



# 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 22 ~ Issue 4**

**April 2021**

## Center progress on the pandemic

WE all know the Senior Center is the best venue in town! It is the best place to have a shower, birthday or anniversary party, or even a wedding. We are also ready to begin our catering

We are ready to begin booking events! Do you have a birthday or anniversary to celebrate? How about a family wedding in the future? We can make the event memorable with a rental of a room at the center. Do you know someone who has put off a celebration? Put them in touch with us.

The Board of Directors will discuss reopening the center at the April Directors' meeting. Our membership will be kept informed by email and on the center website at [cnhcs.org](http://cnhcs.org). It will be so nice to see everyone, but remember to bring your mask! Also, we will be observing social distancing, and we are hoping we have everyone vaccinated. Reopening will be on a limited basis, but many activities will be back. Corn Hole, Ping-Pong, cards, mahjong, quilting, knitters are some activities we will have. Of course, the puzzle table will be available, and the library and puzzle swap room will be open. OH YEAH! Pool room will be open as well. Inside meals will NOT be served; we will continue drive through meals for a while more.



A beautiful day at the center.  
This was shared by a member.

## **COVID continues to disrupt Senior Center elections! Candidates needed for Board of Directors.**

Board members have decided to delay the election of new Board of Directors members until the center is open. The elections will be delayed until the Nominating Committee can present a list of candidates to the membership at a business meeting. Normally, elections are scheduled in May, with candidates presented in April for members to review. So the deadline of March 15 to get on the list has also been delayed. Do you have what it takes? There is still time to submit a letter to the Nominating Committee. If you can give the center some of your time, we need your help. Contact the center for information on what is required to be a Board Director.

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.

<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	543-0468
			Marilyn Gilbert	542-5798

**Center Daily Activities**  
**Closed except for Drive through Lunch**

Activities will resume when we reopen  
The place is lonely without you here! We  
hope everyone stays safe and we will return  
soon.

There will be NO April Business  
meeting due to closure.

**Kitchen Staff Training**

Our entire kitchen staff received certificates for  
Safe Serve Staff refresher training. The 2 hour  
training was a refresher for general safe practices  
as well as COVID specific topics.  
The training was completed on their free time.



Ken makes  
stuffing and  
stuffs birds  
for the Turkey  
Dinner

**Are you Puzzled?**

We have jig saw puzzles you can borrow or  
trade. Many have been completed before!  
CALL the center to arrange a time!

**April 2021 Menu**  
**Menu is subject to change**  
**Drive thru Takeout ONLY**

**Thursday (1) Soup, BBQ Chicken Legs and  
Thighs, Potato Salad, Cole Slaw, Dessert**

**Tuesday (6) Soup, Stuffed Pork Chop, Roasted  
Potatoes, Veggies, Dessert**

**Thursday (8) Soup, Turkey with Gravy, Rice,  
Squash, Dessert**

**Tuesday (13) Soup, Chicken Cordon Bleu,  
Mashed Potato, Vegetable, Dessert**

**Thursday (15) Soup, Roasted Pork Loin w/  
Gravy, Mashed Potato, Vegetable, Cake**

**Tuesday (20) Salad, Spaghetti w/ Meat Sauce,  
Garlic Bread, Dessert**


**Thursday (22) Soup, Tourtiere (French Cana-  
dian Pork Pie), Roasted Potato, Veggies, Des-  
sert**

**Tuesday (27) Soup, Ham and Cheese Sub, Let-  
tuce, Tomato, Onions, Peppers, Chips, Dessert**

**Thursday (29) Soup, Baked Fish, Rice Pilaf,  
Vegetable, Dessert**


**Call 543-5998 to reserve your meal.**  
**Meals may be suspended temporarily**

Ken has shared 2 of his favorite recipes. He  
has requested members to share recipes of  
your favorites or maybe a family recipe so we  
can put it into the menu. And or in the news-  
letter! You can drop off at lunch; give it to  
Ken or Tom, or bring it in to the front desk.  
Or you can email it. BUT PLEASE DO NOT  
text it! Our phone doesn't do texts!



**DON CHABOT**  
CRB, GRI, CBR  
NH - VT Broker  
[dchabot@townandcountryrealty.com](mailto:dchabot@townandcountryrealty.com)

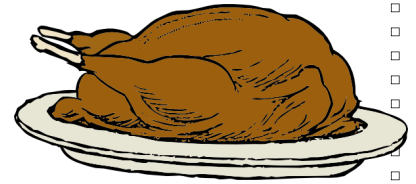
26 Tremont St.  
Claremont, NH 03743  
(603) 542-5188 Ext. 111  
FAX (603) 542-6873  
[www.townandcountryrealty.com](http://www.townandcountryrealty.com)



## ONCE AGAIN!

### *Our requested Turkey Dinner*

*Turkey with stuffing, gravy, cranberry sauce. Mashed potato, squash and Dinner roll, and a delicious piece of fresh made pie*



*Saturday; April 17  
Pick up 4:30 to 6:00 PM  
Still Only \$10 per meal*

*Drive Through pickup only.*

*To ensure your meal, call 543-5998 to reserve your dinner.*

*We are accepting donations for dinner supplies.*

*Can you donate a frozen turkey? We also need help with our dinner by donating money and pie crusts and fillings to help with the dinner.*



**American  
Red Cross**

**Blood  
Services**

**Blood Drive at Claremont Senior Center**

**Monday, April 19, 2021; 12 to 5 PM**

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



**ROZ CAPLAN**  
Broker-Owner

O. 603-542-7766  
C. 603-477-3766  
rozcaplan@century21highview.com  
www.century21highview.com  
42 Summer Street  
Claremont, NH 03743  
Each Office Independently Owned and Operated

**Foot Clinic**  
**Wednesdays April 14, 21, 28**  
**Sponsored by Lake Sunapee Region**  
**VNA & Hospice**  
**There is a charge (\$25)**  
**Appointments will be required!**

**New NUMBER!**  
**Call (603) 748-1731**



**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)



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

Debbie Bedard  
 Henry Belanger  
 David Carver  
 Lynn Davidson  
 Jessica Lange  
 Lorraine Potvin  
 Barbara Streisand  
 Roy Winot

Robert Belaire  
 Joyce Brassaw  
 Russell Crowe  
 Henry Fontaine  
 Jack Nicholson  
 Betty Shoemaker  
 Lucille Viens



**Christmas in New York City**

We are looking at the possibility of a trip to NYC for Christmas. The trip would include the Radio City Spectacular Christmas show, and at least 2 overnights. Before we put a lot of work into the trip, we want to know if it will be worthwhile to investigate. If you have never been to NYC at Christmas, you have missed a great trip.

Call the center and leave a message, write a note and hand it in at lunch, or email us that

**A Birthday Button for you to cut out**

**Reserve Your New Apartment Today!**

**Contact Leigh Stocker to Book a Virtual Tour:**  
**lstocker@summercrest.net • 603-863-8181**

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



**Independent Living | Assisted Living | Memory Care**

**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!**

**Copy paper**

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

Lysol Spray    Wal-Mart Gift Card    Hand Sanitizer (all sizes)    Market Basket Gift Cards  
 “Forever” First class postage stamps    Disinfecting wipes

***Kitchen needs:***

Quart and Gallon size Freezer Bags    Sandwich or Snack size bags    Left over/ deli containers  
 Market Basket Gift Cards    Cool Whip or Dessert topping    Frosting    Chocolate Chips  
 Turkey    Canned tomatoes    Frozen or canned vegetables    Bell’s Stuffing  
 Pie Crusts and fillings    Butternut squash

## 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.

### 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



## 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!



[www.EssCorElectronics.com](http://www.EssCorElectronics.com)

Steve Spetelunas - Owner

603-542-3745

4 Second Street

603-287-4333 fax

Claremont, NH 03743

[Steve@EssCorElectronics.com](mailto:Steve@EssCorElectronics.com)

## Senior Center Catering

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

## What do you want to do?

When the Center has reopened on a limited basis, there is a need to know what our members want

TELL US!! Drop a line to 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.

## Visit the Library!

We have several books in our lending library. If you take a book, please return it and make a donation of books you have enjoyed! Call to set up an appointment for book selection

## 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.

## 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).



Have you seen our

Facebook page?



## 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.

## Free Smoke Detector

**Claremont Fire Dept** is providing free smoke alarms to single family homes. If you don't have smoke detectors or they are more than 10 years old, they will install detectors for free!

Call 542-7012 or

[email: cfdcode@claremontnh.com](mailto:cfdcode@claremontnh.com)

Tom Belaire, Dep Chief, Fire Prevention

## Letter from the Chair

Did you see it? The daffodils are beginning to poke their heads out of the ground. The buds are everywhere on the trees— yes, spring is finally here. Now, if only the temperatures would begin to cooperate.

I hope that everyone who wants the vaccine has had at least one dose, but I am hearing from several members that they have had their second or will have had it by now. And the good news most have said they had very few side effects.

The Board plans to meet the week of April 12. I anticipate that we will decide on a reopening day. Again, it will be on a limited basis at first. The Board is anxious to see members in the center and hear the sounds of laughter and conversation.

The Board also wishes to thank everyone who has continued to support the Center through this trying time with all of your donations. Each donation that has been made has helped the Center with expenses. Most of all, all the food and cash donations to the kitchen have enabled us to maintain the quality meals we have without having to raise the price we charge for meals.

Stay Safe. Think Spring!

Denise Liveston, Board 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.*

### 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.

Just remember, once you're over the hill you begin to pick up speed.

Waiting for the return!



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

Seeking individuals with cars to provide transportation for others who need to get to appointments. Can you help?  
Please Call 542-9609 for information

### **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)**

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	6 people	199 hours
Desk	1 person	25 hours
Other	4 people	51 hours

Attention Volunteers!

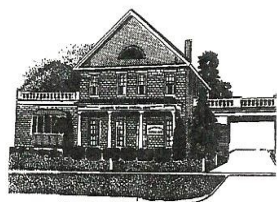
We know that some volunteers have not  
documented their hours!

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.

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

**When I was a kid I wanted to be  
older...this is not what I expected.**



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 or-  
ganize 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.

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

**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 per-  
son-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](http://www.211nh.org) for additional infor-  
mation.

**What can you do during  
the pandemic?**

Have you noticed we have books and puzzles  
to loan at the center? Call to arrange a time  
to pick up and deposit item.

**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 valua-  
ble 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 activi-  
ties at the center. You can send in  
your dues or hand them in at lunch  
pickup. Thank you for paying your  
dues on time!

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.