

Pittsfield Area Senior Center

Your Resource for Healthy Aging



2024
603-435-8482

**Located in Joy
Church**

**55 Barnstead Rd
Pittsfield, NH
03263**

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**Serving the
communities of:**
Barnstead
Chichester
Epsom
Loudon
Pittsfield

Hours:

Monday & Thursday
8am-2pm
Wednesday 8am-1pm

Lunch
Monday & Thursday
12:00pm

**Merrimack County
Service Link**
1-866-634-9412

Mailing Address
Pittsfield Area Senior
Center
PO Box 154
Pittsfield, NH 03263

All are Welcome!

Tuesday, April 2, 1:30 PM:

Bingo, Movie, and Lunch Event - Join us for this combination event so we can fit in as much as we can!

1:30 pm - Arrive

2:00-3:00 pm - Bingo

3:00 pm - The movie will be put on and we will start to serve the meal.

Come on out and join us, a fun time for all!

Wednesday's Breakfast Bingo

April 10, 2024

April 24 2024

Schedule:

9:00-10:00 am—Breakfast

10:00-11:45 am—Bingo



Thursday, April 11, 9:00 AM:

"Better Balance Better You" - Learn the importance of balance and how it affects our physical, and social well-being. Discover ways to incorporate balance training in your daily routine. People who participate in this program will get a free coupon for lunch that day.

Monday, April 15: Birthday Celebration - We celebrate all the birthdays for the month of April.

Thursday, April 18, at 12:00 PM:

Volunteer Appreciation - Without our volunteers the center would not be what it is today. So come celebrate and have some lunch with us.

April Showers Bring May Flowers

Historians believe this phrase may date back to a 1610 poem, which contained the lines "Sweet April showers, do spring May flowers." A longer phrase, "March winds and April showers bring forth May flowers," has also been traced back to 1886.

The reference to April showers likely originated in the United Kingdom or Ireland, where the month of April tends to be especially rainy because of the position of the jet stream. The cooler climate in these areas also tends to push back the appearance of many flower species to late April and early May. <https://www.wonderopolis.org>

Welcome

Activity Schedule

Monday & Thursday 8am-2pm
Wednesday 7:30am-1pm

Senior Community Lunch: Monday & Thursday 12:00pm

Bingo: Monday and Thursday 10:00am-11:45pm (See the front page for special dates.)

Cribbage & Games: Wednesday 10-12pm

Walking at Center: Monday, Wednesday & Thursday 8:00am - 1:00pm

Sweatin to the Oldies: Mondays 9:00am

Chair Yoga: Thursday 9:00am

If you have an idea of program or event you would like to have at the center please share it with us.

Please remember that your center needs you! Talk to Anne about volunteering. Volunteers always make the center better!



Meals to Go

GO The center provides frozen meals to go to our seniors. These meals are great because you can pick them up when attending a function at the center and eat them whenever you want. You can also eat lunch at the center and take a frozen meal home for later. They are a great alternative to cooking.

Senior Health Clinics are being scheduled at the Pittsfield Community Center. They are on the **4th Monday 9:00 AM-3:00 PM**—VNA Senior Health Clinic, are in the community center. Call 224-4093 ext. 5815 to make an appointment.

Bus Transportation Schedule

	Monday	Tuesday	Wednesday	Thursday
Pittsfield Call CAT dispatch at 603-225- 1989 to reserve your seat	Canterbury	Barnstead	Barnstead	Alton
	Gilmanton	Belmont	Chichester	Barnstead
	Loudon	Chichester	Epsom	Belmont
	Northfield	Epsom	Pittsfield	Gilmanton
	Pittsfield	Pittsfield		Pittsfield
		Tilton		
Hours	8:30am-3pm	8:30am-3pm	8:30am-3pm	8:30am-3pm
Destination:	Concord	Tilton	Concord	Rochester

Important Community Resources

NH Legal Advice: This program is available to NH residents over the age of 60, free of charge, call 603-624-6000.
ServiceLink: This is your connection to information and support services for seniors, call 603-228-6625.
Commodity Supplemental Food: If you are looking for healthy foods, are lower income, and 60 or older you may qualify for this program. Call 603-225-2050.

Help with your Heating and Electric Costs!

The Fuel Assistance Program will help pay your winter heating bills and the Electric Assistance Program can provide a discount on your electric bill if eligible. You may contact them by phone 603-223-0043 or email at fuellassistance@capbm.org. Please call the Area Center nearest you for more information or to make an appointment to apply.

Concord Area Center – 1-603-225-6880
Suncook Area Center – 1-603-485-7824



Death Over Dinner

Talking about death and dying is one of the more challenging conversations we can have, and yet it can be the most freeing. Please join us on Wednesday, April 17 at Bennett Funeral Home in Concord at 6 p.m. for conversations about living and dying that are thoughtful and sprinkled with moments of joy and laughter. Dinner is generously provided by Bennett Funeral Home. Registration is required and space is limited. To register, call (603) 224-4093 or visit www.granitevna.org.

6 Safe Gardening Tips for Seniors

Posted in: **Senior Health & Wellness**

If you are a senior who enjoys gardening or the adult child of one, you have likely already discovered its many physical and mental health benefits. Gardening can help older adults maintain muscle strength, experience lower incidences of depression, and enjoy a more positive outlook on life. Some safe gardening tips will help you enjoy gardening even more. To avoid injuries, you may want to leave the more complicated landscaping tasks or residential yard work to the professionals.

But health conditions that are more common with aging can cause some necessary garden tasks to be more challenging. Arthritis might make it harder to grip the handle of a trowel or pair of pruners. Decreased flexibility can make bending and kneeling painful. If you or your senior loved one is struggling with this favorite hobby, there are steps you can take that will allow you to continue enjoying time in the garden.

6 Gardening Tips for Seniors

Here are a few steps that will help you to continue gardening as you age:

1. **The Warm Up:** Remember that gardening can be a fairly strenuous form of exercise. Taking a few minutes to stretch and warm up your muscles and joints before you head out to work in the garden is important. Stretching and loosening up your muscles and joints can help you prevent an injury.
2. **Garden Benches:** Make it easy to take frequent rest breaks by placing benches and chairs in multiple locations throughout the garden. They are a great way to prevent falls.
3. **Long-handled Garden Tools:** Another safety tip is to invest in long-handled tools that allow you to garden without a lot of bending and kneeling. The Arthritis Foundation has compiled a list of Handy Garden Tools like garden hose and Layflat Hose Coupler that they scored high for safety and ease-of-use.
4. **Raised Beds:** If it is becoming increasingly difficult for you or the senior gardener you love to safely get up and down from the ground, having raised flower beds installed can help. They can be built at whatever height that is most comfortable.
5. **Invest in a Wagon:** Using a wagon with larger, sturdier wheels instead of a wheelbarrow to move plants and tools around the yard can also increase safety. Wagons are easier to use for gardening than wheelbarrows because they don't require lifting or pushing.
6. **Paint the Handles:** If you or your senior gardener lives with vision loss, it might be difficult to find tools amid the grass and flowers. One way to make them easier to find is to paint the handles a bright color that will stand out among the greens.

Finally, remember to exercise caution if you are gardening during the steamier days of summer. Try to work in the yard early in the morning and later in the afternoon to avoid the mid-day heat. Also, always keep a bottle of water with you in the garden so you can stay hydrated and avoid experiencing a heat-related illness.

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200 Pleasant St., Concord ~ www.presidentioaks.org



**Elder Services
Community Action Program, Belknap Merrimack Counties, Inc.**
Suzanne Demers, Director - Heather O'Brian, Operations 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)
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Please make checks payable to CAPBM -MOW, And send to Community Action Program, Belknap-Merrimack Counties, Inc, P.O. Box 1016, Concord, NH 03302. *Thank you for your support.*