

The Vic Geary Senior Newsletter

www.vicgearyseniordropincenter.com



Email: vicgeary@gmail.com

Joyce Burns – Administrator

The Vic Geary Senior Center • 18 Greenough Road, Plaistow, NH 03865 Tel: 603-382-9276

Center open Monday thru Friday 7:30am to 2pm | closed on Saturdays and Sundays

APRIL
2024

**Serving The
Towns Of:**

Atkinson
Danville
Hampstead
Kingston
East Kingston
Newton
Plaistow
Sandown

**Congratulation Vic
Geary Drop-in Center
Celebrating over 45
years of Service to the
Communities**

PLASTIC RECYCLING:

**Thank you for supporting
the program at the Vic
Geary Center but
unfortunately we are
ending the program at
the center.**



Upcoming Event



SPRING SPECIAL EVENT

Please join us on Thursday, April 18th for our Spring Special Event. Start time 9am with breakfast snacks. Entertainment and dancing from 9:30 till 10:30.

Sign -up with Joyce @ 603-382-9276.

Meals on Wheels will be serving a delicious hot lunch at 11:45.

Please sign up with Ann-Marie @ **603-382-5995.**

May Event: Our special for May is a Mothers Day event. Please come and celebrate with us on Thursday, May 9th at 9:00 to 11:30. Breakfast snacks will be served then entertainment by Henriboy, dancing, raffles and door prizes will follow. Sign up with Joyce @ **603-382-9276.**

M. O. W. will be serving a delicious hot lunch.

Please sign up with ANN-MARIE @ **603-382-5995.**

IMPORTANT INFORMATION

Rockingham Meals on Wheels is sponsoring a Senior Shuttle Service for residents 60+ who live in Atkinson, Danville, East Kingston, Hampstead, Kingston, Newton, Plaistow and Sandown.

Schedule as follows:

- Mondays, we offer rides to medical appointments in Exeter and doctors' offices within the towns listed above.
- Tuesdays and Thursdays, we offer rides to the Vic Geary Center for activities and/or lunch.
- Wednesdays, we offer a group shopping trip to local stores.

Our Shuttle is wheelchair accessible and there is a suggested donation of \$3.00 per ride. Our hours of operation are Monday - Thursday 8:00am to 3:00pm.

Please call Triplink **603-834-6010** for information.

DAILY ACTIVITIES:



MONDAY: Cards, cribbage and games.

TUESDAY: Bone builders class. 9:00 to 10 am. Cards, Knitting, Puzzles. Bingo 1:00 to 3:00 pm.

WEDNESDAY: Line Dancing class 10:30am to 11:30am, Cards, Board games.

THURSDAY: Cards, knitting, puzzles 7:30 am to 12:30 pm. Bingo 1:00 to 3:00 pm.

FRIDAY: Cards and Cribbage 8:00 am to Noon.

Last Monday of the Month: Free Craft Classes, 9:30 to 11:00 am.

PEER SUPPORT GROUP:



Meetings will be held on the 3rd Thursday of every month here at the Vic Geary Center, starting at 6:30 pm. Topics include but are not limited to Depression, Anxiety and Suicide. Maybe it is just time to talk or to listen to others share their stories. By sharing your stories it may help others with similar struggles and change their life forever. If you would like to attend or have questions, please call Dana Charest @ 603-303-3539. Supported by the Plaistow Lions. For all meeting and cancellations please visit: vicgearyseniordropincenter.com



WE WANT YOUR INPUT:

The **Vic Geary Center** is looking for your input as to the types of new activities you would like to see implemented to expand our offerings of activities to attract more participation into the Center. Your input will be greatly appreciated and welcomed.



MEDICAL EQUIPMENT:

The Center has donated medical equipment for use to anyone who may need a walker, wheelchair, cane or crutches. **Please call the office @ 603-382-9276** for information on availability.



CRAFT CLASS:

Is on Monday, April 29th. We will be making a beautiful picture frame for **Mothers Day**. Please sign up with Joyce 603-382-9276



LINE DANCING CLASS:

The line dancing class is scheduled for **Wednesday mornings 10:30am to 11:30am. Please sign up with Joyce @ 603-382-9276.** Cost is \$5.00 a class. Come join the fun and great exercise!!



FOOT CLINIC:

The Foot Clinic is held **every first Wednesday of the month starting at 9:00 am.** Please call for an appointment at 603-580-6668. Cost is \$25.00



BONE BUILDERS CLASS:

is free to everyone. Just walk in and register. Donations are welcome. Classes are on **Tuesdays and Fridays, 9:00 am to 10:00 am.**

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Thank you From Senior News!



ROCKINGHAM NUTRITION & MEALS ON WHEELS PROGRAM					
MONDAY		TUESDAY		WEDNESDAY	
1	#1 Burgundy Beef Pasta Green Beans Apple Whole Wheat Bread #2 Chicken Normandy Style	2	Oriental Chicken White Rice Carrots Mandarin Oranges Whole Wheat Bread Cold Meal Chicken Salad Lettuce Leaf Potato and Egg Salad Carrot Raisin Cookie Wheat Bread	3	Baked Ziti w/ Beef Broccoli Orange Whole Wheat Bread Cold Meal Turkey Cordon Blue Lettuce Leaf Chips Beet Salad Oatmeal Cream Pie Multigrain Bread
8	#1 Chicken Cacciatori Pasta Brussel Sprouts Cookie Whole Wheat Bread #2 BBQ Kielbasa	9	Spaghetti & Meatballs Marinara Summer Squash Apricots Whole Wheat Bread Cold Meal Chicken & Couscous Salad Macaroni Salad Cucumber & Tomato Salad Apple Wheat Bread	10	Country Fried Chicken Gravy Mashed Chive Potatoes Bean Medley Diced Peaches Whole Wheat Bread Cold Meal Tuna Salad Sandwich Lettuce Leaf Dill Pickle Pasta Salad Spinach Salad Mixed Fruit Sandwich Roll
15	#1 Beef Ragout Green Beans Oatmeal Bar Whole Wheat Bread #2 Chicken Divan	16	#1 Beef Chili Scalloped Potatoes Brussels Sprouts Birthday Cake Whole Wheat Bread #2 Baked Ham Cold Meal Ham & Egg Salad Red Pepper, Corn & Black Bean Salad Vegetable Salad Fruit Cocktail Wheat Bread (2)	17	Chicken Fajita Peppers & Onions Spanish Rice Black Beans & Corn Apple Tortilla Cold Meal Chef Salad w/Turkey Roasted Red Pepper Hummus Apple Bar Pita Bread
22	#1 Beef Stroganoff Spinach Mixed Fruit Corn Bread #2 Tex Mex Chicken	23	#1 Macaroni & Cheese Stewed Tomatoes Bean Blend Vegetables Cookie Whole Wheat Bread #2 Liver & Onions Cold Meal Turkey Club Sandwich Lettuce & Bacon Chips Chickpea Salad Seasonal Fruit Multi Grain Bread (2)	24	Cheese Manicotti Marinara Mixed Vegetable Carrot Cake Bread Cold Meal Chicken & Pasta Salad Broccoli Salad Mandarin Oranges Whole Wheat Bread
29	#1 Chicken Scampi Pasta Green Beans Seasonal Fruit Whole Wheat Bread #2 Sausage, Peppers & Onions	30	Chicken A La King Parslied Rice Broccoli Peaches Whole Wheat Bread Cold Meal Ham & Swiss Sandwich Lettuce Leaf Potato and Egg Salad 3-Bean Salad Fudge Round Whole Wheat Bread	1	Sheperd's Pie Harvard Beets Oatmeal Bar Whole Wheat Bread Cold Meal Gourmet Roast Pork Sandwich Spinach & Onion Marmelade Barley Raisin Salad Marinated Vegetable Salad Fruit White Bread
				2	Roast Pork w/Gravy Rice Pilaf Carrots Fruit Cup Whole Wheat Bread Cold Meal Tuna Salad Sandwich Lettuce Leaf Ditalini Pea Salad Tomato Salad Pudding New England Roll
				3	Beef Stew Bean Medley Cookie Whole Wheat Bread Cold Meal Chicken Caesar Salad Roll Lettuce Leaf Pesto Pasta Salad Carrot Dill Salad Orange Sandwich Roll
Suggested Donation \$3.00 per Meal					
Menu Subject to Change					
NAME: _____ REGULAR MILK _____ SKIM MILK _____ DIABETIC DESSERT _____					

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