



# 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 23 ~ Issue 6

## June 2022

### Parking Lot Renewal at Last!



Our Parking Lot— Finally, will be renewed by the end of the month. We have been working for 2 years to get it done. Last year, the cracks were sealed thanks to a grant from Claremont Savings Bank. We received another grant from CSB last year to finish the job, but we had to add to the amount with remaining funds coming from last year's Car Show funds. The job was completed by Matthew Enterprises. In addition to the crack seal and surface coating, they repaired the asphalt deterioration that has occurred over the years. This should last several years. Striping should be completed by the end of the month.

### Monthly Meals on Summer Vacation

Our monthly fundraiser meals have been postponed for the summer. We plan to return to our fabulous 3rd Saturday night of the month dinners in September.

Speaking of Meals!!! We are now eating in the Dining room. We have more people coming back inside each meal. Same great meal for the same bargain price. Drive thru meals will continue as well. Be sure to call (603)543-5998 to make your reservation, and specify inside or out.

### Yard Sale in July

Our July fundraiser Event is a Yard Sale on July 22nd and 23rd. We are collecting items to be donated. So take a few minutes and clean out those gently used or never used items to donate to the center yard sale. Your chance to get rid of those gifts or gadgets you never used and make it someone's treasure.

We are now accepting donations of useful items. We can not accept large appliances, large furniture, mattresses, luggage, carpets and rugs, clothes, shoes, typewriters, computers, TVs, exercise equipment, skis, or anything else we feel is not saleable. But you are welcome to come to the Yard Sale and make someone else's stuff yours for a bargain price!

### St Joseph Student Award night is back

With a three year break to honor Stevens High School Seniors, the event is back on track. This year's event will mark the 66th St Joseph's Sports Award Dinner. Claremont Senior Center is providing the Owens Room, and Claremont Elks is providing the meals. The event will be held on June 14

#### Executive Director Board of Directors

Jim Contois

504-8379

#### Chair

Lloyd Mann

542-5774

Brenda Ruest

542-6644

#### Vice Chair

Thomas Liveston

542-5725

Marilyn Gilbert

542-5794

#### Treasurer

Larry Johnson

542-5774

Shirley LaClair

542-3202

#### Secretary

Lynda Howard

558-2252

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

**Monday**

8 AM              Men's Breakfast (20)  
 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    Indoor Dining  
 12 PM        Drive through Meal  
 1—3    NEW!! Afternoon Games  
 6 - 9 PM    Open for activities

**Wednesday**

8:30 AM    **Foot Clinic (8, 15, 22)**  
 9 AM — 3PM Open for activities  
 10 AM—2 PM      Quilting (3)  
 1 PM        Bingo (Last card sold 12:45 PM)  
 4 PM        Corn Hole

**Thursday**

8:30 AM    **Foot Clinic (2)**  
 9 AM — 3PM Open for activities  
 10—11 AM    Low Impact Exercise (by video)  
 11:45 AM    Indoor Dining  
 12 PM        Drive through Meal  
 6 - 9 PM    Open for activities

**Friday**

9 AM — 3PM              Open for activities  
 10 AM—2 PM          Quilting (17)  
 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**

**Senior Men's Breakfast**  
**Monday, June 20, 8:00 AM**

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

**Foot Clinic**  
**Thursday, June 2**  
**Wednesdays June 8, 15, 22**

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

**June 2022 Menu**  
**Menu is subject to change.**  
**11:45 AM    Indoor Dining**  
**12 PM        Drive through Meal**

**Pickup 12 to 12:30**

Thurs. (2) Soup, Reuben Sandwich, Chips, Dessert

Tues. (7) Mongolian Chicken, Rice, Vegetable, Dessert

Thurs. (9) Meatball Grinder (Ken's Meatballs), Chips, Salad, Dessert

Tues. (14) BBQ Pork Chop, Roasted Potatoes, Vegetable, Dessert

Thurs. (16) **Birthday Dinner;** Brown Sugar Glazed Meatloaf, Mashed Potato, Veggie, Cake

Tues. (21) Taco Salad, Dessert

Thurs. (23) BBQ Chicken Quarter, Potato Salad, Cole Slaw, Dessert

Tues. (28) Spaghetti with Meat Sauce, Garlic Bread, Fresh Cut Salad, Dessert

Thurs. (30) Turkey and Cheese Grinder, Chips, Salad, 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.**

June Monthly meeting is June 7 at 1 PM  
 It is important for members  
 to attend!

July Monthly Business meeting is July 5  
 at 1 PM

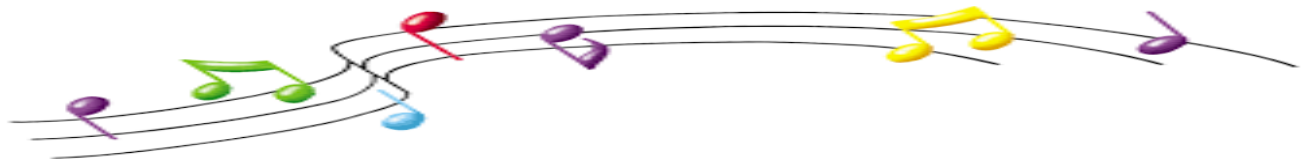
**Wheelock Travel**  
 34 Opera House Square  
 Claremont, NH 0374



**For all your travel wishes and needs**

**Sarah Sucharzewski**  
**604-543-0400**  
**Email:**

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



**Free! Free! Free! Free! Summer Concerts are BACK!**  
**At the Claremont Senior Center**

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

**July 9th Firehouse 6 Dixieland Band Concert**

**July 30th East Bay Jazz Ensemble Concert**

**August 6th Bel Aires**

**Thank you to sponsors by Crown Point Cabinetry, Roz Caplan,  
Chinberg Properties, LaValley's, and Martha Maki**

### **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.



### **Claremont Senior Center Penny Sale**

Our somewhat annual Penny Sale was a huge success! COVID had everyone ready to get out and go! An estimated 160 people bought tickets, ate food and worked the event for the center. Fabulous items provided by our community members and businesses made the a success. A HUGE thank you to those businesses and individuals who made those fabulous donations. And another HUGE thank you to the organizers, solicitors, and workers for their participation.





## ***Happy June Birthdays!***

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

Gerald Baillargeon  
George Blake  
Johnny Depp  
Virginia Dufresne  
Doris Hale  
Ted Hopkins  
Nicole Kidman  
Thomas Liveston  
Paul McCartney  
Julie Richardson  
Lorraine Strobbel

Jill Biden  
Marilyn Brody  
Cindy Cleveland  
Cynthia Glidden  
Beatrice Hobbs  
Bev Janelle  
Denise Liveston  
Penny Mann  
Edward Miville  
Ted Ruest



### **Scammers? One more time??**

A reminder once again! You will NOT get calls from government agencies asking for payments or information over the phone! Even seemingly useless information is valuable to scammers and identity thieves. If you hear from the credit card company, hang up and call the credit card company. If you get harassing calls, report them to: [www.usa.gov/stop-scams-frauds](http://www.usa.gov/stop-scams-frauds). They will take action.

### **CUTOUT THIS BUTTON TO WEAR ON YOUR BIRTHDAY.**

#### **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). If you recruit an advertiser, we will give you a free subscription to this newsletter for as long as you are a member!




**GENERAL  
AUTO SALVAGE**

**LATE MODEL AUTO & TRUCK PARTS**

Local: 603-542-9595	239 Old Newport Road
New England: 800-782-6565	P.O. Box 1100
Nationwide: 800-562-3845	Claremont NH 03743-1100
Fax: 603-542-2978	

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



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

**NORMAN LP SANVILLE**  
NORM DOES IT ALL-MOST

603.558.2132  
PO Box 561  
Claremont, NH 03743  
[nsanville@comcast.net](mailto:nsanville@comcast.net)

## **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!**

Volunteer Time	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](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.

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.

### 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



**Tim Maxfield**  
Sales Manager

(603) 542-9800 Ext. 202  
@tim@fordofclaremont.com

**Ford OF CLAREMONT**

155-157 Charlestown Rd.  
Claremont, NH 03743

## Get Free at-Home COVID-19 Tests

Another round of COVID tests are now available at the government COVID website, <https://www.covid.gov/tests>. Click the blue letters and your browser will take you there. You will be able to order your 3rd round of test kits. You will receive 2 boxes with four test s in each box. There is also further information at the site. If you need help ordering your test kits, ask Tom at the center. You can also call **1-800-232-0233** (TTY **1-888-720-7489**). Keep yourself and others safe with a COVID test at home. They are easy to use

## RENTALS AVAILABLE

Rentals are 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 discount is 5% and Active Volunteer discounts may be able apply 10% to 25%! Ask at the director for information.

### 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.

### Do you need food?

Call Denny Francis at 543-0551

**We thank all our advertising sponsors.**

**MEMBERS – Please remember to patronize their establishments!**



Greetings from the Vice Chair!

June already! Half of 2022 is gone. While COVID still looms in our midst, we are adjusting our lives to return to normalcy. To that end, the Board of Directors has voted to suspend the no vaccine mask mandate. The subject was discussed at the June Board meeting ending with a 5-2 vote favoring the rescinding of the mask rule for nonvaccinated members and visitors.

Our summer is filling up with events. We have a busy Alumni weekend, St Joe's nite for Stevens High School, a yard sale in July, 3 great concerts, and capping the summer days with our spectacular Car Show. Not to mention the usual daytime and evening activities "as usual" at the center. Cards, Mahjong, Corn Hole, Horseshoes, quilting, knitting, table tennis to mention some of the things going on.

We still have lunch on Tuesdays and Thursdays. The dining room is open, and the socializing is increasing as more people are becoming aware that the dining room is open once again. Of course, we are continuing our drive through meals as we have for the past 2 years. Make your reservations as they are a MUST, and we are limiting the indoor dining to 20 for a while. We want to make sure everyone who wants to get a chance, so we may limit to one indoor experience a week. Reserving meals for both indoor and drive thru must be made by 10:30 of that day. Indoor dining serving will begin at 11:45 and drive thru will begin at 12:00 and end by 12:30. Indoor diners will **NOT** be served at the table. Instead, they will have to collect their meal at the serving window and return used dishes at the dishwashing window. At this time, beverages will **NOT** be included, so water and soda will be available for purchase or you may bring our own beverage.

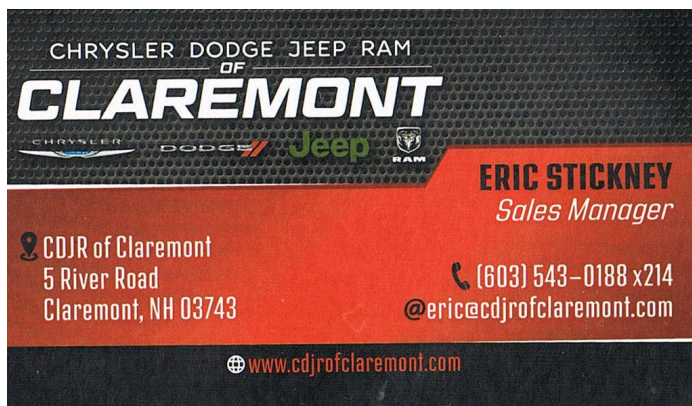
Even though we are no longer requiring mask, we are welcome taking precautions to protect yourself and other seniors. If you wish to wear a mask, you are welcome to do so. We continue our cleaning and disinfecting procedures so you can feel safe enough to come in and enjoy our activities. We hope to see you soon!

Stay Safe and be happy!

Tom Liveston, Board Vice-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.***



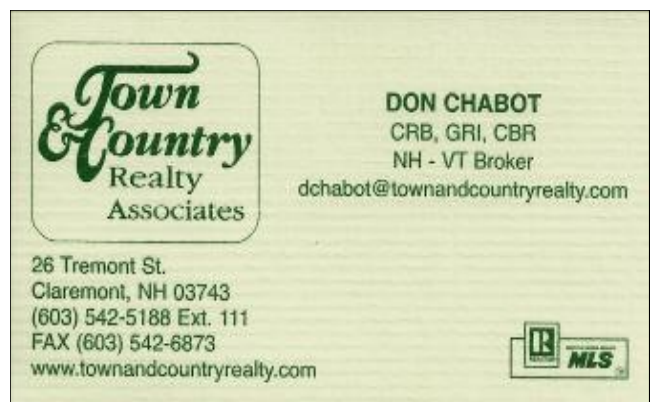
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(603) 543-0188 x214  
@eric@cdjrofclaremont.com  
www.cdjrofclaremont.com


### 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!



  
603-543-3146  
Fax- 603-542-9223  
email: memorials@stringerfh.com  
**Stringer Funeral Homes,  
Inc. & Crematorium**



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(603) 542-5188 Ext. 111  
FAX (603) 542-6873  
www.townandcountryrealty.com  


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	9 people	188	hours
Desk	7 people	78	hours
Other	3 people	15.5	hours
Bingo	4 people	37	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.

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**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 certificates  
also available for \$20.00.

**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 guaranteed person-to-person assistance  
24/7 with translation 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](http://www.211nh.org) for additional  
information.



**It's here!! Daffodils in the back prove it!**



**American  
Red Cross**

Blood  
Services

Blood Drive at Claremont Senior Center

Monday, June 13, 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](https://www.redcrossblood.org/give.html/donation-time)

#### **Blood Drive at Claremont Senior Center**

Thank you for all your support on the 4/18 drive. A  
quick recap with some stats..

The goal was 40, 50 were collected!! The staff all  
said it was a great day and hardly a wait for the  
donors to get in.

With 50 units collected that is 120 lives saved! The  
next drive is scheduled for 5/9.

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.



# CLAREMONT SENIOR CENTER

# CAR SHOW

CLAREMONT, NH



**SUNDAY, AUGUST 28, 2022; 9am - 2pm**

135 Maple Ave, Claremont, NH (Alternate Date September 21, 2022)



**Show Cars \$10 (driver + passenger)**

**Visitors \$5 Kids 12 and under Free**

**Registration 9am - 12 Noon | Trophies Awarded @ 2 pm**



**34 SPECTATOR CHOICE TROPHIES**

**ANTIQUE|CLASSIC|TRUCK|SPORTS CAR|STREET ROD/ MODIFIED**

**MUSCLE CAR|1997 AND NEWER**

**MOTORCYCLE|TUNER|RAT ROD**

**\*BEST IN SHOW\***



**DJ|Door Prizes|Food|Ice Cream|Pop Corn|Raffles**



## Claremont Senior Center



**Claremont Senior Center Car Show**

# **Indoor Yard Sale**

Claremont Senior Center  
5 Acer Heights, (off Maple Ave.)  
**July 22 & 23, 8 a.m. – 3 p.m.**

**Help us pay for fuel this winter**  
**Donations are greatly appreciated**

**Donations may be left at the Senior Center Monday-  
Friday 9-3**

**Messages may be left at the Center 603-543-5998**

**Accepted Items:** tools, small furniture, small appliances, glassware china, dishes, pots & pans, Christmas items, crafts, toys, jewelry, pictures/frames, movies, CD's, puzzles, linens, home decorations, etc.

**Not accepted:** large appliances, large furniture, mattresses, luggage, carpets and rugs, clothes, shoes, typewriters, computers, TV's, exercise equipment, skis or anything else we feel is not saleable.