

November/December 2014

Volume 1, Issue 1

Pelham Senior Center

News and Information



Christmas Party Tickets on SALE!! NOV. 3, 2014; 9 to noon

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The Christmas Party is planned for Tuesday, Dec. 2, 2014 at the Harris' Pelham Inn. Tickets go on sale on Monday, November 3rd at 9 am! . Tickets are \$15 per member and \$25 per non-member. We have a limit of 250 tickets, so get your ticket early! This year, like last year, tables can be reserved at the time of purchase only, by purchasing a block of 10 tickets. We MUST have everyone's name at the time of purchase!!!! This is important as we must verify membership when the ticket is sold.

Please call the main office if you have any question regarding the Christmas party or how to reserve a table.

This year our party will feature a delicious dinner, DJ music by Ray Trembly, a 50/50 raffle, wonderful raffle baskets/prizes and a cash door prize!

Get ready for the Holidays with us!!!

Remember: Membership needs to have been renewed by Oct. 31st to be considered for the Member price!!



**Great Food—Great Fun—
Lots of Holiday Cheer!!!!**

Veteran's Appreciation Event– November 12, 2014

As seen on NH Chronicle and Yankee Magazine

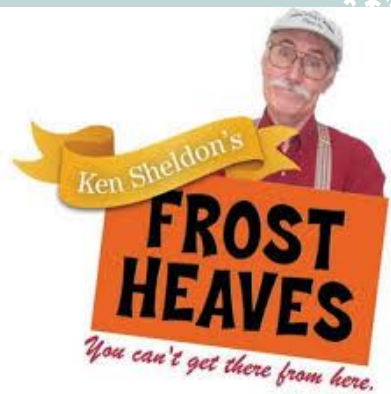
FRED MARPLE

Fred Marple brings his one-man show of Yankee humor, music and assorted nonsense to our senior center. Marple is the unofficial spokesman for the mythical town of Frost Heaves, NH, and he's on a one-man campaign to put Frost Heaves back on the map.

"It's a one-man crusade because everyone else has real jobs," says Marple. Lunch will be served at noon followed by our Entertainer, Fred Marple.

Menu: Delicious and Hearty Chicken Soup and Cold Cut Sandwich

Cost: \$10.00 per person Member Veterans and Platinum Club members are free!!





Tai Chi New Session begins Nov. 5th

The winter session of Tai Chi will begin on Wednesday November 5th at 1:30. This session will run for 6 weeks. The cost of the 6 week session is just \$25.00 per person. To register for Tai Chi call the senior center at 635-3800 and speak with Sara or Elaine. Tai Chi is a great way to improve balance, strength and inner peace. Great for just before the busy Holiday Season.



Health Clinics:

Blood Pressure—11/13 and 12/11

Hearing Clinic (appointments strongly recommended!)– Tues-11/25 and Tues-12/30

Foot Clinic (by appointment only) and Diabetic Shoe Clinic—11/24 and 12/22

Service Link (appointments recommended)– 11/6 and 11/20– Open Enrollment Medicare D



Fraternize with a Fire Fighter

Join us for an informal get together at the Pelham Senior Center for a cup of coffee and conversation with Fire Fighters from the Pelham Fire Department. November's coffee will take place on the 18th and December's coffee will take place on 9th. No sign up is necessary, just stop by and say "Hello"!

Pelham Senior Center–TRIP OFFICE

The Trip office is OPEN Monday, Tuesday, Wednesday and Friday—9:30am to noon, CLOSED on Thursdays!

SAVE the DATE:

Wednesday, January 21st

Senior Center Travel Program 2015!!!

The Senior Center is CLOSED on Thursday November 27th and Friday November 28th for the Thanksgiving Day Holiday.



Salem Haven Ad

Advertisements– Pelham Funeral home, space of sale, Mobility & More



Luncheon Specials!!!!



November & December

A delicious Thanksgiving Special will take place on **Thursday, November 20th** at noon. The menu is: roast turkey with gravy, mashed potatoes, cranberry and celery stuffing, butternut squash, cranberry sauce, dinner roll and pumpkin pie with topping. This yummy lunch is just \$2.00 per person. Sign up no later than November 7th.

On **December 18th** we will be hosting our Annual Christmas special in-house lunch. Santa will make an appearance at this special event as long everyone is on the NICE list! Check in with the Kitchen to get the menu and sign up no later than December 9th.

To sign up, see Susan Boucher in the kitchen.

Lets PLAY Bingo!

Join us for some fun on Friday after-
noons! If you are interested in playing
call the center at 635-3800. Cards are
on sale from 12:30 to 1pm. Absolutely
no cards are sold after 1pm! Bingo
begins promptly at 1pm. There is a
limit of 48 players per week, so if you
plan on playing, please come early and



get your seat, once all the
seats are gone we are full!
Cards are a quarter per
card.

Celebrate New Year's at Noon

December 31st– come for lunch and
celebrate the new year with us!

Advertisement– Fairview

2015 Foxwoods News

—Trips for **2015** have been *booked!*

March 16th, May 18th, August 17th and October 19th

MARK YOUR CALENDAR!

Next year the cost of these trips will be \$28.00 per person.



DIABETIC SHOE CLINIC

Our upcoming Diabetic Shoe clinic will take place on Monday November 24th and December 22nd from 9am to noon.

No cost Diabetic Shoes by Quantum Medical Supply is our new Medicare approved shoe vendor. If you have diabetes you may be eligible to get a pair of new shoes covered under your Medicare! Stop by and speak with the Diabetic Shoe fitter, Amy Baxter for more information.



Coming in January 2015

ZENgevity!!!

Wednesday mornings!

ZENgevity is a safe and gentle movement program designed specifically for ages 50 and better to **STAY ACTIVE and ENJOY LIFE!** More than an exercise program, ZENgevity Fitness is a blend of holistic health, movement and Life Coaching in one supportive, FUN package! As you grow older, it's even more important to exercise, to move. Don't know where to begin? You're not alone!

Begin with US!!

For more information see Sara in the Office– 635-3800.

- ◆ ZENgevity is a unique approach of utilizing movement with life coaching that helps YOU experience a metamorphosis of body, brain and balance!
- ◆ We will show you how movement with intention heals the body. Discover how applying the physical, the mental, the emotional and the energetic bodies into one movement empowers and will intensify your work out!
- ◆ You will LOVE the easy and gentle moves, made for YOU! With support and guidance from a ZENgevity teacher, YOU will feel better and enjoy life more!

Pelham Library Hour!!!

Wednesday's 11am to Noon

November 5th & 19th

December 3rd, 17th & 31st

Come and see the selection the Adult Librarian has picked out for you today!

Final Flu Shot Clinic

Pelham Senior Center

November 4th from 11am to Noon

This is your final opportunity to get your flu shot at the Senior Center. Please bring your Medicare card and/or other insurance when you come. If you do not have insurance please contact Walgreen's Pharmacy for the private pay cost.

November Highlighted Events:

- November 3rd **Christmas Party tickets go on SALE!!** and COA Board Meeting—afternoon
- November 4th Final flu shot clinic at the Senior Center and Movie-Heaven is for Real
- November 5th Library hour and **New Tai Chi Session** begins
- November 6th Medicare Open Enrollment appointments available
- November 11th Closed for Veteran's Day
- **November 12th- FRED MARPLE -Veteran's Appreciation Lunch and Platinum Club EVENT!!!**
- November 18th morning Fire Fighter Social and afternoon TEA event
- November 19th Library Hour
- November 20th Medicare Open Enrollment appointments available and **Thanksgiving Luncheon Special**
- November 24th Foot Clinic and Diabetic Shoe Clinic
- November 25th Hearing Clinic and Movie- The Other Woman
- November 27th & 28th Senior Center is CLOSED



December Highlighted Events:

- ♦ December 2nd **Christmas Party at Harris' Pelham Inn**
- ♦ December 3rd Library Hour
- ♦ December 4th Medicare Open Enrollment appointments available
- ♦ December 9th morning Fire Fighter social and afternoon Movie-Million Dollar Arm
- ♦ December 16th **Tea** with Home Helpers
- ♦ December 17th Library Hour
- ♦ December 18th "in-house" **Christmas Luncheon Special**
- ♦ December 22nd Foot Clinic and Diabetes Shoe Clinic
- ♦ December 23rd- Holiday Movie treat with Charlie Brown Christmas and Grinch
- ♦ December 24th **Christmas Eve Breakfast**
- ♦ December 25th Closed
- ♦ December 30th Movie—Maleficent—Pelham Library partnership
- ♦ December 31st Library hour-New Years Eve Lunch



Pelham Senior Center
 8 Nashua Road
 Pelham, NH 03076
 603-635-3800

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**Christmas Eve
 Breakfast
 9am December
 24th**

Join us for a warm breakfast and lots of Holiday cheer ! Pancakes, sausage, juice, hot chocolate and assorted muffins/Danish will be served. Sign-up with Sara and/or Elaine.

The cost is \$5 per person. Sign-up and payment no later than Friday December 19th. For more information please call the Pelham Senior Center at 635-3800.

Movies! All movies start at 1pm!!!

Nov. 4 –**Heaven is for Real**: A young boy emerges from life-saving surgery with remarkable stories of his visit to heaven. 

Nov. 25—**The Other Woman**: After discovering her boyfriend is married, Carly soon meets the wife he's been betraying. And when yet another love affair is discovered, all three women team up to plot revenge on the three-timing S.O.B.

Dec. 9—**Million Dollar Arm**: A sports agent stages an unconventional recruitment strategy to get talented Indian cricket players to play Major League Baseball.

Dec. 23—**Charlie Brown Christmas and the Grinch**

Dec. 30– **Maleficent**: A vengeful fairy is driven to curse an infant princess, only to discover that the child may be the one person who can restore peace to their troubled land. 