



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

Website: cnhcs.org

Volume 23 ~ Issue 34

April 2022

Fundraiser events are planned for the center.

The Penny Sale has been a major fundraising event in past years. This year, the event is planned for Sunday, May 15. We need your help. While many wonderful items have been solicited from supportive businesses, we still need more items. For the Penny Sale, we need donations of new items to present. Many of us have items that we purchased or were given to us that are still in the box. We know we are never going to use it. So, do the center a favor. The items can be dropped off at the Center by April 30. However, please check with Lloyd before bringing it in. The easiest way is to email, but you can call the center and he will get back to you. We also need people to volunteer their time before the event, during, and after. Even small amounts will help.

A Yard Sale is scheduled for July 22 and 23. For that sale we will need your donations of useful items you no longer need, help selling, and setting up and taking down the tables. Ask your family, friends or neighbors if they have items to donate for the yard sale. We can't accept large appliances, large furniture, mattresses, luggage, carpets and rugs, clothes, shoes, typewriters, computers, TVs, exercise equip., skis or anything else we feel is not saleable. Yard sale donations will be accepted after the Penny Sale.

New Activities planned for the center

Glass Painting is planned for April 19th, 1:00 - 2:30 pm. This will be a class painting flower vases with glass paints. The class is free for members but you must sign up at the reception desk. All supplies will be supplied by the instructor. You can call the center for details and information. This is hopefully a start of activities to come.

Corn Hole is back! We have a number of members who want to bring Corn Hole back. Sign up at the center or call to have your name, phone number and days you can play put on the list.

Ping Pong was put on hiatus with COVID. We have players ready to come back. Sign up at the center or call to have your name, phone number and days you can play put on the list.

Poker is a favorite, but no money ONLY bragging rights.. We acquired a poker table before COVID and chips from some yard sales (thank you Ron and Marilyn) to begin. We are now getting requests for a poker nite. Sign up at the center or call to have your name, phone number and days you can play put on the list

Senior Center elections are coming up!

4 Candidates have been selected for 4 Board of Directors positions.

Board members are elected for 2 year terms with the option to be elected for a second 2 year term. Lloyd Mann is running for his second term, and 3 members have volunteered to fill the other 3 open positions. The 3 members running for the Board who are not currently on the Board are Marilyn Gilbert, Shirley LaClair, and Larry Jonson. So, we have 4 candidates running for 4 positions. As with previous years, protocol allows the Secretary to cast a single vote to elect the same number of candidates for the exact number of positions, thus making an election unnecessary. We are hoping you will attend the annual business meeting on May 3 to learn the current state of the center.

There is also an election of a Finance committee member. We currently have 1 candidate for the Finance committee, Denny Francis. The secretary will cast the vote for him as well.

Executive Director Board of Directors

Jim Contois

Chair

Michele Bryant 543-0468 Brenda Ruest 542-6644

Vice Chair

Thomas Liveston 542-5725 Dennis Francis 543-0551

Treasurer

Lloyd Mann 542-5774 Lynda Howard 558-2252

Secretary

Donna Cornett 826-3260

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

Monday

8 AM Men's Breakfast (25)
 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 (13, 20, 27)**
 9 AM — 3PM Open for activities
 10 AM—2 PM Quilting (6)
 1 PM Bingo (Last card sold 12:45 PM)
 4 PM Corn Hole

Thursday

8:30 AM **Foot Clinic (7)**
 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 (15)
 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

April Monthly Business meeting is
 April 5 at 1 PM

May Monthly and Annual Business
 meeting is May 3 at 1 PM
 It is important for members
 to attend!

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

Tues. (5) Pea Soup with Grilled Cheese
 Sandwich, Dessert

Thurs. (7) Salad, Spaghetti with Meat Sauce,
 Garlic Bread, Dessert

Tues. (12) Tuna Casserole, Vegetable, Dessert

Thurs. (14) Chicken Legs, Potato Salad,
 Vegetable, Dessert

Tues. (19) Ham, Sweet Potato, Vegetable,
 Dessert

Thurs. (21) **Birthday Dinner;** Salad, Lasagna,
 Garlic Bread, Cake

Tues. (26) Stuffed Pepper, Vegetable, Dessert

Thurs. (27) Bourbon Chicken, 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.



American | Blood
Red Cross | Services

Blood Drive at Claremont Senior Center

Monday, April 18, 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>

Blood Drive at
Claremont Senior Center

Thank you for all your support on the 3/28 drive. A quick recap with some stats..

The goal was 24, we collected 36!!! What really helped were the 5 power reds which got us 10 of those 36 units. There were 9 no shows which is a lot especially for the group that usually goes to the senior center.

With 36 units collected that is 88 lives saved! The next drive is scheduled for 4/18.



The Claremont Senior Center Presents
our Almost Annual Penny Sale

Sunday, May 15

Doors Open 11:00 AM Drawing Starts 1:00 PM

200 Prizes

Door Prizes

Food Concession

Multiple Raffles

Sponsored by Claremont Senior Center, Inc
5 Acer Heights Rd
Claremont, NH 03743
For more information call 603-543-5998



Senior Men's Breakfast
Monday, April 25; 8:00 AM

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

Foot Clinic
Thursday, April 7;
Wednesdays April 13, 20, 27

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

Our 9th Penny Sale at the Center

Sunday May 15

Doors open at 11 AM,
1 PM tickets are pulled

New and valuable prizes
Food available for purchase!



Proceeds to benefit operating expenses at the center.

Happy April Birthdays!
Birthstone ***Diamond***
Flower ***Daisy***

Debbie Bedard	Marianne Bailey
Robert Belaire	Henry Belanger
Joyce Brassaw	Carol Bishop
Cheryl Bishop	Raymond Bodeur
George Edson	David Carver
Henry Fontaine	Mary Fontaine
Harvey Gilbert	Maurice Gilson
Jane Gilson	Shawn Herzog
Lorraine Potvin	Barbara Tenney
Elaine Winot	



I have been recycling by reusing the same thing over and over again. I have used the same age for years!

A cutout 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 find an advertiser, we will give you a free subscription to this newsletter for as long as you are a member!



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
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.

New Hampshire Low and Moderate Income Homeowners Property Tax Relief

AARP Tax Aide volunteers will be assisting qualified New Hampshire property owners with applying for the property tax relief program. Income requirements are for the household which includes all adults (18 and older) who live in the home.

DATE: Friday May 13, 2022

TIME: 9 AM—12 PM on first come first serve basis

WHERE: Claremont Senior Center Mozden Room
 5 Acer Heights Road
 Claremont, NH

INCOME REQUIREMENTS: (total Adjusted Gross Income of all adults in the home)

\$37,000 or less – single taxpayer

\$47,000 or less – married filing joint/head of household

Documents needed:

Copy of 1040 for tax year 2021

Property Tax bill for the last quarter of 2021

Forms available at front desk.

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
AUTO SALVAGE**

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
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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>

Do you need food?

Call Denny Francis at 543-0551

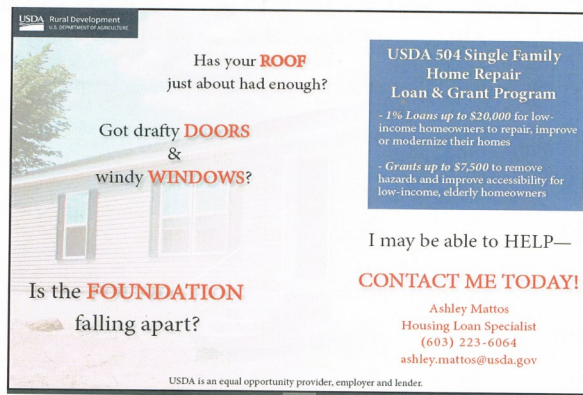
Greetings from the Vice Chair!

Now that the threat of snow is low and most of it is gone, and COVID restrictions and threats have abated, we are ready to move on with more activities. If you have not seen our current activities, look on page 2, and on page 1 for the ones we are ready to begin. Of course, you are welcome to do activities at any time, especially if you have a few people who want to get together, or if you just want to come in and talk to people, you can do that without a scheduled time. . 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 additional activities and we are planning our fundraisers. 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!

Heads up! The Annual Business meeting is May 3. The election will be by the secretary's declaration because there are 4 candidates for 4 positions, The annual business meeting is meant to review the state of the Center. We hope you attend to learn about the year in review. And we need a members quorum for the meeting and election to be official. Thank you for attending.

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

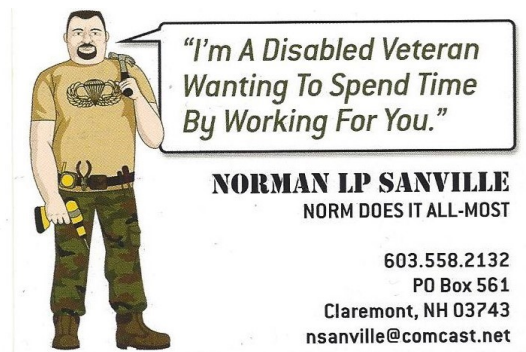
- 1% Loans up to \$20,000 for low-income homeowners to repair, improve or modernize their homes
- Grants up to \$7,500 to remove hazards and improve accessibility for low-income, elderly homeowners

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."**

NORMAN LP SANVILLE
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

Even though the numbers have diminished, the policy is still 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.

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.

Frances J. Tolles Home Complex

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

44 Sullivan St.
Claremont, NH 03743



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.

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 February volunteer hours

Kitchen	7 people	272	hours
Desk	7 people	97	hours
Other	3 people	46.5	hours
Bingo	5 people	38.5	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





603-543-3146

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.