

May / June 2024



The Hobbs Community Center Newsletter

Where Friends Gather

Welcome to the Hobbs Community Center May / June Newsletter. Please take a moment and check out the scheduled programs and 2024 travel information.

If you would like to see a specific program or even a trip, please let Brian, Susan or Cyndi know and we can see what we can do to make it happen.

We look forward to seeing you at the Hobbs Community Center!



Cornhole is Back!!! Starting Wednesday May 1st at 9AM cornhole will take place at the HCC outdoors under the pavilion (weather permitting). Cornhole will continue each Wednesday at 9AM throughout the summer. There is no cost to participate although pre-registration is required.

Come on out and have some fun!

Cinco de Mayo Luncheon - Friday May 3rd at 12PM

Come celebrate Cinco de Mayo with us! Senor Chris Brunelle will be entertaining us with a plethora of music and dancing. Take a swing at one of our pinatas full of surprises. Make your own burritos from the Chipotle Mexican Grill: Steak or chicken with all the fixings, cilantro – lime rice, & black beans. Desert, coffee, tea, and mock margaritas. Susan will be creating a special Sangria (alcohol included).

Cost to register is \$20.



Coffee with the Captain – Come by and have a cup of coffee with Captain Steve Toom of the Pelham Police Department. Feel free to talk with Captain Toom about local issues or whatever comes to mind. Coffee with the Captain takes place the 2nd Wednesday of each month at 9AM. (5/8 & 6/12)

Healthy Habits for Adults – Monday June 24th @ 1PM

Salt – The taste bud thriller or silent killer! Learn how foods high in salt sneak into our diet and effective ways to reduce them without sacrificing flavor.

Hydration – Learn more about fluid intake, the importance of staying hydrated, and tips to make healthy beverage choices.



Basic Banking Products and How They Work - Wednesday May 15th 1-2PM
Our own Uma will host this event where she will explain some of the basic products banks offer and how they work. There will be a question and answer session at the end.

Bring your questions and concerns to this informative session.

There is no cost to attend but sign-up is required.

Greek Dance Lessons
Monday May 20th @ 1PM

Get ready for the several Greek festivals coming up throughout New England this spring / summer, with authentic Greek dance lessons taught to you by Kathy, the daughter of our very own Joan Tsoukalas.

Program is FREE but sign-up is required



P.A.W. Pelham Awesome Walkers – The group has 4 walks scheduled for May and June.

Friday May 10th – NH Seacoast walk from North Hampton to Rye.

Friday May 24th – Benson Park, Hudson, NH.

Friday June 7th – Plum Island Parker River National Wildlife Refuge.

Friday June 21st – Methuen Rail Trail

Please see flyer for more information on these awesome walks. Registration is required for these walks so the walk leader, Dorayne Passler, knows how many folks to look for on the walk meet-up. Please register on the MyActiveCenter site or with the Program Sign-up located in the dining room at the Hobbs.

Bone Builders – Program relies upon weight training and balance exercises to protect against fractures caused by osteoporosis by increasing muscular strength, balance and bone density. Classes are offered Mon thru Thursday at 9AM. In order to get the benefit of bone strengthening, individuals are encouraged to attend at least 2 classes per week. Medical release paperwork must be completed prior to beginning classes. Speak with Susan in the main office for more information. Classes are FREE. Donations are accepted.

Bean Bag Baseball – May 20 - May 31 – June 7 – June 28

Fitness with Brian Coyne – Coyne's Fitness' mission is to educate, motivate, and inspire each participant in reaching his/her optimal levels of performance and well being. Brian teaches the class Tuesdays and Thursdays at 11AM. Fee of \$5 is paid directly to Brian.

Wednesday May 8th at 1PM

Wondering what to do with your time? Do you have a valid Drivers License? Drivers are needed in the Pelham and Salem area for homebound adults and elders. As little as 1 hour a week helps.



**GREATER SALEM
CAREGIVERS**

Volunteer Recruitment Event

Time to Clay

Friday May 17th – Paint your own 8" square clay trivet.

Registration is \$20 (cash only) due when you sign up.



Friday June 14th & June 28th : Fused Glass Windchimes

The first week you will create your glass design on glass pieces. The second week you will assemble the pieces with additional glass beads.

Registration is \$20.00 (cash only) due when you sign up



May is Stroke Awareness Month

Friday May 10th @ 1PM

Irene Hinkle will host an informative session on *Explaining a Stroke*. She will explain the different types strokes, how a stroke happens, and how to prevent a stroke. There is no cost to attend but please register so we can have a head count.

Encore Casino, Boston, MA- Our next casino trip will be on Monday, August 12, 2024. The bus leaves at 8:00am from Hobbs Community Center. The cost for the bus is \$40pp. Come try your luck! Register now to ensure your seat.

Hobbs Community Center Wish List – Thank you to all the generous donations the center receives. Some of the items we are hoping for are: Paper towels / Kleenex / Cheap luncheon napkins / Lysol spray / soft scrub.

Please check with Susan before purchasing to make sure the need hasn't been filled.



Hobbs Community Center Travel Department

Come Travel with Us!

Travel office hours: Mon & Wed 9-2PM

Travel has begun at Hobbs Community Center and we have some great trips coming up. Some of our trips have been selling out quickly, so if you are interested in participating in any of our planned trips, do not wait. Brochures are available in the Travel Office at Hobbs. Stop by anytime to register. If you have questions, contact Cyndi at 603-635-3800x3 or email cfournier@pelhamweb.com.

Methuen River Cruise and Lunch at the Chateau (in Andover) – Join us on Wednesday, June 19 for a fun filled day on the Merrimack River as we cruise and learn more about the Clean River Project. We will also have lunch at the Chateau in Andover. You have a choice of six meal options which will determine your total cost. \$101, \$98, or \$93 (depending on your meal choice). Brochures available at Hobbs detail meal choices. There are 10 seats available on the coach bus/cruise, and they are selling out fast.

Jimmy Buffett Tribute and Lobster Bake at Foster's in York, Maine- Nothing screams out It's Summertime more than lobsters and Jimmy Buffett. So join us for the ultimate Jimmy Buffett Tribute show featuring Jimmy and Parrots combined with a fantastic lobster bake at Fosters in York, Maine! This is one coach trip you don't want to miss. The cost is \$135pp OR \$115 for PCOA members. Lunch includes your choice of a whole boiled 1 1/4lb lobster or 1/2 BBQ chicken. Plus, Maine, clam chowder, fresh steamed mussels, fresh main clams, corn-on-the-cob, potatoes & onions, Blueberry cake, rolls & Beverage. Join us on Wednesday, July 17 for a day of good fun and good food!

Isle of Shoals, lighthouses & Portsmouth Harbor Cruise – Join us Tuesday July 16 aboard the M/V Thomas Lighton and experience the fascinating legends of the seacoast. An Isle of Shoals historian will guide us through the waters for the duration of the cruise. We will also have a great meal at the Portsmouth Gas Light Company in Downtown Portsmouth. Your meal choices include Chicken Cordon Blue, Baked Haddock, or Roasted Pork each with a salad, potato, vegetables, breads, dessert, coffee/Tea & Tip. Once lunch is completed take some time to browse the shops and sights within walking distance of the restaurant before returning home on the coach bus. The cost is \$169pp OR \$149pp for PCOA members. This great day adventure is filling up fast!

Martha's Vineyard Day Trip- Join us as we head to the island of Martha's Vineyard for a day of sightseeing and touring of the island, while enjoying the lifestyles of those living on the island. From Woods Hole, MA we will board the ferry to the island of Martha's Vineyard, and then board a local bus for a sightseeing tour. There will be free time for lunch and shopping in historic Edgartown. You will also have a chance to stroll through "Cottage City" (Oak Bluffs) with its brightly painted cottages and decorative "gingerbread" trim. This is a full day of adventure! The cost is \$239pp OR \$219 for PCOA members. Stop by now to register to ensure your seat.

May 2024 Pre-registration is required for all programs except Library Drop-In



Monday	Tuesday	Wednesday	Thursday	Friday
		1) 9a Bone Builders 9a Mah Jongg (Chinese) 9a Cornhole * 10a Mah Jongg (American) 10a Nickels 1015a Stretch 1115a Bone Builders 215p Zumba \$ Session	2) 9a Bone Builders 10a Nickels 11a Senior Fitness 12p Lunch 1p Quilling 1p Wii Bowling	3) 9a Mah Jongg (Chinese) 930a BINGO 12p Cinco de Mayo \$ 
6) 9a Bone Builders 10a Knitting 10a Blood Pressure Clinic 1015a Stretch 1115a Bone Builders 1230p Golden Girls 	7) 9a Bone Builders 10a Whist 11a Senior Fitness 12p Lunch 1p Cribbage 1p Tai Chi	8) 9a Bone Builders 9a Mah Jongg (Chinese) 9a Coffee with the Captain 9a Cornhole * 10a Mah Jongg (American) 10a Nickels 1015a Stretch 1115a Bone Builders 12p Lunch 1p Grter Salem Caregivers Volunteer Recruitment 2p Book Club 215p Zumba \$ Session	9) 9a Bone Builders 10a Nickels 11a Senior Fitness 12p Lunch 1p Quilling 1p Wii Bowling	10) 9a Mah Jongg (Chinese) 930a P.A.W. Seacoast No. Hampton - Rye, NH 930a BINGO 1p May is Stroke Month The Warning Signs
13) 9a Bone Builders 10a Knitting 10a Blood Pressure Clinic 1015a Stretch 1115a Bone Builders 1p PCOA Board Mtg.	14) 9a Bone Builders 930a Kim Abare 10a Whist 11a Senior Fitness 12p Lunch 1p Cribbage 1p Tai Chi	15) 9a Bone Builders 9a Mah Jongg (Chinese) 9a Cornhole * 930a Library Drop-In 10a Mah Jongg (American) 10a Nickels 1015a Stretch 1115a Bone Builders 1p Banking Basics 215p Zumba \$ Session	16) 9a Bone Builders 10a Nickels 11a Senior Fitness 12p Lunch 1p Quilling 1p Wii Bowling	17) 9a Mah Jongg (Chinese) 930a BINGO 1p Time to Clay \$ 
20) 9a Bone Builders 10a Knitting 10a Blood Pressure Clinic 1015a Stretch 1115a Bone Builders 1pm Beanbag Baseball Outside ** 1p Greek Dancing Lessons	21) CLOSED PCOA Spring Fling 	22) 9a Bone Builders 9a Mah Jongg (Chinese) 9a Cornhole * 10a Mah Jongg (American) 10a Nickels 1015a Stretch 1115a Bone Builders 12p Lunch 215p Zumba \$ Session	23) 9a Bone Builders 10a Nickels 10a Hearing Clinic 11a Senior Fitness 12p Lunch 1p Quilling 1p Wii Bowling Ricky Nelson Tribute Danversport \$	24) 9a Mah Jongg (Chinese) 9a P.A.W. Benson Park NO BINGO  American Red Cross 9a-2p Blood Drive Pre-registration with the American Red Cross is required!
27) CLOSED for Memorial Day 	28) 9a Bone Builders 10a Whist 11a Senior Fitness 12p Lunch 1p Cribbage 1p Tai Chi	29) 9a Bone Builders 9a Mah Jongg (Chinese) 9a Cornhole * 10a Mah Jongg (American) 10a Nickels 1015a Stretch 1115a Bone Builders	30) 9a Bone Builders 10a Nickels 11a Senior Fitness 12p Lunch 1p Quilling 1p Wii Bowling	31) 9a Mah Jongg (Chinese) 930a BINGO 1p Beanbag Baseball Outside, if nice!

Programs with a \$ require payment with registration.

*Weather Permitting/Cannot be moved indoors

June 2024

Pre-registration is required for all programs except Library Drop-In

Monday	Tuesday	Wednesday	Thursday	Friday
3) 9a Bone Builders 10a Knitting 10a Blood Pressure Clinic 1015a Stretch 1115a Bone Builders 	4) 9a Bone Builders 10a Whist 11a Senior Fitness 12p Lunch 1p Cribbage 1p Tai Chi	5) 9a Bone Builders 9a Mah Jongg (Chinese) 9a Cornhole * 10a Mah Jongg (American) 10a Nickels 1015a Stretch 1115a Bone Builders 12p Lunch	6) 9a Bone Builders 10a Nickels 11a Senior Fitness 12p Lunch 1p Quilling 1p Wii Bowling	7) 9a Mah Jongg (Chinese) 930a P.A.W. Plum Island Parker Rvr. Natl. Wildlife Refuge 930a BINGO 1p Bean Bag Baseball Outside, if nice!
10) 9a Bone Builders 10a Knitting 10a Blood Pressure Clinic 1015a Stretch 1115a Bone Builders 1p PCOA Board Mtg. Pickety Place Trip \$	11) 9a Bone Builders 9:30 Kim Abare 10a Whist 11a Senior Fitness 12p Lunch 1p Cribbage 1p Tai Chi	12) 9a Bone Builders 9a Mah Jongg (Chinese) 9a Coffee with the Captain 9a Cornhole * 10a Mah Jongg (American) 10a Nickels 1015a Stretch 1115a Bone Builders 2p Book Club	13) 9a Bone Builders 10a Nickels 11a Senior Fitness 12p Lunch 1p Quilling 1p Wii Bowling	14) 9a Mah Jongg (Chinese) 9:30a BINGO 1p Time to Clay Part 1 \$ 
17) 9a Bone Builders 10a Knitting 10a Blood Pressure Clinic 1015a Stretch 1115a Bone Builders 	18) 9a Bone Builders 10a Whist 11a Senior Fitness 12p Lunch 1p Cribbage 1p Tai Chi	19) 9a Bone Builders 930a Library Drop-In 9a Mah Jongg (Chinese) 9a Cornhole * 10a Mah Jongg (American) 10a Nickels 1015a Stretch 1115a Bone Builders Methuen River Cruise \$	20) 9a Bone Builders 10a Nickels 11a Senior Fitness 12p Lunch 1p Quilling 1p Porch Social Summer Kick Off	21) 9a Mah Jongg (Chinese) 9a P.A.W. Methuen Rail Trail 9:30a BINGO 
24) 9a Bone Builders 10a Knitting 10a Blood Pressure Clinic 1015a Stretch 1115a Bone Builders 1p Healthy Habits Salt & Hydration	25) 9a Bone Builders 10a Whist 11a Senior Fitness 12p Lunch 1p Cribbage 1p Tai Chi	26) 9a Bone Builders 9a Mah Jongg (Chinese) 9a Cornhole * 10a Nickels 10a Mah Jongg (American) 1015a Stretch 1115a Bone Builders 12p Lunch	27) 9a Bone Builders 10a Nickels 10a Hearing Clinic 11a Senior Fitness 12p Lunch 1p Quilling 1p Wii Bowling	28) 9a Mah Jongg (Chinese) 930a BINGO 1p Time to Clay Part 2 \$ 1p Bean Bag Baseball *

Programs with a \$ require payment with registration.

* Weather Permitting/Cannot be moved indoors

COA Corner - May 2024

Join Members of the Community Trail Coalition for a Guided Hike

Location: Pelham Veteran's Memorial Park

Date: Saturday, May 11th

Time: 11 am

Description: Explore 1.5 miles of friendly, easy walking trails and uncover remnants of the area's rich history, including old stone walls lining the path. Traverse sections of scenic wetlands, where a lengthy puncheon bridge offers safe passage. Our knowledgeable trail guides will highlight the natural wonders of this beautiful area, from majestic trees to diverse birdlife and fascinating wetlands.

Hike Details:

1. The trails feature gentle slopes with minimal elevation, ensuring a comfortable experience for hikers of all abilities.
2. We will hike at a leisurely pace for about an hour, allowing ample time to enjoy the surroundings and learn about the area's history and wildlife.
3. In the event of bad weather, the hike will be cancelled. Please check our website at: PelhamCTC.org for updates.
4. If you can't join us this time, mark your calendars for next month's hike at **Wolven Conservation Area on June 15th**.

What to Bring:

- Sturdy shoes
- Bug Spray
- Water for your comfort

Snacks: Snacks will be provided to keep you energized throughout the hike.

Parking: Parking is available at the park entrance off of Mammoth Road. Upon entering, bear right at the split in the road and park in front of the kiosk at the red trail.

Contact Information: For further information, contact us at PelhamCTC@Gmail.com.

Come join us for a memorable outdoor adventure and connect with nature in Pelham Veteran's Memorial Park!

Celebrating Older Americans Month – May 2024

Established in 1963, Older Americans Month (OAM) is celebrated every May. Led by a federal agency, the Administration for Community Living, OAM is a time to recognize older Americans' contributions, highlight aging trends, and reaffirm commitments to serving the older adults in our communities. This year's theme, "Powered by Connection," focuses on the profound impact that meaningful connections have on the well-being and health of older adults and provides an excellent opportunity to chat about Ageism and Age Discrimination.

What is Ageism? Ageism involves stereotyping or discriminating against people based on their age and can occur both in the workplace and in your personal life. Ageism can take root early in life. Even as children, we begin to pick up on the idea that aging is an unsatisfying process and older adults are incapable of taking care of themselves. These messages can show up in the media. Just picture commercials that promise to reverse "unsightly" age lines or television shows that depict older adults as clueless and frail. Ageist messaging can also be passed along through jokes and casual comments from family members and friends.

Types of Ageism: Like sexism and racism, ageism can come in many forms, ranging from disrespect in

one-on-one interactions to systemic inequalities. **Interpersonal ageism** takes place between individuals. Imagine a supervisor who refuses to give you newer assignments due to your age. Or picture a family member who likes to make subtle jabs like, "We don't expect you to keep up with us." If you're an older adult, this kind of dismissive language can make you feel humiliated, frustrated, and undervalued. It can also give way to self-directed ageism.

Self-directed ageism is when you internalize a negative attitude toward aging or your own age group. This creates a deep sense of self-doubt and an overall negative perception of yourself. You might start to believe that your best years are behind you or that you're becoming a burden on your family. Maybe when you lose an item or forget a name, you blame it on your age. Or perhaps you blame your sedentary lifestyle habits on your age. This only reinforces your self-directed ageism and gives other people more reason to believe the stereotypes.

Institutional ageism is when social norms, practices, and rules are unfair to older adults. A workplace that insists workers retire at a specific age is an example of institutional ageism. In some cases, ageism is so embedded in institutions that it may be hard to spot. For example, in the medical field, older adults are often underrepresented in health research and clinical trials. In the mental health field, professionals may receive less training on how to work with older patients.

How to Handle Ageism: When addressing ageism, start by accepting the truth. You are, in fact, getting older, and that can come with certain changes. Your body may not function in the same way that it used to. Perhaps your eyesight isn't as sharp as it used to be, or maybe you're having a harder time hearing. You might also notice more and more wrinkles on your face. All of this may lead you to feel unhappy about the aging process and uncertain in your abilities. That's OK. Allow yourself to experience negative emotions without suppressing them. However, try to keep everything in perspective. Despite what ageist messages might suggest, you still have plenty of life in you and many opportunities ahead. You also have much to offer those around you, whether it's love, support, or wisdom. Use the following tips to challenge both internal and external ageism.

Handling Ageism Tip 1: Strengthen intergenerational bonds: Intergenerational connections can reduce the risk of ageism because face-to-face interactions help people see beyond stereotypes. Consider spending more time with children and grandchildren, younger coworkers, or younger people in your local community. Get to know their views, priorities, and values. Share your own. You'll likely find some similarities, as well as notable differences. Maybe their views of marriage are non-traditional, or you don't agree with their reliance on technology. But try to be open-minded and make an effort to understand their perceptions of the world. Be willing to learn from them.

Tip 2: Change your Focus to the Positive: It's hard to shake negative self-perceptions about aging if you're focused on losses rather than opportunities. Make it a goal to overcome negative messages by choosing to focus on the upsides. Look for opportunities for growth. Let go of the adage, "You can't teach an old dog new tricks." Think of new skills that you want to develop or sharpen. Perhaps you want to take a drawing class, learn a new dance, or even practice a foreign language.

Compiled by Yvonne La-Garde, Chairperson
Pelham NH Council on Aging & Community Trail Coalition
Pelhamnhcoa.org



Pelham Council on Aging Annual Spring Fling

Lenzi's, 810 Merrimack Ave., Dracut MA

Tuesday, May 21, 2024



- 11am Banquet Hall doors open at 11am sharp. Arrive at Lenzi's, settle in, and socialize. A DJ from Tommy Demers DJ, Inc will be spinning some tunes. 50/50 raffle tickets will be on sale!
Cocktails and soft drinks available (cash bar)
- 12pm Enjoy a delicious plated feast of Minestrone Soup, Salad, Lenzi's Famous Chicken Pie, Mashed Potatoes, Vegetables, Rolls with Butter, Dessert, Coffee and Tea.
- 12:45pm - 2pm Dancing and Merriment!
- 2pm McDevitt Distinguished Citizens Award Presentation
- 2:45pm 50/50 Raffle Drawing

THIS EVENT IS OPEN SEATING

There are no admission tickets, you must check-in upon arrival.

No refunds after Monday, May 13th.

Reservation Form

PCOA's Annual Spring Fling at Lenzi's in Dracut

- 1) Complete this form, list each person separately; maximum of 2 people per form.
- 2) Cut on dotted line and keep the top half for the event details.
- 3) Place form and payment (make checks payable to PCOA) into a PCOA envelope located with the PCOA mailbox just outside the PCOA office and thrift store. Place the envelope into the PCOA mailbox (not the brown Programs box). Or mail your registration and payment to Hobbs Community Center, 8 Nashua Rd., Pelham NH 03076, Attn: PCOA Spring Fling

Circle One:

Name: _____ PCOA Member \$35/Non-Member \$45

Name: _____ PCOA Member \$35/Non-Member \$45

Telephone: _____ Cash Amt: _____ Check #: _____ Check Amt: _____