



Claremont Senior Times

*Official Publication of the
Claremont Senior Center, Inc.*

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Volume 23 ~ Issue 32

March 2022

SOUPS ARE DONE! COME AND GET 'EM AT THE SOUPERBOWL!

Larry Johnson

The Stevens High Junior Class hosted their Third Annual Souperbowl in the Senior Center's Owens Room on Saturday, February 12, a day before the other Super Bowl in California. Over thirty curious and hungry folks attended and sampled the twelve offerings by local home chefs, evaluating and awarding honors to the best in their gustatory opinion. The variety included corn chowders, kale and tomato cheddar and chicken noodle and Italian wedding soups and at least four chili's: sweet, fiesta, venison, and white chicken.

When all was tasted and judged, it was a close call, but the three winners were the sweet chili by Jenny Thurber, the Fiesta Bowl by Thom Fredette, and the Chicken Noodle by Jess Wilmot. Several members of the sponsoring junior class with their advisor Robin Tymula offered a selection of cookies, brownies and other sweets as a follow-up to the soup judging.



Senior Center elections are coming up! Candidates needed for Board of Directors.

Board members are elected for 2 year terms with the option to be elected for a second 2 year term. After 2 terms, they must take a year off before serving another pair of terms. So, two members of the Board will be standing down at the end of their term. We need members to take their place. If you can give the center some of your time, we need your help. Elections are scheduled in May, but candidates need to be listed in April for members to review. So the deadline is March 30 to get on the list. Contact the center for information on what is required to be a Board Director. Do you have what it takes? We need your help for the center to continue running smoothly. Letters of intent to run are due by March 30.

There is also an election of a Finance committee member. Or can you serve as a member of the Nominating committee, determining eligibility and conducting the election? Ask if you are interested. No experience is necessary. Just an interest in helping the center and a willingness to commit some time.



OLD CELL PHONES MAY NOT CONNECT TO 911

Do you have a cell phone that is more than 10 years old? If so, it may be on 3G technology which is being displaced with the newer 5G network in cellular technology. This may mean some of your other cellular devices may not function. Radio alarms and security systems may not work as well, like your life alert system. If you are not sure, check with your cellular carrier or vender.

Executive Director Board of Directors

Chair
Vice Chair
Treasurer
Secretary

Jim Contois

Michele Bryant 543-0468
Thomas Liveston 542-5725
Lloyd Mann 542-5774
Donna Cornett 826-3260

Brenda Ruest 542-6644
Dennis Francis 543-0551
Lynda Howard 558-2252

Mon. - Fri.
Schedule for March 2022
Open Monday through Friday
Saturday and Sunday Still Closed

Monday

8 AM Men's Breakfast (21)
 9 AM — 3PM Open for activities
 9 AM Ladies' Pool

Tuesday

9 AM — 3PM Open for activities
 10—11 AM Low Impact Exercise (by video)
 11:45 AM Drive through Lunch
 1—3 NEW!! Afternoon Games
 6 - 9 PM Open for activities

Wednesday

8:30 AM **Foot Clinic (9, 16, 23)**
 9 AM — 3PM Open for activities
 10 AM—2 PM Quilting (2)
 1 PM Bingo (Last card sold 12:45 PM)
 4 PM Corn Hole

Thursday

8:30 AM **Foot Clinic (3)**
 9 AM — 3PM Open for activities
 10—11 AM Low Impact Exercise (by video)
 11:45 AM Drive through Lunch
 6 - 9 PM Open for activities

Friday

9 AM — 3PM Open for activities
 10 AM—2 PM Quilting (18)
 1—3 PM Knitters, mahjong

Monday thru Friday (9:00AM-3 PM)
Activities ANYTIME during open hours:
Pool, Card Games, Cribbage, Puzzles, Chess,
Mahjong, Corn Hole, Ping Pong, Knitting,
Quilting, Socializing, Hanging out, Computers
Browsing the Library, Suggestions

Blood Drive at
Claremont Senior Center

The goal of the February 14 Blood Drive was 41. 36 units were collected !!! With 36 units collected that is 78 lives saved! Given the staffing shortage, that is actually pretty good and the drive came close to hitting the goal.

So the drive went from having 5 full staff to only 3. The drive apologized for the delays as there were long wait times of course with being down 2 staff. The next drive is scheduled for 3/28.

March 2022 Menu
Menu is subject to change.
Drive thru Takeout ONLY
Pickup 11:45 to 12:15

Tues. (1) Taco Salad, Dessert

Thurs. (3) Shepherd's Pie, Dessert

Tues. (8) Turkey a la King, Rice, Vegetable,, Dessert

Thurs. (10) Salad, Meatball Grinder, Dessert

Tues. (15) Birthday Dinner: Meatloaf, Potato, Vegetable, Dessert

Thurs. (17) St Patricks Day Dinner: \$15
Corned Beef. Cabbage, Potato, Dessert

Tues. (22) Pork Chop, Potatoes, Vegetable, Dessert

Thurs. (24) Chop Suey, Vegetable, Dessert

Tues. (29) Chicken with Dumplings, Vegetable, Dessert

Thurs. (31) Liver & Onions OR Hamburger, Potatoes Vegetable, Dessert

Call 543-5998 to reserve your meal.
Meals may be suspended temporarily
without notice.

Please return 3 compartment meal containers
for reuse after sanitization. This will reduce
costs to help us keep prices the same.

March Monthly Business meeting is
March 8 at 12:45 PM



American Red Cross | Blood Services

Blood Drive at Claremont Senior Center

Monday, March 28, 2022; 12 to 5 PM

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

March Dinner at Claremont Senior Center

Old Fashioned Corned Beef Dinner

Corned Beef, fresh cut vegetables and dinner roll,
and a delicious dessert

Drive through pickup only

Thursday March 17; 11:45 PM til 12:30 PM



Only \$15 per meal

Call 543-5998 to reserve your dinner

Buy 2 dinners, save 1 for later



We are accepting donations for the dinner.

Can you help us out? Donate a corned beef? We also need help with desserts
Give us ingredients for desserts to help with the dinner or by donating money.

Senior Men's Breakfast
Monday, March 21; 8:00 AM

Same good food, and great company!
Still \$2 members, \$3 non-members

Foot Clinic
Thursday, March 3;
Wednesdays March 9, 16, 23

Sponsored by
Lake Sunapee Region VNA & Hospice
There is a charge (\$25)
Appointments will be required!
New NUMBER!
Call (603) 748-1731

HELP OUT THE KITCHEN!

We REALLY need help with Meals.
Maybe once a month dinners or a couple of days a week, or a few times a month on Tuesday or Thursday. We need help with preparation, cleaning, serving. You can call, leave a note or send us an email.



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

**THE MOST EXPENSIVE
VEHICLE FOR SENIORS
TO OPERATE IS A COST-
CO SHOPPING CART!**



Our 9th Penny Sale at the Center



May 15;
Doors open at 11 AM,
1 PM tickets are
pulled



New and valuable prizes
Food available for purchase!

Happy March Birthdays!
Birthstone ***Aquamarine***
Flower ***Daffodil***

Don Bailey
 Gail Caccavaro
 Linda Chisholm
 Céline Dion
 John Fontaine
 Dennis Francis
 Amarylis Girard
 Elton John
 Susan Pare
 Nancy Robitaille
 Margaret Villers
 Sharon Wood

Ronald Bryant
 Mariah Carey
 Maureen Cullen
 Barbara Doolittle
 Mary Fontaine
 Robert Gagnon
 Evelyn Hodge
 Robert Marvin
 Selma Plumb
 Janet Ruest
 Bruce Willis

In parts of Germany for men who were still single on their 30th birthday was to sweep the steps of city hall while dressed in drag until they could find a virgin to kiss. Fortunately, it's been modernized a bit since then. Now, single men and women spend their 30th drinking cheap booze with their friends while sweeping steps or doing other chores to show they're "eligible" for marriage.



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).



Center 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 and Hannaford gift cards	spaghetti	elbow macaroni	Chocolate chips
Sugar Cookie Mix	chocolate and vanilla frostings	pie crust	creamy peanut butter
Cake and brownie mixes	Puddings	Cans of fruit cocktail or peaches	frozen vegetables

Other still needed ITEMS!

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

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
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 to make it even easier to return and start your shopping at AmazonSmile.

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

AARP announces Tax prep details

Need help with your taxes? AARP will once again be offering tax help for seniors at the Claremont Senior Center. Appointments will begin on March 4 and on every Friday until April 8.

Call (802)345-5415 to schedule an appointment. **DO NOT** call the Claremont Senior Center as we will **NOT** be able to schedule appointments.

The Claremont Senior Center provides space to AARP for free tax help as a service to seniors. Donations are welcome to help the Center defray costs..

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 days, weddings, funeral receptions, showers, birthday parties, in the Mozden room, Owens room or the conference room (8 person capacity).

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



**GENERAL
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Local: 603-542-9595
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Nationwide: 800-562-3845
Fax: 603-542-2978

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

Website: www.generalautosalvage.com
Email: sales@generalautosalvage.com

Thinking of joining the Center?

Come on over...we have a program for new members. 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 after giving us a try.

We thank all our advertising sponsors.

MEMBERS – Please remember to patronize their establishments!

How to Save Money at the Gas Pump

Looking for tips to hold down gasoline expenditures as fuel prices surge? Check out the AARP website. A great article on saving gas during these times of rising prices. Click on the link below, or visit the AARP Homepage.

<https://www.aarp.org/money/budgeting-saving/info-2022/tips-to-save-at-gas-pump.html?intcmp=AE-HP-TTN-R5-POS2-REALPOSS-TODAY>

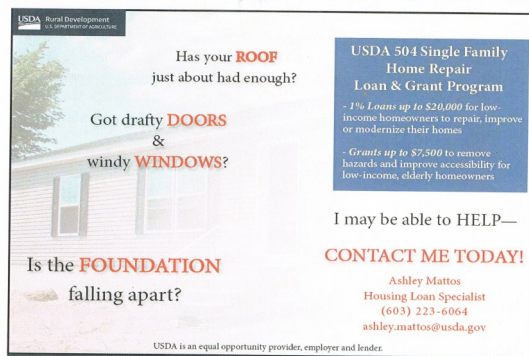
Greetings from the Vice Chair!

Spring is here! Spring!! Who cares what the Ground Hog said? And with spring comes optimism for the future. Our rentals are slowly returning . And activities are picking up. More people are coming to participate, with people coming in for Tuesday and Thursday afternoon cards and Tuesday and Thursday evenings, We have had some members ask about Corn Hole and we are planning our fundraisers. But to make our activities and fundraisers successful, we need your help. Our organization depends on volunteers. So, PLEASE step up and help us have successful fundraisers!

We are coming up on elections again. This is your opportunity to have a voice and contribute to our success. We need new Board members and a Finance committee member. Plan NOW! Make sure you come to the business meeting on April 5 for voting information and the annual meeting on May 3 for the election and annual business meeting. See you there!

Stay Safe and be happy!

Tom Liveston, Board Vice-Chair



USDA Rural Development
U.S. Department of Agriculture

Has your **ROOF** just about had enough?

Got drafty **DOORS** & windy **WINDOWS**?

Is the **FOUNDATION** falling apart?

USDA 504 Single Family Home Repair Loan & Grant Program

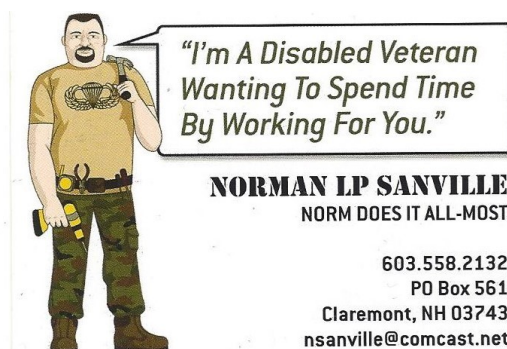
- 1% Loans up to \$20,000 for low-income homeowners to repair, improve or modernize their homes
- Grants up to \$7,500 to remove hazards and improve accessibility for low-income, elderly homeowners

I may be able to HELP—

CONTACT ME TODAY!

Ashley Mattos
Housing Loan Specialist
(603) 223-6064
ashley.mattos@usda.gov

USDA is an equal opportunity provider, employer and lender.



**"I'm A Disabled Veteran
Wanting To Spend Time
By Working For You."**

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NORM DOES IT ALL-MOST

603.558.2132
PO Box 561
Claremont, NH 03743
nsanville@comcast.net

Show us your Vaccine Card and get your Center Vaccine Card

The numbers have not diminished. The policy is no vaccine, wear a mask. When entering the building, show your card at the desk for a "Dot of the Day". No vaccine verification gets an orange dot, vaccine verified gets a different dot. If you do not have a dot or have an orange dot, you must wear a mask. Of course if you're vaccinated, you may wear a mask if you wish at any time.

Our goal is to keep everyone as safe as possible. Wearing masks has proven to be the most effective way to prevent the spread of infections. This will provide a higher degree of safety for everyone in the building and will also help prevent the spread of the flu. Help us by verifying your vaccine card.

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



Penny Sale
How can I help?



We need volunteers to help with the Penny sale May 15. We also need new items for prizes.

Organizers, sorters, cleaners needed

See the front desk or Jim if you can help

Frances J. Tolles Home Complex

Private rooms with meals for Elderly Women
Apartments for Elderly Men and Women

44 Sullivan St.
Claremont, NH 03743



Zoom comes to CSC

Claremont Senior Center has renewed our ZOOM license to use for members to connect with friends and family. Almost as good as being there. Let us know if you want information.

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 January volunteer hours

Kitchen	9 people	291.5 hours
Desk	6 people	68 hours
Other	4 people	52.5 hours
Bingo	4 people	25 hours
Office	3 people	94 hours

Attention Volunteers!

We know that some volunteers have not
documented their hours! Notice we need
Bingo Volunteers!

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.


**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 any-
where in NH are free and confidential
and you are guaranteed person-to-
person assistance 24/7 with transla-
tion assistance in over 150 languages.
For everyday needs and difficult
times, 211 NH is your connection to
thousands 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 for additional
information.

Gift Certificates . . . Give someone a
great gift for a birthday, anniversary, any
celebration or occasion with a \$5.00 gift
certificate for a Tuesday or Thursday
lunch at the center. Membership certifi-
cates also available for \$20.00.



DON CHABOT
CRB, GRI, CBR
NH - VT Broker
dchabot@townandcountryrealty.com

26 Tremont St.
Claremont, NH 03743
(603) 542-5188 Ext. 111
FAX (603) 542-6873
www.townandcountryrealty.com





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Fax- 603-542-9223

email: memorials@stringerfh.com

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

Crafty Business

We have several members who are ask-
ing 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!

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.