



# Pittsfield Area Senior Center

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

**October  
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**

**Thursday, October 13, at 10:00 AM:**

*Brain Health by Christine Lauer.* Christine is a Registered Dietician (RD) who works at the Catholic Medical Center (CMC) in Manchester and she is instructing the class, “Brain Health.” The Brain is one of the most important and complex organs we have and keeping it healthy is critical; especially as we age. Brain health relates to the ability to remember, learn, plan, concentrate and maintain a clear, active mind. Your lifestyle and dietary choices can effect how well your brain functions. This class provides education, nutritional tips, and support for a brain healthy lifestyle to improve a number of conditions such as Alzheimer's, ADHD, autism, anxiety, and depression. These sessions are normally \$19.00 per person and we are offering them free. It is never to early to worry about brain health! The class is in the room upstairs in the community center above the senior center. Please call 435-8482 if planning on attending space is limited.

**Friday, October 28, at 10:00AM:**

*A Fall Tea Party.* To help celebrate fall we are having a tea party. There will be a wide variety of teas and homemade baked goods. Come in and enjoy wonderful conversation while sharing over pastry's. It will be a sweet fun time! Costumes are welcomed but not mandatory since it is close to Halloween.



**Fall Focus on Fire Safety**



We focus a lot on health awareness on our front pages and October is an extremely busy health month, but it is also fire safety month. According to the National Fire Safety Association, 2016's Fire Prevention Week campaign, “**Don't Wait – Check the Date! Replace Smoke Alarms very 10 Years,**” represents the final year of the NFSA's three-year effort to educate the public about basic but essential elements of smoke alarm safety. For example, only a small percentage of people know how old their smoke alarms are, or how often they need to be replaced. As a result of those and related findings, the NFSA is addressing smoke alarm replacement this year with a focus on these key messages:

- Smoke alarms should be replaced every 10 years.
- Make sure you know how old all the smoke alarms are in your home.
- To find out how old a smoke alarm is, look at the date of manufacture on the back of the alarm; the alarm should be replaced 10 years from that date.

So, don't wait, check the date! And also, check in with your local fire department and healthcare organizations as they often team up in October to help seniors keep their smoke alarms up-to-date!

## 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

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

10:30-11:30 AM Craft Club

12:30-2:00 PM Quilting Club

#### **Thursdays**

9:00-10:00 AM Bone Builders; A Senior exercise class

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, October 11, 2016 at 10:30 AM:**

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

### **Tuesday, October 11, 2016 at 12:30 PM:**



*Learning how to make flower arrangements;* Dana Sansom, an Associate Professor at UNH for Horticulture Technology, will be teaching a flower arrangement class. She will give us ideas on how to make seasonal and beautiful flower groupings using silk and dried flowers. 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.

### **Tuesday, October 18, at 12:30 AM:**

*Join us for 1, 2, 3 Cook!* The program is designed for a healthy lifestyle with simple easy steps to follow. Please feel free to join us for this lively and informative schedule of programs. You can call Carol at the center at 435-8482 or Beverly at the library at 435-8406 for more information.

### **Wednesday**

The Quilting Club has restarted. We are meeting every Wednesday at 12:30 PM. All are welcome, the quilt this year is going to be donated to the Pittsfield Youth Workshop for their fundraiser.

### **News From the Center**

We need volunteers to work in the kitchen serving food and washing dishes. We need help all days of the week! Training will be provided and the job is easy. This is a great way to meet new people, make new friends, while serving the senior community. Please call 435-8482 for more information.

For the month of October if you bring someone new to the center, you and your friend will eat lunch for free. The meals are a great way of meeting and talking to other people in the community. Lunches are served Monday thru Thursday at 12:00PM and they provide a nutritious meal for a great price of \$2.00. On Tuesdays we provide a soup and salad bar along with the meal. Call 435-8482 to RSVP.

### **Tuesday, October 25, 10:30 AM**

#### **Read, Meet, Talk Book Club**

Still Life with Breadcrumbs By Anna Quindlen



### **Save the Date**



Bowls of Care is right around the corner! October 6, 2016 from 5-8 at the Concord Country Club. Get your tickets online at <https://give.everydayhero.com/us/BowlsofCare> or by calling 603-225-3295. Thanks again to our lead sponsors:



## UPCOMING EVENTS FOR NOVEMBER



**Community Thanksgiving  
Dinner**  
November 17, at 12:00 PM



**Bill Parker**  
November 22, at 10:30 AM

shutterstock · 49159915

### 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

**Friday, October 21, 2016**

**10:00 AM - 12:00 PM**

**Pittsfield Area Senior Center**

**Flu Clinic**



### **Concord Regional VNA Presents *Still Dreaming***

Join us for a free screening of *Still Dreaming* on Thursday, November 17 from 5:30 to 8 p.m. p.m. at Red River Theatres, 11 South Main Street in Concord. *Still Dreaming* shows us how important it is to explore, grow, and express ourselves at every age. Set at the Lillian Booth Actors Home, retired actors, dancers, and musicians perform a unique take on Shakespeare's "A Midsummer Night's Dream." There will also be a post-documentary panel discussion. Pre-registration is required. Register at (603) 224-4093, ext. 5815 or [www.crvna.org](http://www.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,