



WinterFest Luncheon



February 24, 2010

11 a.m. to 1:30 p.m

11:00 D J Entertainment

12 noon sponsored by the Pittsfield Parks
and Recreation Department

12:45 Hot apple crisp with Ice Cream

**RESCHEDULED! Due to inclement weather the
WinterFest Luncheon will be held next week on Wednesday
March 3rd.**

February: Food, Fellowship and Fondness with Meals on Wheels

Elder Services of Community Action Program Belknap-Merrimack Counties, Inc (CAP) wishes to extend our deepest appreciation to New Hampshire Governor John Lynch and First Lady Dr. Lynch for participating in the Meals on Wheels Program (MOW) on Thursday, December 10, 2009 in Concord. The Governor and First Lady visited the central kitchen in Concord and partook in a ride along with dedicated Meals on Wheels driver, Eileen Frederickson. They visited four homes to witness first-hand the impact of the Meals on Wheels Program. Governor Lynch was impressed and stated, "The Meals on Wheels program provides a critical safety net and makes a tremendous difference in the lives of many families and seniors. **This program is dedicated to feeding NH citizens and it is important that we all support its important work.**" Dr. Lynch, stated, "It is helpful for us to see how the operation of the program works including the mechanics of preparing the food. It is a vast network of caring people looking after the seniors."

Many seniors are undernourished as a result of aging, reduced metabolism, diminished appetite, the effects of medication, and eating foods with little nutritional value. MOW enables older adults to retain adequate energy to carry out daily tasks, remain physically healthier with increased resistance to disease, experience fewer hospitalizations, and helps with mental/emotional wellness as poor nutrition in older adults is a leading cause of depression. The benefits of receiving MOW are two-fold; 50% of the benefit is the nutritious meal and 50% is insuring the safety and wellness of the participant by the driver delivering the meal. The relationships with the drivers are often long-lasting and meaningful for both the program participant and the driver. MOW is distributed through CAP's multi-purpose Senior Centers and two Meals on Wheels Outreach offices. If you, a loved one or a neighbor might benefit from Meals on Wheels, please call your local Senior Center for more information.

A Special Valentine Day Ice Cream social & Movie

**February 12th
12 p.m. – 2 p.m.**

Our first Movie day will of course feature a love story representative of the day!

The menu is Stuffed Pollock Filet, stewed tomatoes, rice pilaf with an ice cream social for follow.

Lunch is a \$2.00 donation.

Your attendance will be greatly appreciated!

Come one, come all and enjoy yourself!

And Then!!!

FREE

WinterFest Luncheon

You are cordially invited to Pittsfield's Annual Winter-Fest Celebration.

This event is sponsored by the Pittsfield Parks and Recreation Department and extends this invitation to our surrounding towns. They cover the cost of food and entertainment for this event.

This year D B Entertainment, the DJ & Karaoke man will be back. He will serenade and involve us with a variety of musical renditions.

The menu for the celebration is Post Roast with gravy, Red Bliss Mashed potatoes, Green Beans and Carrots, Rolls and Apple Crisp for desert.

FREE

Plan to stay after lunch for a brief presentation by Tom Barker, a Mortgage Advisor with PHH Mortgage. He will speak about mortgages and refinancing. He hopes to help folks take advantage of the \$8000.00 tax credit.

FREE

He just may have an idea or two that could help you, a friend or family member.

Tom is a co-member of the Greater Pittsfield Chamber of Commerce.

A Special Meals-on-Wheels Donation

and a Thank You!

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

Name _____

Address _____

Phone # If we have questions _____

In Memory /Honor or _____

Send Acknowledgement to:

Please make checks payable to CAPBMC/MOW and send to
Community Action Program, Belknap Merrimack Counties, Inc,
PO Box 1016, Concord, NH 03302

And thank you for your support.

Wal-Mart has a volunteer program they encourage their employees to participate. An employee volunteers 25 hours of service to a non-profit agency. Upon completion of service Wal-Mart will then make a \$250.00 donation to that agency. Scott volunteered 25 hours at the Pittsfield Area Senior Center, Elder Services of Community Action Belknap-Merrimack Counties, Inc Meals-on-Wheels

program. He worked here cleaning and helping to decorate our facility for the holidays. It was fun for the senior's to get to know Scott and have a younger person around! Thank you to Scott and thank you to the Wal-Mart Foundation.

The Wells Fargo Mortgage Corp Donation

Last spring the Pittsfield Area Senior Center sponsored a Reverse Mortgage Seminar. Laura Stephan spoke to the seniors who attended the "ins and outs" of a reverse mortgage. The presentation qualified the Senior Center for the Sharing Advantage Program initiated by Wells Fargo Mortgage Corp.

On December 8, 2009, Wells Fargo Mortgage Corp. presented the Pittsfield Area Senior Center with a check for \$600.00. In attendance to receive this check were Betty Hyman, an active participant in the Yoga program, Pat Lyons, from the Wells Fargo Mortgage Bedford office, Lynne Joyce, Director of the Senior Center and Laura Stephan, a reverse Mortgage Consultant.

The Senior Center is extremely please to accept this donation on behalf of the Wellness Programs offered here at the Pittsfield Area Senior Center.

Thank you, thank you, thank you.

FEBRUARY ACTIVITIES

Congregate Dinning Monday – Friday

12 noon sharp. \$2.00 Requested Donation.

Activities begin at 10:00 a.m. unless noted.

Monday February 1, 8, *15, 22

10:00 **Bingo**

*February 15th we will be **closed** in observance of Presidents Day

Tues. February 2, 9, 16, 23

10:00 Dan McGuire is willing to teach Bridge again. We had a great group last year often with 2 tables. Come check it out.

Wed. February 3, 10, 17, 24

10:00 **Craft Day.** The first two week in February we will learn about “cookie decorating” and the last two weeks an instructor will be teaching the craft and skill of making **CANDY!** In March Bernadette is teaching Italian Cooking and in May, Scrapbooking. Call and reserve a space. 435-8482



Thurs. February 4, 11, 18, 24 10:00 – 11:30 **Bingo.**

EXCEPT February 25 WINTER-FEST

Bingo 9:30 – 11

11:00 Entertainment

12:00 Free Dinner

12:45 Fabulous Desert

FREE

Sponsored by the Pittsfield
Parks & Recreation Dept.

And a presentation by Tom Barker a mortgage advisor will explain financial options about old and new mortgages as well as refinancing. There is money available if you know where to look for it!

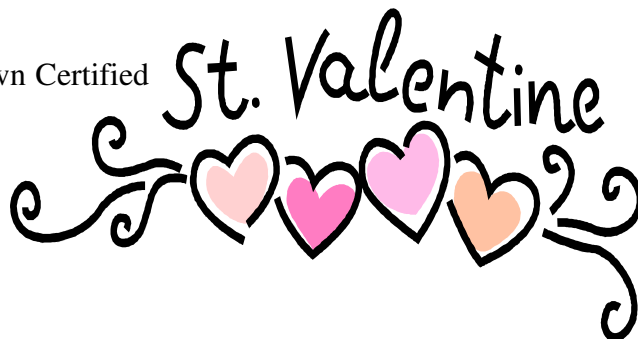
Fri. February 5, 12, 19, 26

9:30 Chair Exercise & Dancing with our very own Certified Senior Fitness Specialist! Then stay for yoga!

10:30 Yoga, with Tom Sherman

February 12 Valentine Lunch & Movie Day

See details.



Enjoy a morning activity, stay for a \$2.00 lunch then stay and play cards or a board game or *watch a movie*. The Center is open until 2 p.m. Don't sit at home alone when you could take advantage of the social opportunities offered in this community.

Call 435-8482 to make lunch reservations or for more information about activities.

Disclaimer: The menu and activities, times and dates are subject to change from the time of publication.

Volunteer Corner

We did it! The Pittsfield Area Senior Center currently has a full complement of volunteers. We have a group of 25 volunteers. People volunteer to put up food for the daily Meals-on-Wheels program and Congregate Dining, lead programs and call BINGO. Each and every one of them is greatly appreciated. It is hard to do the work without even one of them. So... thank you to all of our volunteers.

Lynne

MOW and Daily Participants

MOW participants - Thank you to those of you have called the office to let us know when you will not be home to receive your meal. Please call 435-8482 by 9 a.m. If you don't, we worry about you and may call emergency numbers and/or the police or fire departments to perform a well senior check on you.

We do not have current or working emergency phone numbers for some of you. Please be sure we have current emergency phone numbers for you. Our only alternative to an emergency phone number would be to call the police department.

Listen to WMUR Channel 9 TV on storm days for cancelations. Keep your **Blizzard Bags** for the days when we have to cancel deliveries due to a storm or flood! If we won't deliver, you will be called to be sure you are OK.

Daily participants: The senior center does not necessarily close just because the schools close. We make every attempt to be open even if we open late. The senior center is a warm dry place to spend a chilly day and share conversation. Listen to WMUR for cancelations only. Otherwise we are open.

Another Senior Resource Program to be aware of.

American Seniors is a conservative alternative to AARP. Check out their website or call the 800 number for more information.

<http://www.americanseniors.org/index.php/about-us>

or call 1-800-951-0017.

Community Resources and Schedules

February 20th Wayne, Long Term Care Specialist from ServiceLink

February 25th VNA Health Clinic by appointment. Call 224-4093 x 5808

* Commodity Food – February 12th. Please call WIC/CSFP for information 225-2050.

Just a peek at things to come!

	Celebration Luncheons	
February	Valentines Day	2/12/10
	FREE WinterFest	2/25/10
March	St. Patrick's Day	3/17/10
	Easter	3/25/10
April	Volunteer Appreciation	4/22/10
May	Cinco DeMayo	5/5/10
	Mothers Day	5/6/10
	Memorial Day	5/27/10
June	Flag Day	6/14/10

The Pittsfield Area Senior Center is part of the Elder Service Department, a program of
COMMUNITY ACTION PROGRAMS Belknap-Merrimack counties, Inc.

Kris Bregler, Assistant Director Pam Jolivette, Director
Karen Heyes, Food Service Director Peggy Knightly,
Admin Billing Manager