



# 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 21 ~ Issue 10**

**October 2020**

Claremont Senior Center opened mid-September!

Letter from the Chair

It has been so nice to see members milling around the center socializing with others and hearing conversations and laughter in our halls and rooms again!

We are doing a soft slow reopening. This gives to Board of Directors and Jim a chance to see what is needed and how much is needed to thoroughly clean and sanitize for each day we are open. This has been a learning process for us, too. There are several guidelines and requirements we must meet in order to ensure your safety and the safety of all who enter the building. And, we must do this with a limited amount of manpower.

Each day we are open we must make sure that bathrooms and activity areas have been thoroughly cleaned and sanitized from the previous opening. The center is thoroughly cleaned and prior to opening we use a sanitizer that kills viruses for up to 24 hours. We use that just before opening; on the latches, door handles, push bars, light switches, handicap door pads, water faucets, water fountain, reception desk and any surface we think anyone may touch. The 24 hour sanitizer allows us to not have to clean every 2 hours as guidelines recommend. Remember, safety and your protection are our primary concerns.

At this time, I wish to thank everyone who has stepped up to clean the areas you have used at the center. Your effort does make things much easier for all of us.

I hope everyone takes precautions and follows all of the recommended guidelines. Also, make sure you get a flu shot so your immune system can stay strong and so you can stay healthy.

Denise Liveston, Board Chair



Fall decorations for the center. Thank you Mary!

<b>Interim Director</b>	Jim Contois	504-8379		
<b>Board of Directors</b>				
<b>Chair</b>	Denise Liveston	542-5725	Shirley LaClair	542-3202
<b>Vice Chair</b>	Debbie Bedard	558-3710	Brenda Ruest	542-6644
<b>Treasurer</b>	Lloyd Mann	542-5774	Dennis Francis	543-0551
<b>Secretary</b>	Donna Cornett	826-3260	Michele Bryant	543-0461
			Marilyn Gilbert	542-5798

## Center Daily Activities October 2020

### Sunday

Not yet open

### Monday

Not yet open

### Tuesday

9 AM—3 PM OPEN FOR ALL ACTIVITIES

Cards, puzzle, socialize, knit, watch TV,  
reading newspapers, Mahjong, using computers,  
watching DVD's, reading

11:45—12:15 Drive Through Lunch

12:30 PM **Membership Meeting (Oct 6)**

3:00 PM CLOSED until 6 PM

6 — 9 PM Game Night

### Wednesday

8:30 AM Foot Clinic (October 14, 21, 28)

11:00 AM OPEN FOR ALL ACTIVITIES

Cards, puzzle, socialize, knit, watch TV,  
reading newspapers, Mahjong, using computers,  
watching DVD's, reading

1:00 PM Senior Bingo (55 & older)

### Thursday

8:30 AM Foot Clinic

9 AM—3 PM OPEN FOR ALL ACTIVITIES

Cards, puzzle, socialize, knit, watch TV,  
reading newspapers, Mahjong, using computers,  
watching DVD's, reading

11:45—12:15 Drive Through Lunch

1:00 PM Knitters, Mahjong

### Friday

Not yet Open

**Pool - Tuesday and Thursday (9 AM-3 PM)  
Wednesday (11 AM—3 PM)**

October Center monthly  
business meeting !

October 6 @ 1:00  
See you There!!

**Foot Clinic has resumed!  
Wednesdays October 14, 21, 28  
Sponsored by Lake Sunapee Region  
VNA & Hospice  
There is a charge (\$25)  
check senior center Facebook  
Appointments will be required!  
Call (603) 526-4077**

## Pick-up Lunch at the Center

Enjoy our homemade lunch at the center on Tuesdays  
and Thursdays with a drive through pickup. Have a

## October Menu

**Call to reserve your meals; 543-5998**

**Pickup between 11:45 and 12:15**

**Thursday (1) Fresh Made Stuffed Peppers w/ To-  
mato Sauce, Vegetable, Dessert**

**Tuesday (6) Fresh Cut Salad, Home Made Meat  
Lasagna, Garlic Bread, Dessert**

**Thursday (8) Chicken with Mixed Vegetables  
over Buttermilk Biscuit, Dessert**

**Tuesday (13) Homemade Split Pea Soup, Ham  
Sandwich, Dessert**

**Thursday (15) Soup, Boneless Pork Chop, Ap-  
plesauce, Mashed Potatoes, Veggie, Birthday  
Cake**

**Tuesday (20) Soup, Baked Haddock, Rice Pilaf,  
Veggie, Dessert**

**Thursday (22) Soup, Hamburger with Lettuce, To-  
mato, and Onion, Roasted red potatoes, Dessert**

**Tuesday (27) Soup, Open Face Turkey Sandwich  
w/ Stuffing and Gravy, Cranberry Sauce, Veggie,  
Dessert**

**Menu is subject to last minute change  
Meals may be suspended temporarily  
without notice.**

**Drive thru Takeout ONLY  
until further notice.**

## Winter Fling Craft Fair Cancelled

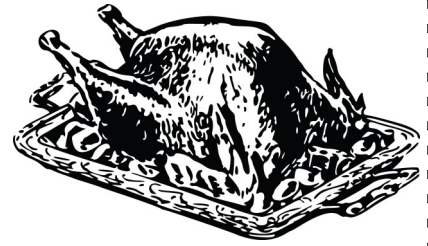
**In the best interest of our  
members and participants,  
Claremont Senior Center is regretfully  
cancelling the Winter Fling Craft Fair  
Due to COVID concerns  
and concerns for everyone's safety.**

**Call 543-5998**

# Gobble!Gobble!Gobble!

## Old Fashioned Turkey Dinner

Turkey with stuffing, gravy, cranberry sauce. Mashed potato, squash and Dinner roll, and a delicious dessert



**Saturday October 17; 5:00—6:30 PM**

**Drive Through pickup only. Call 543-5998 to reserve your dinner**

*We are accepting donations for the dinner.*

*Can you donate a frozen turkey? We also need help with desserts by donating money and ingredients for desserts to help with the dinner.*



**American  
Red Cross**

**Blood  
Services**

Blood Drive at Claremont Senior Center  
October 19

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

**You can vote absentee if any  
of the following apply:**

**Absence.** You won't be in town during  
polling hours on election day.

**Disability.** You are unable to vote in person  
because of a disability or illness.

**Work obligation, childcare or caring for  
Infirm adults during polling hours.**

**Religious commitment** prevents you  
from appearing in public at the polls.

**Concern about COVID-19.**

**Call our hotline at  
603-GO-N-VOTE  
(603-466-8683)**

**Or visit the NH website  
<https://www.voteinnh.org/absentee>**

**Your mailed ballot must arrive at your  
clerk's office by 5 PM on E-DAY**



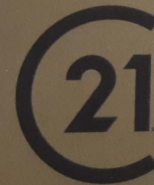
### LATE MODEL AUTO & TRUCK PARTS

Local: 603-542-9595  
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)



**ROZ CAPLAN**  
Broker-Owner

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C. 603-477-3766  
[rozcaplan@century21highview.com](mailto:rozcaplan@century21highview.com)  
[www.century21highview.com](http://www.century21highview.com)  
42 Summer Street  
Claremont, NH 03743

Each Office Independently Owned and Operated

### Game Night

Every Tuesday (6:00 - 9:00 PM)  
Play Pool, Hand & Foot Card Game,  
work on a puzzle, or socialize.

### 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)

**Happy October Birthdays!**  
*Birthstone Flower*      *Opal & Tourmaline Marigold*

Julie Andrews  
 Chevy Chase  
 Janice Fletcher  
 Sandra LaRoche  
 Laurette Mayo  
 John Merchant  
 Ron Nelson  
 Richard Preston  
 Gloria Purple  
 Susan Rice  
 Richard Slade  
 Sally Stoughton  
 Krzysztof Wilczich

Nancy Carver  
 Matt Damon  
 Ron Gilbert  
 Lloyd Mann  
 Janet McCusker  
 Joanne Nash  
 Richard Pederson  
 June Pounder  
 Frances Raymond  
 Joanne Schnyer  
 Jon Stoughton  
 Sigourney Weaver  
 Rita Wolfe



Anne displays her cake!

**Seniors Bingo Revisited**  
 we need enough people to do it right!!  
 See Ken if you can help!  
 Members only to begin &  
 reservations required  
 Wednesdays  
**Masks will be required!**

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

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



**Thinking of joining the center?**

Come on over...we have a new 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!

Did you get your FLU SHOT?

If you missed the Flu Clinic at the center sponsored by VNA, there are other opportunities:

CVS, Rite Aid, WalMart have Flu shots for a cost. If you have insurance, they may cover your cost.

Dartmouth Hitchcock has drive thru flu clinics by appointment. For information, go to the D-H website at

[https://www.dartmouth-hitchcock.org/flu/dhmc\\_flu\\_vaccine\\_schedule.html](https://www.dartmouth-hitchcock.org/flu/dhmc_flu_vaccine_schedule.html).

**Reserve Your New Apartment Today!**

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 lstocker@summercrest.net • 603-863-8181

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



Independent Living | Assisted Living | Memory Care

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

Seeking individuals with cars to provide transports for others who need to get to appointments.

Can you help?

Please Call 542-9609 for information

## **Senior Men's Breakfast Returns (for men only) Good Food, Lousy Service Great Company! October 19; 8:00 AM**

Members \$2.00 Non-member guests \$3.00

This is a test for our inside meals! Masks are worn!

**Reservations required!** Call 543-5998 or come to center to sign up!

**PLEASE!!  
Wear a Mask!**



**The LIFE you save  
May be your own!**

## **Bingo, Bingo, Bingo!!!**

Senior Bingo Started September 9th at Claremont Senior Center! Doors open at 11 AM. Sales start at 12:15. You must have your cards by 12:45. NO sales after 12:45.

Social Distancing mandatory! Must have reservations which can be made by sending your request to [cateringken@gmail.com](mailto:cateringken@gmail.com). Tell us the number of attendees and who they are. 4 people to a table is max!

Bingo is ONLY for Claremont Senior Center members until further notice. Just until we get off the ground. 50 people MAX! This includes players, sales persons, kitchen staff, and the caller. Any questions, call Ken at (603)306-4254. Leave your questions And he will call you back. Do not call the Center.

**Masks must be worn at ALL times. NO walk-ins. Social distancing will be observed! Reservations by 4:00 Tuesday.**

## **Hannaford Helps Reusable Bag Program**

Attention!!! It's in the bag!! Coming in October, the Hannaford Reuseable Bag Program will benefit the Claremont Senior Center. Just purchase a Hannaford Helps Community reusable bag for \$2.50 and Hannaford will make a \$1 donation to the Center. A nice associate will fill your bags with your grocery items. So, get your bags!! Purchase a lot! Put



them in your car or in your motorcycle bag and we will watch the dollars add up. Thanks to Hannaford, members and non members. Remember! October 1st. Woohoo!

## **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!**

Post Card Postage Stamps (35 cents) for birthday cards

Hand Sanitizer (all sizes)

### **Not so desperately but still needed ITEMS!**

Lysol Spray

Wal-Mart Gift Card

Coffee (ground) not whole bean and K-cups

Small Paper Plate

Market Basket Gift Card

### ***Kitchen needs: Turkeys and dessert makings for our October Dinner***

Quart and Gallon size Freezer Bags  
mixes

Left over/ deli containers


Brownie mixes

Cake

Market Basket Gift Cards


Brown Sugar





**DON CHABOT**  
CRB, GRI, CBR  
NH - VT Broker  
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26 Tremont St.  
Claremont, NH 03743  
(603) 542-5188 Ext. 111  
FAX (603) 542-6873  
www.townandcountryrealty.com



## 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).

## RENTALS AVAILABLE

We have several types: ...weddings, hourly, one day, funeral receptions, showers, birthday parties and board room (8 person capacity).

Member and Volunteer discounts  
may be Applicable.



**Have you seen our  
Facebook page?**



### 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



## 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.



**Valley Regional Hospital**

**243 Elm Street  
Claremont, NH 03743**

**(603) 542-7771 ■ VRH.org**



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!

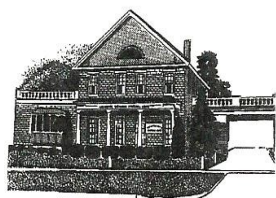
Senior Center August volunteer hours

Meals	7 people	193 hrs
Maintenance	2 people	32 hrs
Grounds	3 person	36 hrs
Desk	3 people	43 hrs
Other		82 hrs

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.



603-543-3146

Fax- 603-542-9223

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

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

Are you someone who would like to organize 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!) Talk to Jim or Tom.

## Orthopaedics | Rehab

Keep your quality of life as  
grand as you are!

★★★★ STAR RATING\*

Let the highest rated hospital in  
the Upper Valley get you back to  
doing what you love best.

**Call to make an appointment**

**603.542.7666**

\*2016 CMS Hospital Compare Survey



**Valley Regional Healthcare**

Integrity | Excellence | Accountability | Compassion

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

### Are your Dues Due?...

Membership dues are only good for 1 year. If your dues are not paid on time you will not be eligible for member benefits. You should receive 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 in at lunch pickup. Thank you for paying your dues on time!

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**Blood Pressure Clinic will resume  
once our center reopens  
Free blood pressure readings will  
return soon!**

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.*

**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.