.

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!

### Have you waited to pay your dues??...

Many members have waited to pay their dues until we reopen. Well, we are now open. Membership dues are good for 1 year. So, if your dues are not paid you will not be eligible for member benefits. You should have received a post card in the mail or an email to help remind you when your dues are up for renewal. YOU as a member are valuable to our center community and we do not want to add you to the "inactive" member list! We hope you will continue to participate in activities at the center. You can send in your dues or hand them in at lunch pickup. To all who have paid up their dues— thank you for paying your dues on time!

## Senior Center Catering

Need catering for your function when you rent at the center?  
See Ken Simoneau for details!

### What do you want to do?

Since the Center has reopened on a limited basis, there is a need to know what our members want

TELL US!! Drop a line via our email, [seniorctr5@gmail.com](mailto:seniorctr5@gmail.com), or write down what you want to happen at the center and drop it off at the desk.

### Visit the Library!

We have several books in our lending library. Come take a book.

### R U Bored?

If you would like to do some yard work or clean the inside of the building, call the center, 543-5998, leave your name and number, and we will get back to you.

### Business Card Ad

Any business that would like to put a Business Card size ad in our monthly newsletter is welcome! Cost is \$200.00 per year (12 inserts).



Have you seen our

Facebook page?



## Claremont Senior Center, Inc.

We are trying to keep everyone informed during this crisis. We may need to post changes and information in a short notice, and this is the best way. You can reach the page even if you are not a Facebook subscriber.

### Free Smoke Detector

**Claremont Fire Dept** is providing free smoke alarms to single family homes. If you don't have smoke detectors or they are more than 10 years old, they will install detectors for free!

Call 542-7012 or

[email: cfdcode@claremontnh.com](mailto:cfdcode@claremontnh.com)

Tom Belaire, Dep Chief, Fire Prevention

## Letter from the Chair:

The Board is happy to announce that we have a new Executive Director. Suany Travis will officially begin her duties the week of June 14, but you can meet her on June 8 at the June business meeting. I am sure that you will like her.

We have almost fully reopened. Once we find a couple more volunteers to cover the front desk we can open 5 days a week. Hearing voices, laughter and seeing members return has been awesome. After being closed for so long, returning to some normalcy is good.

We would like to begin Bingo in July, but we still need a few more volunteers. If you don't want to do every week, how about one day a month?

I encourage everyone to attend the business meeting on June 8. The list of nominees for the Board of Directors will be presented to the membership and elections will take place in July. The Board will also present a change to the by-laws that will be voted on at the July business meeting. The Board has already passed the by-law change. Now it is up to you to vote on it.

Be sure to come in and say "Hi!" to your friends or make new friends at the Center.

See you at the Center !

Denise Liveston, Board Chair

*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.*



The quilters are back 1st Wednesday of the month.



**ROZ CAPLAN**  
Broker-Owner

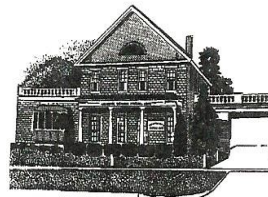
O. 603-542-7766  
C. 603-477-3766  
rozcaplan@century21highview.com  
www.century21highview.com  
42 Summer Street  
Claremont, NH 03743

Each Office Independently Owned and Operated

### It's puzzling!

We have two puzzles going in the lobby! Come work out the puzzling pictures in our new beautiful puzzles

We also have puzzles you can borrow or trade,. Many have been completed before! So, come and grab one!



603-543-3146

Fax- 603-542-9223

email: [memorials@stringerfh.com](mailto:memorials@stringerfh.com)

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

### **SOUTHWESTERN COMMUNITY SERVICES VOLUNTEER DRIVERS PROGRAM**

Seeking individuals with cars to provide transportation for others who need to get to appointments. Can you help?

Please Call 542-9609 for information

### **Zoom comes to CSC**

Claremont Senior Center has acquired a ZOOM license to use for the members to connect with friends and family. Almost as good as being there.

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 April volunteer hours

Kitchen	6 people	hours
Desk	1 person	13 hours
Grounds	1 person	11 hours
Other	4 people	64 hours

#### Attention Volunteers!

We know that some volunteers have not  
documented their hours!

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.

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

**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 guaran-  
teed person-to-person assistance 24/7 with  
translation assistance in over 150 lan-  
guages. For everyday needs and difficult  
times, 211 NH is your connection to thou-  
sands 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](http://www.211nh.org) for additional infor-  
mation.

### 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!



#### Blood Drive at Claremont Senior Center

Monday, June 21, 2021; 12 to 5 PM

To make an appointment to donate  
Call 800-RED-CROSS or online at  
<https://www.redcrossblood.org/give.html/>

Are you someone who would like to or-  
ganize an activity? Or a fundraiser? Help  
write a grant? Are you a Facebook fan  
who can monitor and post on Facebook?  
Would you like to do the newsletter? (I  
will gladly relinquish the responsibility!)  
Let us know!



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



239 Old Newport Road  
P.O. Box 1100  
Claremont NH 03743-1100

Website: [www.generalautosalvage.com](http://www.generalautosalvage.com)  
Email: [sales@generalautosalvage.com](mailto:sales@generalautosalvage.com)



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CLAREMONT SENIOR CENTER INC  
5 ACER HEIGHTS RD  
CLAREMONT NH 03743

**RETURN SERVICE REQUESTED**

## **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.