



# SENIORS ALIVE!

January 2023



## ~ MISSION STATEMENT ~

Greater Hillsborough Senior Services reaches out to seniors to provide support, services, congregate opportunities and advocacy that help them remain active, respected and vital members of their community.

### BOARD OF DIRECTORS DECEMBER MEETING

#### SATURDAY

January 14, 2023

9:00 am at Premier Printing

#### BOARD OFFICERS

##### Chairperson & Travel Coordinator

Lou Ellen Beard

pbeard@tds.net

(603) 464-5138

##### Vice-Chairperson & Premier Printing Liason

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##### Secretary

Cindy Stosse

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(603) 478-3115

#### BOARD MEMBERS

##### Board Member

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##### Board Member

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##### Board Member

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##### Board Member

Chuck Nystrom

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##### Board Member

Marion Perreault

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##### Board Member

Anita Vassar

Anitavssr65@gmail.com

## From the GHSS Chair...

We finished out 2022 with a Christmas Luncheon Party at the American Legion attended by 97 people on December 8th. We were served a good meal with plenty of desserts. A silent auction with some great prizes and a couple rounds of Christmas Bingo were enjoyed by all. I would like to thank all the volunteers that made it happen, it is greatly appreciated.

As we begin 2023 our first event will be Chinese New Year and we will hopefully have a date and details for the next newsletter. We will also begin planning trips for our bus and hopefully some larger charter trips.

The Market Basket Trips from Maple Leaf will be changing days and times, please check inside the newsletter for details. Our driver Riché Colcombe will be fulfilling her elected duties in Concord at the state house as state representative on Wednesdays, but agreed to continue to drive if the group could be flexible.

We have room on the board for a couple more directors and as always we are looking for volunteer drivers as well as volunteers to help with activities.

Happy New Year,

LouEllen Beard

Greater Hillsboro Senior Services Chair

## Noteable January Holidays...



New Year's Day is a festival observed in most of the world on January 1, the first day of the year in the modern Gregorian calendar. Most New Year's festivities begin on December 31 (New Year's Eve), and continue into the early hours of January 1st. New Year's Day is also called National Hangover Day for obvious reasons.



World Introvert Day, celebrated on January 2nd, is recognized as a day to understand the many introverts around the world better — the one holiday best celebrated, not by throwing a party, but by canceling one. It is the perfect day to celebrate introverts by leaving them alone and giving them the space they need. Did you know being an introvert is not the same as being shy? Introverts like intimate conversations one-on-one or in small groups.



Martin Luther King Day or Martin Luther King Jr. Day, is observed on the third Monday of January every year. In 2023, that is the 16th of January. It is a federal holiday and that's why most schools and businesses remain closed on this day. Martin Luther King Day is held in honor of Martin Luther King Jr., the famous civil rights leader who was born in 1929.

## FOR MORE INFORMATION VIEW GHSS ONLINE

Facebook: Go to Facebook.com and search for Greater Hillsborough Senior Services  
Send us an email at ghssnh401@gmail.com / Visit our new website at GHSServices.org

## Featured Profile:

### GIL SHATTUCK

By Marianne Hammond



Gil Shattuck was born in Nashua, New Hampshire on December 19, 1926. He lived in Nashua from his birth until he entered college at Dartmouth which he attended for a year, then was directly drafted into US Navy Electronics Training Program (ETP). "The ETP combined college-level classroom instruction with laboratories involving highly complex electronic systems that were classified secret, resulting in a level of training reported to have been the most intense and difficult ever given to enlisted servicemen."

He served in the US Navy for two years and returned to Dartmouth to finish his education. He left college with an AB and a MBA.

During his career days Gil worked in financial and information technology positions for a variety of manufacturing companies. Starting in Hartford, Connecticut and at other locations in the US.

In 1960, he married the love of his life Sieglinde Pfaller "Sissi". She is a renowned artist. They have been married 62 years. Their children are Franz, Helen, Erika, and Roger.

Gil and Sissi started living in Hillsborough in 1970 for three years then moved to Charlottesville, Virginia and returned to Hillsborough in 1980 to remain here.

During his years in Hillsborough Gil served at the New Hampshire State Legislature for five terms, was a huge part of the volunteer base for creating and saving the Manahan Photo Collection which for over the 20 years he and others helped with that raising over \$100,000 to preserve the collection and provided 20,000 hours of volunteer work. He has also served on the Hillsborough Historic District Commission and was recently honored as one to share the Boston Post Cane with Hope Thomas for Hillsborough.

Gil and his wife Sissi are shining examples of helping and serving in the town you live. Without people who go out of their way to help with projects and town business we would not be who we are and have the wonderful history we can share with all who live and visit Hillsborough. Thank you to both of you.



Chinese New Year, also known as the Lunar New Year or the Spring Festival, is the most important among the traditional Chinese festivals. The history of the Chinese New Year Festival can be traced back to about 3,500 years ago. Chinese New Year has evolved over a long period of time and its customs have undergone a long development process.

Legend states that the Chinese New Year stemmed from an ancient battle against the Nian (/nyen/, which sounds the same as 'year' in Chinese). The Nian was a terrifying beast that showed up every Lunar New Year's Eve to eat people and livestock. It's said that a wise old man figured out that Nian was scared of loud noises (firecrackers) and the color red. Then, people put red lanterns and red scrolls on their windows and doors to stop Nian from coming inside, and crackled bamboo (later replaced by firecrackers) to scare Nian away. The monster Nian never showed up again. These traditions have been continued until the present time. Chinese New Year is also now a celebration of the arrival of spring and the beginning of a new year on the Chinese lunisolar calendar.



## Crafters Corner

The Crafter's Corner program brought to you by GHSS and Fuller Public Library is returning and has moved to Maple Leaf's Community Hall. Bring your own craft or participate in the craft of the month. January is tying lap quilts made by Barbara Hays to be donated to the Veteran's Hospital and Concord Hospital.

Every Third Thursday.

January 19th • 1:00 – 3:00 pm.  
Come for fun, crafts and conversation!



## DEERING COMMUNITY CHURCH

**FREE Saturday  
Community Breakfast**

9:00 am to 12:00 pm

**January 14, 2023**

ALL ARE WELCOME

## ONE INTERESTING FACT

January was named for the Roman god Janus, known as the protector of gates and doorways who symbolize beginnings and endings. Janus is depicted with two faces, one looking into the past, the other with the ability to see into the future.

## TEN INTERESTING FACTS

Okay, I get it. One interesting fact sometimes isn't enough. Especially if the fact is about January and something we have already heard about many times, but forgotten over time. So, here are ten more interesting facts. Because we have room to kill in January and need to fill up the newsletter. Enjoy!

1. Though less common than earthquakes, the moon actually has moonquakes, too. That's right. Moonquakes. Pretty much everyone is interested in space, so this is always a good fact to pull out.
2. You actually lose a large percentage of your taste buds while on an airplane. This might explain a lot about those less-than-stellar in-flight meals, or why you find yourself craving the saltiest foods while in the sky.
3. Although it may sound counterintuitive, your small intestine is actually the largest (internal) organ in your body.
4. You probably know that snails are petty slow creatures, but did you know that they also take the longest naps? One nap can last up to three years!
5. You may be jealous of a bird's ability to fly, but it may soothe your envy to learn they can't live in space because they need gravity to swallow.
6. Bees can sting other bees — usually if they feel threatened or are protecting their territory. In other words, you're not the only one who's scared of getting stung.
7. Whether you've seen a tiger in real life or in a photo, you know that they have striped fur. But they actually have striped skin, as well.
8. If you're a cat lover, then you may be surprised by this interesting fact: Cats can't taste anything that's sweet. That's probably why they can't get enough of their favorite salty snack.
9. Most people know dolphins have incredible sonar abilities. But did you know they were studied as war tools during the Cold War? They really are as smart as people say they are.
10. Not only are sea lions totally adorable, but they're also very musical. They are the only animal that can clap to a beat.





**HILLSBOROUGH**  
Community Center



# \$10,000

## 2022 Matching Funds Challenge

The Hillsborough Community Center project received a matching funds challenge from an anonymous donor. This GENEROUS donation of \$10,000 and any funds matched will bring us closer to building a regional community center. What a great way to get in those end-of-year tax-deductible donations! Your tax-deductible donation of any amount will help our organization grow. Donate online or mail a check to: Hillsborough Community Center, PO Box 202, Hillsborough, NH 03244.

Once open, our multi-generational programs will be supported through grants, membership fees, rental fees, bequests, and donations from residents and businesses. Will you help us build a regional community center? Please donate today and help us spread the word!

Will you help us build a regional community center?

## Donate today!

[hccnh.org/gofundme](https://hccnh.org/gofundme)

## Happy New Year!

We still have American made glide rockers by the Best Chair Co. Prices still remain as our December pricing. Buy one and get the second for 50% off; 5 colors to choose from.

*Candlelight  
Cabinetry*

We are already estimating cabinet orders for customers who want a new kitchen this year. Candlelight allows you to get the exact cabinets you want with over 80 door samples in your choice of over 10 wood species and over 200 finishes. Even with all of Candlelight's available colors, it's possible you won't find exactly what you want.

Candlelight offers a Custom Color service. Simply provide a color sample from any paint manufacturer and in 2 to 3 weeks a color match door sample will be provided for your approval at no cost. Candlelight is the cream of the crop in the cabinet industry. We have access to other quicker cabinet companies if time is of the essence. Our estimator has 40 years in the cabinet trade.



In case you hadn't heard Lane Furniture pulled the plug in their production plant due to a shortage of materials and lack of workers. This month we will be reintroducing products from Ashley Furniture a company which we dealt with for years. Look up their extensive supply line on your computer.

**EATON'S**  
**52 West Main St. Hillsboro**  
**603-464-3250**

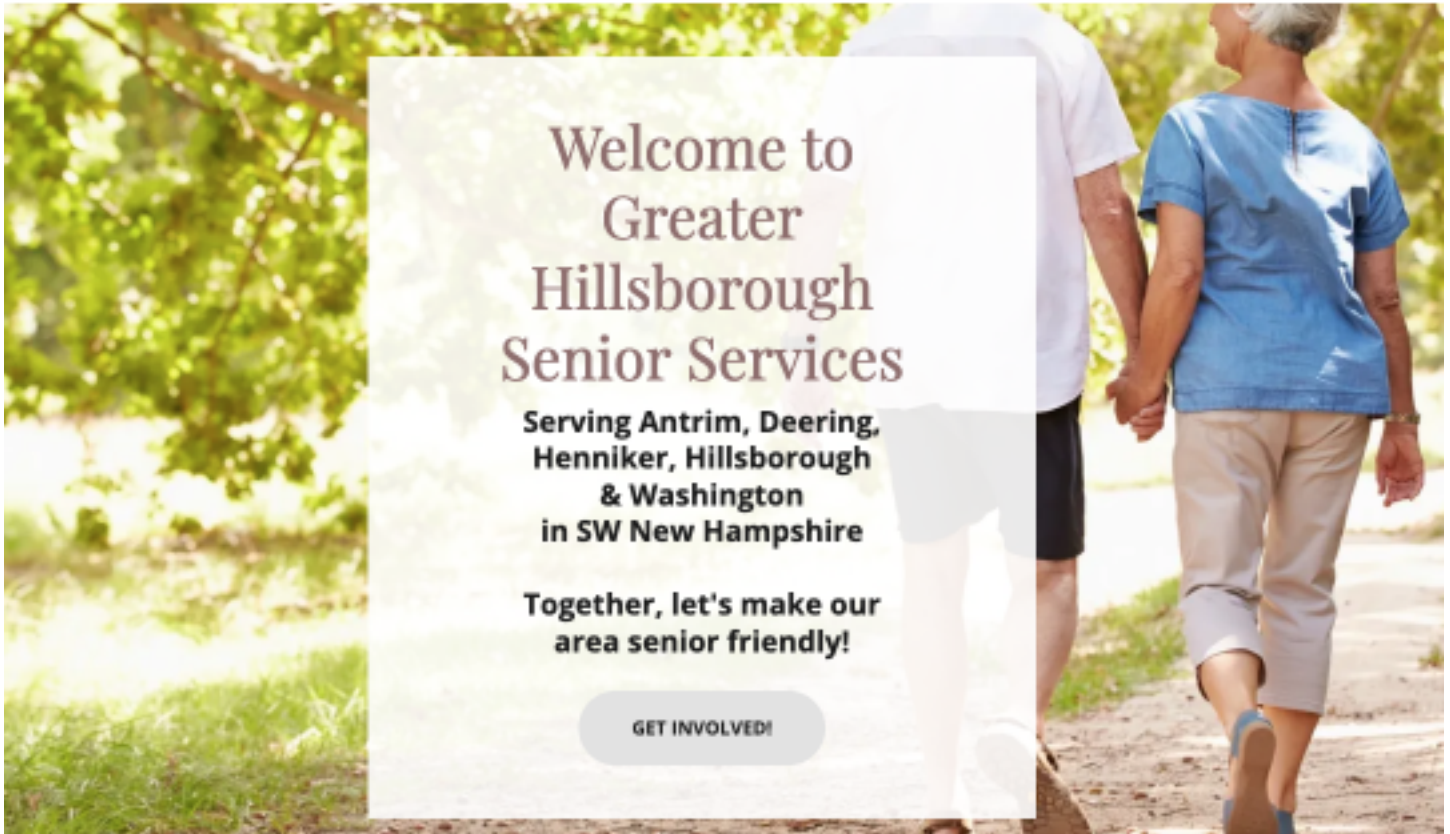
*SERVING OUR COMMUNITIES FOR 75+ YEARS.*

# Visit Our New Website!

**GHSServices.org**

Greater Hillsborough Senior Services

[HOME](#) [CONTACT US](#) [ABOUT](#) [GALLERY](#) [SUBSCRIBE](#)



## REGIONAL TOWN INFORMATION

<b>Antrim</b>	<b>Deering</b>	<b>Henniker</b>	<b>Hillsborough</b>	<b>Washington</b>
Elevation: 712'	Elevation: 1,083'	Elevation: 436'	Elevation: 636'	Elevation: 1,507'
Area: 36.51 sq. miles	Area: 31.2 sq. miles	Area: 44.8 sq. miles	Area: 44.7 sq. miles	Area: 47.7 sq. miles
Founded: 1845	Founded: 1774	Founded: 1768	Founded: 1772	Founded: 1776
2020 Population: 2,651	Population: 1,894	Population: 6,185	Population: 5,948	Population: 1,192





### FULLER PUBLIC LIBRARY

29 School Street, Hillsboro, NH 03244

**(603) 464-3595**

**fullerlibrary.biblioniX.com**

**Email: circ@fullerlibrary.info**

Fuller Public Library has a lot of programs planned for all ages. Participate and enjoy!

**January 5th, Thursday, 6:30 pm**

FPL Book Group meets to discuss 'Dutch House' by Ann Patchett.

**January 9th, Monday, 2:00 pm**

Military History Group will discuss 'Band of Brothers' by Stephen Ambrose.

**January 10th, Tuesday, 1:00 pm**

How To's Day – Start the New Year with less stress. Strategies for reducing stress and tips to reduce your stress load.

**January 17th, Tuesday, 12:30 pm**

Cookbook Group meets to taste and discuss soups. Sign up at the library if you are interested in attending.

**January 17th, Tuesday, 6:30 pm**

Mystery Book Group meets to discuss the 'Lincoln Lawyer' by Michael Connelly.



One minute you're  
young and fun.  
And the next,  
you're turning down  
the stereo in your  
car to see better.



# Warner Shopping Trips

With support from the Town of Hillsborough, GHSS continues to offer shopping trips to Warner.

**Note  
New Day  
& Time**

Pickups are at Maple Leaf at 12:00 pm

**This month: January 9th & 23rd**

2nd and 4th Mondays of the month.

**Call Riché Colcombe at (603) 478-1989**

to reserve a ride for shopping.

**Masks are now optional.**

Next time a stranger talks to you when  
you're alone, just look at them shocked  
and whisper 'You can see me?'  
— NotSalmon.com



## WANTED!



**If interested or you have questions,  
Contact Lou Ellen Beard  
at (603) 464-5138**





# January 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 	2 	3	4	5 FPL – 1:00 pm Games for Adults FPL – 6:30 pm Book Group Discussion	6 Tea and Conversation FL – 1:00 pm Tea and Conversation	7
8	9 SCC – 9:00 am Strong Living Exercise ML – 12:00 pm Pickup Warner Shopping Trip FPL – 2:00 pm Military History Group	10 FPL – 1:00 or 6:30 pm How To's Day	11	12 SCC – 9:00 am Strong Living Exercise AL#59 – 12:00 pm Senior Luncheon FPL – 1:00 pm Games for Adults	13	14 GHHS Board Meeting 9:00 am / Premier Printing
15	16 	17 FPL – 12:30 pm Cook Book Group FPL – 6:30 pm Mystery Group Discussion	18	19 SCC – 9:00 am Strong Living Exercise FPL – 1:00 pm Games for Adults ML – 1:00– 3:00 pm Crafty Corner	20	21
22	23 SCC – 9:00 am Strong Living Exercise ML – 12:00 pm Pickup Warner Shopping Trip	24	25	26 SCC – 9:00 am Strong Living Exercise FPL – 1:00 pm Games for Adults	27	28
29	30 SCC – 9:00 am Strong Living Exercise	31	28	29 SCC – 9:00 am Strong Living Exercise FPL – 1:00 pm Games for Adults	30	31

**CALENDAR KEY CODES:** **AL#59** (American Legion), **SPL** (Shaw's Parking Lot), **ML** (Maple Leaf), **PP** (Premier Printing), **DFG** (Deering Fish & Game), **FL** (Fuller Library), **SCC** (Smith Congregational Church)



**Greater Hillsborough Senior Citizens**

*Serving Seniors ~ Celebrating Life!*

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Hillsborough, NH 03244

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