



Pittsfield Area Senior Center

*A Center for Active Seniors...
and Your Resource for
Healthy Aging*



**September
2019**

**Located in the Pittsfield
Community Center**

**74 Main Street
Pittsfield, NH
03263**

**Carol Schiferle
Manager**
cschiferle@bm-cap.org
435-8482

**Serving the
communities of:**

Barnstead
Chichester
Epsom
Loudon
Pittsfield

Hours

Monday - Thursday
8:00 am – 2:00 pm

Friday

8:00 am–1:00 pm

Lunch

Monday - Thursday
12:00 noon

Services

Door to Door Bus
Transportation

Meals on Wheels

Exercise Programs

Social Activities

Merrimack County
Service Link
1-866-634-9412



Join Us For Senior Center Week

Tuesday, September 17, at 10:30

Bill Parker - The Pittsfield Area Senior Center invites you to join us for a live music performance by Bill Parker. He sings a wide variety of music from the Great American songbook while playing the keyboard and harmonica. Come, enjoy the free concert, and stay for lunch. If planning to stay for lunch please call 435-8482 to RSVP so the meal can be planned accordingly. On Tuesdays we serve soup and salad along with the meal!



Wednesday, September 18, at 10:30:

Water Painting - Come in and try water painting for free. The supplies will be supplied.

Wednesday, September 18, at 12:30:

Quilting - Come in and learn quilting for free. The supplies are supplied and the teaching is high quality. We make a quilt that can be donated to different community organizations to help them raise money.



Thursday, September 19, at 10:00 AM:

Open House - The Key to Aging Well

10:00 -11:30 AM Bingo - Come in and play Bingo. If it is your first time you can play Free! So no risk to you for trying it.

11:30 -1:00 PM Displays - Come in to see the displays, gather information, and ask questions.

12:00 PM Lunch - If it is your first time the lunch will be free!

12:30 PM Fall Prevention Exercises Display - This will a demonstration on specific exercises that will can help strengthen the correct muscles to prevent falls.

Falls Awareness

Did you know that 1 in 4 Americans aged 65+ falls every year?

Falls are the leading cause of fatal and non-fatal injuries for older adults. Falls are costly—in dollars and in quality of life. Through practical lifestyle adjustments, evidence-based programs, and community partnerships, the number of falls among seniors can be reduced substantially.



Follow these 6 tips to prevent future falls:

1. Find a local balance or exercise program such as Matter of Balance
2. Talk with your doctor about your risk for falls
3. Review your medications with your pharmacist to determine increased risks
4. Get your vision and hearing checked regularly
5. Keep your home safe by picking up items that are easy to trip over
6. Talk with your family for support

For more information on falls/wellness programs, contact your local senior center.

WEEKLY ONGOING ACTIVITIES

Ongoing Events

Come in for any of our activities. Lunch is served at noon, Monday thru Thursday. Please call ahead to reserve your lunch (435-8482). There is a \$2.00 suggested donation for the meal.

Weekly

Mondays

10:00-11:30 AM Bingo

10:45-11:30 AM Yoga, join anytime, \$5.00 per class.



Tuesdays

Noon Café Bienvenue, the Café features a variety of soups, salad bar, and café style luncheon choices

Wednesdays

9:30-11:30 AM Cribbage Club

12:30 PM Quilting (Starting September 11, 2019)

Thursdays

10:00AM-11:30 AM Bingo

Fridays

10:00 AM-12:00 PM Healthy Games for Seniors Club—Play a variety of games on an XBOX 360 Kinect to include virtual bowling



A community lunch is served Monday – Thursday at 12:00 PM all seniors are welcomed!

Monthly Events

2nd Thursday During lunch we celebrate birthdays with cake.

2nd Friday 1:00 PM—Mystery Dinner

4th Monday 9:00 AM-3:00 PM—VNA Senior Health Clinic, upstairs. Call 224-4093 ext. 5815 to make an appointment.

4th Tuesday 10:30 AM—Book Club Read, Meet, Talk

SPECIAL EVENTS

Wednesday, September 4, at 10:30 PM:

Activities Meeting - Come in and discuss what programs and new activities may be possible here at the center. We will also plan what crafts the club will be doing.

Tuesday September 10 at 10:00:

Writing group meeting - This is a simple meeting to discuss the writing group. The day and time to meet will be determined and how often to meet.

Wednesday, September 11, at 12:30:

Quilting begins - This is a free quilting class. During this meeting it will be discussed among the group what people would like to work on. All the supplies including the fabric are provided. This class is for beginners and experts.

Thursday, September 19, at 10:00 AM:

Open House - The Key to Aging Well - Senior centers are the future of what aging can be. Innovative programs hosted at senior centers can change the perception of aging, and create important community resources for aging expertise. See the front page for the schedule of events occurring during the week including the center's Open House.

Friday, September 20, 11:00 AM:

Cook out for our volunteers - This is a celebration cookout for the people that volunteer here at the center.

Volunteers Are Needed!!

We now produce over 90 Meals on Wheels. The Pittsfield Senior Center needs volunteers for different days of the week at different times for only two hours a week. Some of the jobs includes working in the kitchen preparing items for Meals on Wheels, the community meal, setting up for the meals, and washing dishes. Training is provided, if interested please call 435-8482. The work is easy and gratifying and only takes two hours a week. There are also other jobs volunteers are needed for besides the kitchen. If interested just ask.



Read, Meet, Talk Book Club Tuesday, September 24, 2019 at 10:30 AM

If you like to read and discuss books then this club is for you. It is decided as a group on what books will be read each month. So come join us!

EVENT FOR OCTOBER

Dressing for a Barn Dance

Live Music with Don Smith

Wednesday, October 23, 2019

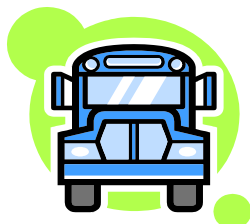
At 10:30 AM

Come in dressed up for a
Hoedown!



Bus Transportation Schedule

*Monday, Tuesday,
Wednesday, and Thursday
From 8:00 AM—3:00 PM*



Call the Senior Center at 435-8482 to *reserve your seat* or ask any questions. We request a donation of only \$3.00 round trip for those aged 60 and over. Limited rides are available for adults with disabilities.

You can go to the doctors in Epsom or Concord, you also can do your banking, shopping, and other errands, or attend the Pittsfield Senior Center.

Monday We service Barnstead, Pittsfield, and Loudon.

Tuesday We service Barnstead, Pittsfield, Epsom, and Chichester.

Wednesday We service Barnstead, Pittsfield, Epsom, and Chichester then go to have lunch before returning home.

Thursday We service Barnstead, Pittsfield, Epsom and Chichester.

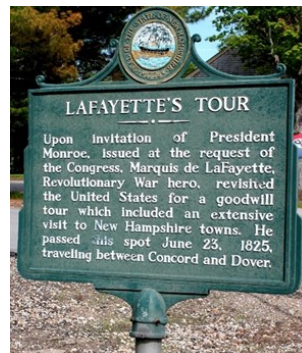
PITTSFIELD AREA HAPPENINGS

“Cruising New Hampshire History”

Wednesday, September 11, 2019

Pittsfield Historical Society
3 Elm Street
7:00 p.m.

Michael Bruno, author of “Cruising New Hampshire History,” will present information and stories on the various historical markers located throughout New Hampshire



CONCORD REGIONAL
VISITING NURSE
ASSOCIATION

Falls Are Preventable

Each year, one in every three adults ages 65 and older falls. Many falls can be prevented. Concord Regional VNA recommends exercise to improve strength and balance, reviewing your medications with your doctor or pharmacist to reduce your chance of dizziness or drowsiness, regular vision checkups, and eliminating potential fall hazards at home such as electrical cords, clutter, and poor lighting. For a home safety and falls risk assessment and information on our programs and services, call (603) 224-4093, ext. 5815.

IMPORTANT NOTE: The Pittsfield Senior Center will be CLOSED on Monday, September 2, in recognition of Labor Day. This means there will be no Community Dining, Meals on Wheels, or other programming. MOW participants, please use your holiday bags.

CAP Volunteer Driver Program

If you are 60 years old and above, or living with a disability, you qualify for rides through the Volunteer Driver Program! Rides are available Monday thru Friday 5:00am to 6:00pm. To request a ride, contact CAP Dispatch at 225-1989 or email dispatch@bm-cap.org.

Elder Services
Community Action Program, Belknap Merrimack Counties, Inc.

Suzanne Demers, Director - Peggy Maylone, Operations Manager, Karen Heyes, Food Service Director

Consider donating a tax deductible contribution to the Meals on Wheels Program in tribute to someone special, or to celebrate a special occasion.

Name: _____

Address: _____

Phone # (if we have questions) _____

In Memory/Honor of _____

(circle one above)

Send Acknowledgement to _____

Address: _____

Please make checks payable to CAPBMCI-MOW, And send to Community Action Program, Belknap-Merrimack Counties, Inc, P.O. Box 1016, Concord, NH 03302. *Thank you for your support.*