



# Pittsfield Area Senior Center

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

**December  
2016**

**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



**Please Join Us**

**Tuesday, December 13, at 10:30AM:**

*A Christmas Show by Don Smith:* Come in and enjoy some Christmas music.

The program is free and Don is going to sing a wide variety of Christmas songs and welcomes Carolers. We will have hot chocolate and cookies. Lunch will be served after.



**Thursday, December 15, at 10:00AM:**

*It is a party!* The Senior Center's Christmas Party will begin at 10:00 AM. There will be a Yankee gift swap. If you want to participate in the gift swap, please bring a gift of no more than \$10.00. There will also be a pretty and ugly Christmas sweater contest. Please join us and spend some special time together. The Christmas dinner will be served at 12:00 PM and it will be stuffed chicken, mashed potatoes, and other wonderful things. Hope to see you here and please call 435-8482 to make your reservation before December 7.

**Fun No-Cost Holiday Ideas and Traditions for Seniors!**



Since the holidays are about so much more than just material gifts, we thought it might be fun to give a few ideas of things you can do that are gifts of time together. For years in our family, my oldest brother has given the wonderful gift of a large, festive family dinner, followed by a holiday play in the weeks before Christmas— as our families got bigger, the play was too hard to schedule so the youngest kids “wrote” a play. When his boys were little, they dressed as waiters and took our orders, filled our drink glasses, brought out the desserts. Now that they are adults, they help cook the dinner, stream the holiday music, and fix the drinks! Our attendees now range in age from 16 to 95, and it's still one of our favorite holiday traditions. Here are a few ideas to start your own!

**Host a holiday movie marathon:** Arrange to gather the family and show favorites such as *Miracle on 34<sup>th</sup> Street*, *It's a Wonderful Life*, *the Grinch*, etc...pop popcorn, make hot chocolate and enjoy together!

**Invite the family to a tree-lighting ceremony, complete with carolers:** Scope out the various ceremonies in your area, invite all your family members; make thermos's of hot cocoa, and cookies!

**Host a Christmas Tea with poetry/ story reading:** Make a couple of big pots of tea, egg nog, and some holiday cookies or scones—invite each family member to recite their favorite holiday poem or story. Our family's favorite, written by an 8 year-old family member is: *“The Wise Man who Got Lost”* and relates the story of Stu, the fourth wise man, whose gift was a folded turtleneck!

**Have a “Make your own Ugly Sweater Contest” with friends and family:** Invite everyone to wear a sweatshirt/ sweater they don't care about and provide them with decorations, ribbons, bells, cotton, candy canes, garland, tinsel, pipe cleaners, pom-pom's etc ( any kind of garish old holiday decorations you have in storage) to decorate their “sweaters,” have a fashion show and vote for a winner!

**Have a gathering and celebrate holiday traditions/foods from around the world:** Invite friends and family to each contribute a holiday food or tradition from another country. For example the dreidel game from Israel, a chocolate yule log from France, “Wassail,” a hot mulled cider with sugared apples, lemon and sweet spices from 13<sup>th</sup> century England, a list of holiday expressions in other languages.

Whatever your holiday traditions, old or new, relax, enjoy, spend time, not money, and have a wonderful, safe, and happy holiday season!

## 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.

12:30-2:30 PM Art Classes with Larry Frates \$10.00 per class, join anytime.

#### **Tuesdays**

9:00 AM-10:00 AM Bone Builders; A Senior exercise class NO CLASS DECEMBER

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

10:00-11:30 AM Craft Club NO CLASS DEC 21 & 28

12:30-2:00 PM Quilting Club NO CLASS DEC. 21 & 28

#### **Thursdays**

9:00-10:00 AM Bone Builders; A Senior exercise class NO CLASS DECEMBER

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, football, baseball, white water rafting

### Monthly Events

**2nd Thursday** During lunch we celebrate birthdays with cake and ice cream.

**2nd Friday** 1:00 PM—Mystery Dinner bus trip

**4th Monday** 9:00 AM-2:00 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

### **Tuesday, December 6, at 10:30 AM:**

*Activity Meeting;* we will discuss upcoming events, functions, and future activities for the New Year. New ideas for activities and trips are always welcome.

### **Wednesday, December 7 and 14, at 10:00 AM:**

*Craft Club* will be doing punch quilting also known as no sew quilting. This project uses styrofoam and fabric scraps to replicate a quilted look, but there is now sewing involved at all!



### **Tuesday December 13, 12:30 PM:**

*Making Christmas flower arrangements with Dana.* She will give us ideas on how to make seasonal and beautiful flower groupings using silk flowers, assorted cones, and berries. If you have a small basket and items that you would like to use you can bring them to the class. Otherwise some items will be provided. The demonstration is immediately after lunch so come in for lunch and stay for the class. Please call 435-8482 to sign up if planning to attend to ensure the class occurs.

### **Wednesday, December 14, 10:30 PM:**

*Attorney Jenny Rivard; An elder Law Attorney.* Jenny has been an Elder Law Attorney for 10 years now. She volunteers providing free education to families for long term care planning through the Elder Care Access Foundation. She will discuss the different estate planning documents (Trust, Will, Durable Power of Attorney, Health Care Power of Attorney) and how they tie together with Medicaid, Medicare, nursing home costs, etc. Please sign up.

### **Thursday, December 15, at 12:00 PM:**

*Please join us for our Christmas meal.* It will be a stuffed chicken with the awesome fixings that go with it. Come and celebrate the Holiday Season. Please call 435-8482 to reserve your spot.



### **Wednesday, December 21 and 28, at 10:00AM:**

There will be no craft and quilting club.

**IMPORTANT NOTE: The Pittsfield Senior Center will be CLOSED on Monday, December 26 in recognition of Christmas and Monday, January 2 in recognition of New Years** This means there will be no Community Dining, Meals on Wheels, or other programming. MOW participants, please use your holiday bags.

## UPCOMING EVENTS FOR JANUARY

### Senior Tai Chi Starting January 18, at 1:00 PM for Four Weeks \$6.00 Per class

Tai Chi is a Chinese form of martial arts that involves slow, controlled and low-impact movements that can be easy for seniors—even those with limited movement. The National Association of Orthopedic Nurses endorses tai chi for seniors seeking to strengthen muscles, increase flexibility and get gentle aerobic exercise. We are currently taking names of the people who are interested in this class. Please talk to Carol or call 435-8482 if interested.

### 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 \$1.00 per one way ride 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

Tuesday, December 13, at 6:30PM  
Grades 1,2,3 Concert at PMHS

Wednesday December 14, 6:30 PM  
PMHS Winter Concert at PMHS

Tuesday, December 20, at 6:30  
PM Grades 4,5,6, and Band Concert at  
PMHS



### Discovering Happiness Among Holiday Grief

In years past, the holidays may have been a time for great anticipation and excitement, but in recent years, the prospect of facing the holidays without your loved one may cause sadness, fear, hopelessness, stress, and frustration. Concord Regional VNA has many grief support sessions for adults and families that may be helpful. For more information, call (603) 224-4093, ext. 2828 or e-mail [carmella.dow@crvna.org](mailto:carmella.dow@crvna.org).



CONCORD REGIONAL  
VISITING NURSE  
ASSOCIATION

### CAP Volunteer Driver Program

If you are: aged 60 years 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](mailto:dispatch@bm-cap.org).



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

Pam Jolivette, Director - Joan Barretto, Assistant Director, Karen Heyes, Food Service Director  
Peggy Maylone, Administrative Billing Manager

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

Name: \_\_\_\_\_

In Memory/Honor of \_\_\_\_\_

Address: \_\_\_\_\_

(circle one above)

Send Acknowledgement to \_\_\_\_\_

Phone # (if we have questions) \_\_\_\_\_

Address: \_\_\_\_\_

Please make checks payable to NES/CAP-BM and send to \_\_\_\_\_  
Community Action Program, Belknap-Merrimack Counties, Inc,