



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 22 ~ Issue 3

Travel plans in the works

Are you ready for some travel? We are trying to look ahead to 2022 (or sooner) for some short trips and perhaps a few longer trips. Short trips would be 3 days and 2 nights or even 4 day/ 3 nights. Longer trips are more distant and a week or more with travel by air or rail. Sorry— there are no funds available for assistance.

Several members have asked about travel and the center. They remember “the old days” and more recently, the museum trips. So, we are working on putting some trips together. We made a survey on page 6 to “get a feel” of what people want for travel with the center. And we can use some help putting these together. If you are interested in helping put this program together, notify the center. You can call (543-5998) or email and leave your name and phone number to indicate you want to work with the travel group. Meantime, complete the survey on page 6. Email your answers or write them down and bring them or mail them. Tell us what you might want. Or what you would want to pay for. Before all the work and time is put into the planning, we want to see what interests people.



Did you get your COVID vaccine yet?

Seniors over 65 are now a priority. To sign up for your vaccine, go to <https://www.vaccines.nh.gov/> or you can call 211. The key part—be patient. We have found that it may take a lot of time, but the people on the other end are very helpful.

Senior Center elections are coming! 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, some 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 15 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. Letters of intent to run are due by March 15.

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.

Interim Director	Jim Contois	504-8379		
Board of Directors			Shirley LaClair	542-3202
Chair	Denise Liveston	542-5725	Brenda Ruest	542-6644
Vice Chair	Debbie Bedard	558-3710	Dennis Francis	543-0551
Treasurer	Lloyd Mann	542-5774	Michele Bryant	543-0468
Secretary	Donna Cornett	826-3260	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 March Business
meeting due to closure.

Ken Shares recipe Meatloaf with Brown Sugar Glaze

Meatloaf

1 ½ pounds lean ground beef
¾ cup milk
1 egg beaten
1 teaspoons salt
1 cup bread crumbs
1 packet onion soup mix
1 teaspoon Worcestershire sauce
¼ teaspoon ground black pepper



Sauce

½ cup ketchup
¼ cup packed brown sugar
¼ cup apple cider vinegar

Directions

- 1: Preheat oven to 350° F (175° C) Lightly grease a 5 x 9 loaf pan.
- 2: Gently crumble ground beef into a bowl, breaking up into small pieces. Add remaining meatloaf ingredients to the bowl and gently combine. Be careful not to overwork the meat.
3. Mix all the sauce ingredients together and spread half of the sauce along the bottom and sides of the loaf pan.
4. Add meatloaf to the loaf pan and press firmly into a loaf shape.
5. Liberally paint remaining sauce over the top of the loaf.
6. Place meatloaf pan into oven and bake for 1 hour and 10 minutes, or until the internal temperature reads 165 F°.
- 7 Let rest for 5 minutes. Serve slices.

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!

March 2021 Menu

Menu is subject to change
Drive thru Takeout ONLY

Tuesday (2) Salad, Macaroni & Cheese, Ham, Stewed Tomatoes, Dessert

Thursday (4) Soup, Pulled Pork Sandwich, Potato Salad, Dessert

Tuesday (9) Soup, Baked Beans and Hot Dogs, Cole Slaw, Cookies

Thursday (11) Soup, Shepherd's Pie, Vegetable, Dessert

Tuesday (16) Salad, Stuffed Shells, Vegetable, Garlic Bread, Dessert

Thursday (18) New England boiled Dinner with Ham, Cabbage, Carrots, Rutabaga, Potato, Onions, Cake

Tuesday (23) Soup, Liver & Onions OR Hamburger, Potatoes, Vegetable, Dessert

Thursday (25) Soup, Chicken Souvlaki, Rice, Vegetable, Dessert

Tuesday (30) Soup, Baked Fish, Scallop Potatoes, Vegetable, Dessert

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



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



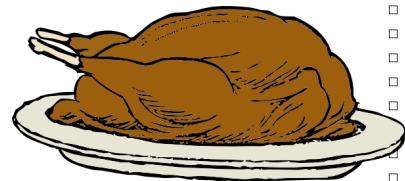
Business Card Ad

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).

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; March 20
Pick up 4:30 to 6:00 PM
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, March 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/>

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).



Foot Clinic
Wednesdays March 10, 17, 24
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
PO Box 1100
Claremont NH 03743-1100


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

Happy March Birthdays!

**Birthstone
Flower**

**Aquamarine
Daffodil**

Don Bailey
Gail Caccavaro
Linda Chisholm
Maureen Cullen
Dennis Fontaine
Mary Fontaine
Robert Gagnon
Evelyn Hodge
Robert Marvin
Janet Ruest
Bruce Willis

Ronald Bryant
Mariah Carey
Harvey Cheater
Céline Dion
John Fontaine
Dennis Francis
Amarylis Girard
Elton John
Susan Pare
Margaret Villers
Sharon Wood

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.

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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!

Post Card Postage Stamps (35 cents) for birthday cards "Forever" postage stamps
Disinfecting wipes "Post-it" notes—various sizes

Not so desperately but still needed ITEMS!

Lysol Spray Wal-Mart Gift Card Hand Sanitizer (all sizes) Market Basket Gift Cards

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	Chocolate Chips
Turkey	Canned tomatoes	Frosting
		Frozen or canned vegetables



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

Reserve Your New Apartment Today!

Contact Leigh Stocker to Book a Virtual Tour:

1stocker@summercrest.net • 603-863-8181

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



Independent Living | Assisted Living | Memory Care

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!
5. Add a bookmark for smile.amazon.com to make it even easier to return and start your shopping at AmazonSmile.



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, or write down what you want to happen at the center and drop it off at the desk.

Thank you to our Staff!

A big thank you to our Kitchen staff! They continue to produce high quality, low cost meals for our members and the community. Using the vast experience and knowledge of Ken Simoneau, the staff volunteers several hours each week, and one Friday and Saturday each month. Also a big Thank you to Marilyn and Brenda for their part. THANK YOU!

Another thank you to Bev for her desk work answering the phone on meal days and doing necessary office tasks.

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!

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.



www.EssCorElectronics.com

Steve Spetelunas - Owner
4 Second Street
Claremont, NH 03743

603-542-3745

603-287-4333 fax

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

March! Yeah! Spring is coming! But we know this is New England so there is still plenty of "wintry" weather to deal with, but hopefully we'll soon see those crocuses popping their heads through the ground and I have already seen a few buds on the trees.

The Board of Directors will be meeting on March 16 via ZOOM. We chose a later date hoping we would have better information to make an educated decision on reopening, hopefully, mid April. We can't wait to see everyone coming through our doors.

Through the generosity of Greater Sullivan County Strong, we received money to purchase a ZOOM license for our center and members. The Board and Finance committee have already tried out meetings on it and now we are ready for our members to use it to socialize with each other and meet up with your family. If you would like to schedule a ZOOM meeting you need to contact the center so one of the administrators can set it up for you. Send an email to seniorctr5@gmail.com, or leave a message on the phone, 543-5998. An administrator will contact you to set up your meeting and get the email addresses of those you will meet with. The administrators request that you give them at least a 5 day notice. And only one ZOOM meeting can take place at a time, so first come first serve. Here is your chance to see those grandchildren, great-grandchildren, sisters, brothers, and friends.

Think Spring!

Denise Liveston, Board 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.

Don't be worried about your smartphone or TV spying on you. Your vacuum cleaner has been collecting dirt on you for years.

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

Claremont Senior Center Trip and Travel Survey:

Would you like to travel on 1 or 2 nights overnight? Multinights (5 to 10 nights)

Where would you like to go?

Short trips overnights: Boston, Wildwood, NJ; New York City @ XMAS 2021 or 2022; Philadelphia/ Amish country, Washington DC,

Longer: National Parks west of the Mississippi; Branson, Missouri; River Cruise on the Mississippi or Columbia River

Would you consider trips for \$500 per person? \$1000 pp? more than \$1000 pp?

Longer trips will be more expensive.

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	6 people	219 hours
Desk	1 person	25 hours
Other	6 people	60 hours

Attention Volunteers!

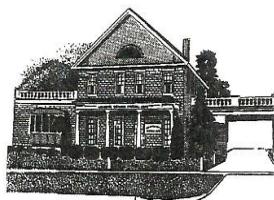
We know that some volunteers have not documented their hours!

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!**

I just did a week's worth of cardio exercise!
I walked into a spider web.



603-543-3146

Fax- 603-542-9223

email: memorials@stringerfh.com

Stringer Funeral Homes,
Inc. & Crematorium

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!) 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 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 from anywhere from dog food to mental health they can point you in the right direction.

Visit www.211nh.org for additional information.

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 valuable 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 activities at the center. You can send in your dues or hand it 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.