



# Claremont Senior Times

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

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## Volume 22 ~ Issue 11

### Announcing the Claremont Senior Center Car Show Calendar!

HOT OFF THE PRESS! The 2022 calendar featuring winners of this year's 2021 car show. Each month features a different picture of a class winning car. Only \$12 when picked up at the center; add \$6 shipping and handling for each calendar if we mail it to you. Makes a great gift for someone you care for. Or get one for yourself.

Match it with Car Show T-shirts, which are still available!



Ken doesn't just make Men's Breakfast— He enjoys eating as well. Our speaker was the City Manager.

### Ken has resigned as Kitchen Manager

Ken will still be cooking and working in the kitchen, but said the duties of kitchen manager need to be passed to a successor. He will still be involved with the center Policy Committee, and do catering and concessions. We GREATLY appreciate Ken's work for us over the past 5 years. THANK YOU KEN!

If you know someone who might take over, ask them to come talk to us. The position is a volunteer no-pay job.

**We thank all our advertising sponsors.  
MEMBERS— Please remember to patronize  
their establishments!**

### Executive Director Board of Directors

**Chair**  
**Vice Chair**  
**Treasurer**  
**Secretary**

### Open Position

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

**November 2021**

### Thank you veterans

Our vets served in defense of our principles and the privileges afforded all Americans by the constitution. Reserve or regular, combat or support, all served for us. We have vets from all wars since



WWII and those who served in peace-time.

Thank you to all! Army, Air Force, Navy, Marines, Coast Guard. Happy Veterans' Day.

### Introducing new activity!

Do you like Game night on Tuesday and Thursday nights? Don't like to drive in the dark? We are now open for Game afternoons. A few members have indicated Tuesday and Thursday afternoons are best for them. Call some friends and come in for cards, pool or board (not bored) games.

Tuesday and Thursday Game nights are still on from 6 til 9. Come in and play cards or Mahjong, shoot pool or start a corn hole group!

Have you met our new custodian / maintenance person? We look forward to having John with us.

**Mon. - Fri.**  
**Schedule for November 2021**

**Saturday and Sunday** Still Closed

**Monday**

8 AM Men's Breakfast (15)  
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 (10, 17)**  
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**

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**

8:30 AM **Foot Clinic (26)**  
9 AM — 3PM Open for activities  
10 AM—2 PM Quilting (19)  
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

Monthly Business meeting is  
November 2 at 1:00

**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 talk to Ken or leave a note or send us an email.



**November 2021 Menu**  
**Menu is subject to change.**  
**Drive thru Takeout ONLY**  
**Pickup 11:45 to 12:15**

**Tuesday (2) Soup, Homemade Baked Beans Hot Dogs, Vegetables, Dessert**

**Thursday (4) Meatball Stew (NEW), Dessert**

**Tuesday (9) Soup, Macaroni & Cheese, Ham, Vegetable, Dessert**

**Thursday (11) Soup, Meatloaf, Mashed Potatoes w/gravy, Vegetable, Dessert Veterans Day Celebration**

**Tuesday (16) Soup, Fresh Made Stuffed Peppers, Rice, Dessert**

**Thursday (18) Soup, Chicken Breast Pizza (NEW), Vegetable, Cake**

**Tuesday (23) Thanksgiving Celebration, Roast Turkey w/Stuffing, Mashed Potatoes w/gravy, Cranberry Sauce, Vegetable, Pie \$10.00 pp**

**Thursday (25) Closed Thanksgiving**

**Tuesday (30) Salad, American Chop Suey, Garlic Bread, Desser**

**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.**

**Senior Men's Breakfast is back!  
Monday, November 15; 8:00 AM**

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



# *Gobble! Gobble! Gobble!* *Old Fashioned Turkey Dinner*

*Turkey with stuffing, gravy, cranberry sauce, mashed potato, squash and Dinner roll, and a delicious dessert*

*Tuesday November 24; 11:45 AM til 12:30 PM*  
*Only \$10 per meal*

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

*Buy 2 dinners on Tuesday save 1 for Thanksgiving Day!*

*No cooking on Thanksgiving Day*

*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.*

## **We have a Notary Public**

**Foot Clinic**  
**Thursday, November (4);**  
**Wednesdays November 10, 17**  
**Friday November 26**  
**Sponsored by**  
**Lake Sunapee Region VNA & Hospice**  
**There is a charge (\$25)**  
**Appointments will be required!**  
**New NUMBER!**  
**Call (603) 748-1731**

A member has informed us she is a Notary Public and will provide service for our seniors.

Let us know if you need service with your phone number or email address and we will have her contact you and set up a meeting.

## **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).

## **Knitters Donate to Kids Again!**

from the Knitters Group

Our knitters have once again worked to keep the Headstart kids warm. Our knitters group has made 38 hat and mitten sets for the children at Head Start this year. We want to say a big "thank-you" to Juanita Ploof. She couldn't join us to knit because of health issues, but she made 8 sets to bring us to our total!

We hope new knitters will join us to help reach our goal for next year. We meet on Friday afternoons, and gladly welcome knitters of all levels. Always wanted to learn how to knit? Want to make your grandchildren some mittens? Do you want to know how to do it? Come and ask for advice or help. Friday afternoon, come on in!



## ***Happy November Birthdays!***

***Birthstone  
Flower***

***Topaz and Citrine  
Chrysanthemum***

Theresa Allard  
Christie Clough  
Lorraine Dion  
Sally Field  
Barbara Fontaine  
Scott Gilbert  
Whoopi Goldberg  
Leon Hobbs  
Carolyn Lavarne  
Tracy Morgan  
Kenneth Scully  
Loretta Swit

Gary Bedard  
Ken Coulombe  
Dan Donavan  
Sally Fellow  
Raymond Gagnon  
Donald Girard  
Norma Hjerstrom  
Brenda Kangas  
Melba Merrifield  
Cornelius Pardy  
Virginia Smith



**BINGO!**

**WE STILL NEED PEOPLE  
TO SIGN UP FOR ALL POSITIONS  
TO CONTINUE BINGO.**

**A SIGN UP SHEET IS AT THE  
SIDE DESK COUNTER AND AT BIN-  
GO.**

**PLEASE HELP US TO CONTIN-  
UE THE FUN! THANK YOU.**

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

Frances J. Tolles Home Complex

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



44 Sullivan St.

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!) Let us know!



Locate 603-542-8885  
New England 1-800-562-3845  
Nationwide: 800-562-3845  
Fax: 603-542-2978  
Website: [www.generalautosalvage.com](http://www.generalautosalvage.com)  
Email: [sales@generalautosalvage.com](mailto:sales@generalautosalvage.com)

## **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 gift cards	Bell stuffing mix	spaghetti	elbow macaroni
pie fillings: apple, cherry, blueberry, mincemeat	pie crust	creamy peanut butter	
Cake and brownie mixes	Puddings	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!**

Facial Tissue Wal-Mart Gift Card "Forever" First class postage 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.



A view of the clean lobby! Serve Pro cleaned the carpets as a result of the burst expansion tank last summer. All the carpets were "supercleaned". Thank you to those who helped move things out then back in!

### Show us your Vaccine Card and get your Center Vaccine card

The numbers have not diminished. The policy 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.

## What do you want to do?

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.

### 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.

## 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.

### 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!

### Do you need food?

Call Denny Francis at 543-0551



## 2nd Annual Ugly Sweater cookie contest

We are planning once again to have our Ugly Sweater Cookie contest. It was a lot of fun and we expect many more participants this time around..

A short letter from the Vice Chair:

Time Flies!!! Halloween is gone, Thanksgiving is here, Christmas is just a month away! We are still moving along. We still have COVID looming and many of our members are still skeptical about their safety. Hopefully we can at least have some "normalcy" to our holidays with friends and family.

Speaking of holidays— our Thanksgiving dinner is once again the Tuesday, November 24th, before the big day. We will be doing the Noon Drive through but charging \$10 for a holiday quality traditional Turkey Dinner. We have many who have ordered extra meals to have on Thanksgiving or another time. We are also planning our 2nd Ugly Sweater Cookie Contest. Participants last year told us how they enjoyed the activity, so we are hoping it will bring a smile to many more of our Seniors.

Along with that, we are hoping for more activities in the coming time. We are adding afternoon Game Day from 12 to 3 on Tuesdays and Thursdays. The idea is a "Game Nite" before dark. So, come join the card and Mahjong groups— before or after sunset!

To make new activities happen, we need help to put them together. Perhaps you have some time to help out. The place does not run by itself! Also, we are still looking for an Executive Director. If you know someone who might be interested, have them contact us!

So, in finishing this letter, I want to invite you to keep coming to the Center to meet with friends and socialize. And of course wishing you a Happy Thanksgiving!

Tom Liveston, Board Vice-Chair

### 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.



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

**DON CHABOT**

CRB, GRI, CBR  
NH - VT Broker

[dchabot@townandcountryrealty.com](mailto:dchabot@townandcountryrealty.com)



Las Vegas came to Claremont through comedian and promoter Ralph Tutola. Ralph rented the Owens room and put on a raucous comedy show featuring several comedians through the night. The show was met with lots of laughter and great reviews from the audience. If you missed it, he will be back next October!

*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*

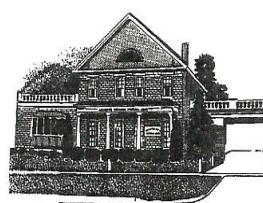


**American  
Red Cross** | Blood  
Services

Blood Drive at Claremont Senior Center

Monday, November 29, 2021; 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>



603-543-3146

Fax- 603-542-9223

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

Stringer Funeral Homes,  
Inc. & Crematorium



**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 September volunteer hours**

<b>Kitchen</b>	<b>6 people</b>	<b>319 hours</b>
<b>Desk</b>	<b>5 people</b>	<b>80 hours</b>
<b>Grounds</b>	<b>1 person</b>	<b>6 hours</b>
<b>Other</b>	<b>4 people</b>	<b>79 hours</b>
<b>Bingo</b>	<b>6 people</b>	<b>53 hours</b>

### **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.

**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.

Yogi Berra words of wisdom  
We made too many wrong mistakes.  
I usually take a two-hour nap from one to four.  
You can observe a lot by just watching.

If you like these, see 50 of Yogi's best quotes at  
<https://ftw.usatoday.com/2019/03/the-50-greatest-yogi-berra-quotes>

### **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!

Oh! And take a book, too!

**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.

### **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!

**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)**

CLAREMONT SENIOR CENTER INC  
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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.