



Pittsfield Area Senior Center

A Center for Active Seniors

Your Resource for Healthy Aging

January
2012
435-8482

Leslie Vogt
Manager

**Located in the
Pittsfield
Community
Center**
**74 Main Street
Pittsfield, NH
03263**

Email:
lvogt@bm-cap.org

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

Mondays - Fridays
8:00 am – 2:00 pm.

Lunch
Monday - Friday
12:00 noon

**Door to door
Transportation**

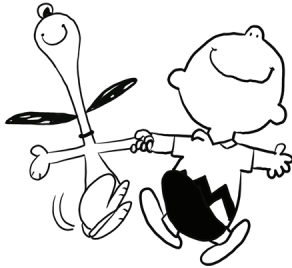
Meals on Wheels

**Exercise Programs
Social Activities**

Merrimack County
Service Link
1-866-634-9412



New Year, New Beginnings



Would you like to add some zest your morning routine? Then, consider coming to the Senior Center to try out our fitness activities.

Young at Heart **STARS** : **Strength Training And Restorative Exercise for Seniors**, will resume on Wednesday January 4th at 9:30am. **STARS** combines strength, balance and aerobic exercise to a soundtrack of uplifting music. Instructor Kristina Pellitier, modifies activities to all levels of fitness and mobility.

Gentle Yoga, which is taught by Tom Sherman, will resume on Monday January 9th at 11:00am. Join the class to build your strength, stretch your muscles and your brain. The focus of Gentle Yoga is to maintain flexibility for everyday living, and exercises can be modified to meet your personal goals.

Both classes have a suggested donation of \$4.00 per session, and the first session is free! You can join anytime, and come whenever your schedule permits. If you come and visit, you'll be welcomed with smiles and laughter from people who know what it takes to celebrate January in NH.

The Spirit of the Season

Elder Services would like to thank all of the organizations and companies for their generosity in giving to the Meals On Wheels participants throughout the season.



Pictured above from left to right is Leslie Vogt, Pittsfield Senior Center Manager, Pattie Hayes, Director of Community Relations, Home Instead Senior Care, Nicole Sacco, Marketing Intern, Home Instead Senior Care, and Nancy Parascandola, Greater Concord MOW Outreach Coordinator.

Come in for any of our activities. Lunch is served at noon. Please call ahead to reserve your lunch (435-8482). There is a \$2.00 suggested donation for lunch.

Daily Events

Wireless Internet Access. Use our laptops or bring your own.

Weekly Events

Mondays

10:00—11:30am Bingo

11:00-11:45 am Gentle Yoga \$4.00 per class. Join anytime.

Tuesdays

9:30—11:00 am Internet and Computer Instruction

Noon Café Bienvenue, the Café features a variety of soups, salad bar fixings and café style luncheon choices

Wednesdays

9:30 am—11:00am Young at Heart **STARS** : Strength Training And Restorative Exercise for Seniors, \$4.00 per class. Join anytime.

Thursdays

10:00am - 11:30am Bingo

Fridays

9:30—11:00 am Internet and Computer Instruction

Monthly Events

1st Thursday 10:00am *Super Bingo* games worth 25 cents a card.

2nd Tuesday 12:45pm Senior Center Planning Meeting, come and help us plan activities and events.

2nd Thursday During lunch we celebrate birthdays with cake and ice cream.

2nd Friday 1:00pm Mystery Dinner bus trip departs.


3rd Friday 9:30am Helping Hands craft session, we make things for people in need of support.

4th Monday 9:00am VNA Senior Health Clinic, upstairs. Call 724-8915 to make an appointment.

UPCOMING SPECIAL ACTIVITIES

Monday January 2nd The Center will be closed and Meals on Wheels will not be delivered due to the New Year holiday. Participants will have a bag lunch delivered with their meal on Thursday, December 29th.

Tuesday January 3rd 10:00—11:30am, Bingo



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ServiceLink Connections for independent living and healthy aging

To learn more about how ServiceLink can provide you with connections for independent living and healthy aging, call us toll free at 1-866-634-9412 or visit us online at www.servicelink.org.

The Fixit Program

This program assist resident 60 years of age and older or individuals with disabilities with minor home repairs and maintenance provided by qualified volunteers.

Fuel Assistance & Weatherization Programs

If you are having trouble paying for your heat this winter season, the NH Fuel Assistance Program may be able to provide you with some relief. Call the CAP Area Center that serves your town. Pittsfield, & Epsom - Suncook 485-7824. Chichester & Loudon - Concord 225-6880 and Barnstead - Laconia 524-5512

UPCOMING SPECIAL ACTIVITIES



Tuesday January 3rd Noon VNA Luncheon Presentation Health Education Series *The Glass is Half Full: Positive Thinking for a Positive You*
Tuesday January 10th Noon,

Scam Awareness luncheon presentation by the UNH School of Law

Monday January 16th The Center will be closed and Meals on Wheels will not be delivered due to Martin Luther King Day. Participants will have a bag lunch delivered with their meal on Thursday January 13th.

Tuesday January 17th 10:00–11:30am Bingo

Monday January 23rd Noon Chinese New Year holiday meal.

Upcoming Activities in February

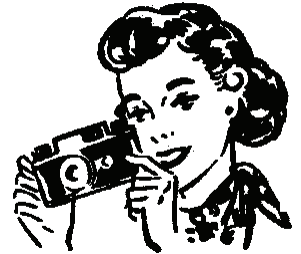
February 15th Social Security and Medicare presentation at the Suncook Senior Center. Learn what proposed reforms could mean for you and future generations.

Beginning February 7th *Volunteer Income Tax Assistance* will prepare and e-file your tax return free of charge. Call the Senior Center for an appointment on Tuesday morning or Wednesday evenings.

Pittsfield Area Senior Center 1972-2012

We've begun to plan a celebration for October, 2012!

Our first project is to create a commemorative audio visual program. As a community service, Pittsfield Middle High School volunteers will create the program. Right now we are asking for your photographs of fun times at the senior center! The photos will be scanned to a digital format, and then returned to you. If you have questions, please call the senior center.



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(603) 435-8329

Bus Transportation Schedule

Monday, Tuesday and

Wednesday 8:00am—2:30pm

Call the Senior Center at 435-8482 to *reserve your seat* and ask any questions.

We request a donation of \$1.00 per one way ride for those aged 60+

Monday Shoppers Shuttle from downtown Pittsfield, Epsom and Suncook to Hooksett for local errands or shopping .

Tuesday Morning and afternoon medical appointments, shopping and other errands.

Wednesday Shopping and medical appointments throughout Concord and then go to the Steeplegate Mall to have lunch.

Call us to sign up to go to medical and hair appointments, shopping or anything else you need to do.

STORM CLOUDS ARE ON THE HORIZON!!

As winter approaches consider trying our bus service. We come to your home! For safety and convenience, leaving the driving to our highly experienced and competent bus driver can make errands and appointments in bad weather *soooo* much easier.



Come Ride with Us

Thank you! Thank you!



To Lannie Wood for providing a wonderful concert of holiday music.

Mark Your Calendar!

Citizens from the Pittsfield area are invited to the Suncook Senior Center on **February 15th** for a Social Security and Medicare



presentation. Dr. Steve Gorin and Dr. Russ Armstrong, of the State Committee on Aging, will present the facts and myths of Social Security and Medicare in the context of the current political and budgetary discussions in Washington. Learn what the current financial status, funding trends and challenges to these important programs could mean for you and future generations.

Extra Extra Read All About It!
Would you like to receive the Pittsfield Area Senior Center Newsletter via Email?

Send us a note and we'll add you to the email mailing list.

lvogt@bm-cap.org

Elder Services

Community Action Program, Belknap Merrimack Counties, Inc.

Pam Jolivette, Director - Karen Heyes, Food Service Director
Peggy Knightly, 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: _____

Address: _____

Phone # (if we have questions) _____

In Memory/Honor of _____

(circle one above)

Send Acknowledgement to _____

Address: _____

Please make checks payable to NES/CAP-BM and send to Community Action Program, Belknap-Merrimack Counties, Inc, P.O. Box 1016, Concord, NH 03302. *Thank you for your support.*