



# Claremont Senior Times

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

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Website: [cnhcs.org](http://cnhcs.org)

**Volume 23 ~ Issue 2**

**February 2022**

## We Are Open Once Again

Even though COVID numbers are still high in New Hampshire and Claremont in particular, the Board decided to reopen with precautions in place to protect our Seniors. We have installed microbio filters in all rooms. Our dot system is intended to identify those persons unvaccinated since they pose the highest risk of infections.



The Board felt these measures are enough to not requiring masks for everyone. Of course, anyone who wants to wear a mask is welcome to wear one.

We are resuming all activities except indoor dining. Bingo will still be on Wednesday afternoons, but we will be increasing the price of paper cards. Our hours are the same, and listed on page 2.



On the left is last Wednesday afternoon. We are seeing signs of return!

Wednesday, we had Foot Clinic, Miracle Ear and Bingo all going on at the same time. The place was lively and, at times, loud. IT WAS GREAT!!

## Jim is back

Jim Contois is back at the Center. After 2 years of isolating during the COVID pandemic, Jim has returned to the dual duties of Executive Director and our custodian. He just could not stay away from us! He says he enjoys the company! Jim has jumped right into the routine, even though some things have changed. He will be taking the reins of some fundraisers and events, We look forward to Jim working for the center. So, when you see him, welcome him back.



## BRRR WITH US!

Winter is always a challenge, but we have dealt with it for many years. And the Center needs your help. As an effort to conserve our energy consumption, we need to be vigilant. We are turning off lights where possible, and we are turning the heat down to 68 ° when rooms are occupied and 63 ° in rooms not occupied. So we are asking that you bear—or brrr—with us. Bring a sweater or a fleece to add a little warmth to your life.

### 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 February 2022 Open Monday through Friday

**Saturday and Sunday** Still Closed

#### Monday

8 AM Men's Breakfast (21)  
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 (9, 16, 23)**  
9 AM — 3PM Open for activities  
10 AM—2 PM Quilting (2)  
1 PM Bingo (Last card sold 12:45 PM)  
4 PM Corn Hole

#### Thursday

8:30 AM **Foot Clinic (3)**  
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 (18)  
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**

## February 2022 Menu

**Menu is subject to change.**

**Drive thru Takeout ONLY**

**Pickup 11:45 to 12:15**

Tues. (1) Mac and Cheese, Ham, Vegetable,  
Dessert

Thurs. (3) Beef Stew. Biscuit, Dessert

Tues. (8) **Breakfast for lunch**, Fruit, Breakfast  
Meat, French Toast, Hash Brown Casserole,  
Breakfast Bread

Thurs. (10) Jambalaya, Dessert

Tues. (15) Soup, BLT's, Chips, Dessert

Thurs. (17) **Birthday Dinner**; Chicken legs,  
Roasted Potatoes, Vegetable, Cake


Tues. (22) **Two's Tuesday**, Double Cheeseburg-  
er, 2-bean baked beans, Cole Slaw, pair of "2's"  
cookies

Thurs. (24) Salad, Chicken Broccoli Alfredo w/  
Pasta, 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.**

February Monthly Business meeting  
is February 8 at 12:45 PM



**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](mailto:memorials@stringerfh.com)

**Stringer Funeral Homes,**  
**Inc. & Crematorium**

# *Winter Dinner at Claremont Senior Center*

## *Old Fashioned Ham Dinner*

*Baked Ham, raisin sauce, home made baked beans, cole slaw and dinner roll,  
and a delicious dessert*

*Drive through pickup only*  
*Saturday February 19; 4:30 PM til 6:00 PM*  
*Snow Date; Sunday February 20;*  
*4:30 til 6:00 PM Still only \$10 per meal*

*Call 543-5998 to reserve your dinner*

*Buy 2 dinners, save 1 for later*



*We are accepting donations for the dinner.*

*Can you help us out? Donate a ham? We also need help with desserts  
Give us ingredients for desserts to help with the dinner or by donating money.*

**Senior Men's Breakfast**  
**Tentatively scheduled**  
**Monday, February 21; 8:00 AM**

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

**Foot Clinic**  
**Thursday, February 6;**  
**Wednesdays February 12, 19, 26**

**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.



**American Red Cross** | **Blood Services**

**Blood Drive at Claremont Senior Center**

**Monday, February 14, 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**

The goal of the January 10 Blood Drive. was 24. 32 units were collected !!! With 32 units collected that is 76 lives saved. It represents such a huge impact right now with the shortage of blood.

### **Our 9th Penny Sale at the Center**

**May 15;**  
**Doors open at 11 AM,**  
**1 PM tickets are pulled**

**New and valuable prizes**



***Happy February Birthdays!***  
***Birthstone***                      ***Amethyst***  
***Flower***                              ***Violet***

Paul Hamel	Jean Howe
Michael Jordan	Brett Kavanaugh
Donna LeClair	Douglas Moses
Lillian Phaup	Axl Rose
Ann Roulliard	Joan Sharaga
Violet Small	Elaine Stringer
Susan Wenger	Vanna White
Lynn Wolaver	Steven Wood



**Older and Wiser!?**  
**A little humor.**

I tell people not to irritate old people.  
 The older we get, the less “Life in Prison” is a deterrent!

I have learned an important lesson as I’ve gotten older. A cold seat in a public toilet is unpleasant. A warm seat is worse.

I really don’t mind growing older, but my body is taking it badly!


I really miss the days when bread was still good no one knew what kale was.

Sometimes I get up in the morning, look in the mirror, I think “That can’t be accurate!”

**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).

**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)**

**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!**

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.

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

## AARP announces Tax prep details

Need help with your taxes? AARP will once again be offering tax help for seniors at the Claremont Senior Center. Appointments will begin on February 4 and on every Friday until April 8.

Call (802)345-5415 to schedule an appointment. **DO NOT** call the Claremont Senior Center as we will **NOT** be able to schedule appointments.

The Claremont Senior Center provides space to AARP for free tax help as a service to seniors. Donations are welcome to help the Center defray costs..

## 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 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!**

## Hint from Heloise: from Jan 31, 2022 Union Leader

First, if you receive a strange phone call from anyone who claims to be from Social Security or a major online retailer, it is a scam. Either hang up or don't answer if it is a name or number you don't know. If you answer the phone and someone threatens you with arrest, freezing your bank account or promises an increase in your Social Security payment, hang up. It is a scammer. You can get more information on scams at [www.oig.dhs.gov](https://www.oig.dhs.gov).

Another note from the Vice Chair:

We are open again! But I want to remind you that it takes individuals to make a village. Many hands make the work easier. There are many “little “ jobs that can be done to help us. How about writing an article for this newsletter? Dust the room corners with our dusting wand? Vacuum the lobby? Wash a couple windows?

While we are open to our “usual” activities, we still need to have fundraising events. To make these events happen, we need Fundraising Volunteers. For example, to run the Penny Sale in May, we are going to need 9 to 12 people to do the Penny Sale and 4 for the Concessions. We also need volunteers to plan, solicit, make signs and posters, and other “before hand” tasks. SO, if you can help even just a little time, we need you. Thank you before hand!

Speaking of volunteers— our Newsletter and website editor could use some help. Do you have something to write about? Or some pictures to share? Information about activities? Words of Wisdom? Or is there something you want to know about? I could really use some new material for the monthly newsletter, and I welcome an article to put in it.

Have you received your free Federal Test kit? If you are having trouble, stop in and see us. Also, you can purchase a COVID test kit at the liquor store. The cost is \$13, but there are 2 tests in a kit. Board of Directors elections are coming this year. We have 3 non returns (their term limits are ending), and 2 who are up for re-election. So, we need 3 new Board members to be elected. Please consider donating some time out of your life to help make the center decisions and functions. If you have questions about the commitment, please call us and ask. We need everyone to make this place a success.

Stay Safe and be happy!

Tom Liveston, Board Vice-Chair

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

The numbers have not diminished. The policy is 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.

***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***



Penny Sale  
How can I help?



We need volunteers to help with the Penny sale May 15. We also need new items for prizes.

Organizers, sorters, cleaners needed

See the front desk or Jim if you can help



**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)

## 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.

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 November volunteer hours

Kitchen	9 people	199.5 hours
Desk	6 people	69 hours
Other	3 people	41.5 hours
Bingo	2 people	25 hours
Office	3 people	94 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.

**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](http://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.

**Frances J. Tolles Home Complex**

Private rooms with meals for Elderly Women

Apartments for Elderly Men  
and Women

44 Sullivan St.  
Claremont, NH 03743



**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!

**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.