



SENIORS ALIVE!

February 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

February 11, 2023
9:00 am at the Beard Residence

BOARD OFFICERS

Chairperson & Travel Coordinator

Lou Ellen Beard
pbeard@tds.net
(603) 464-5138

Vice-Chairperson & Premier Printing Liason

Bonni Hadley
info@premierprintingnh.com
(603) 464-5321

Treasurer

Bob Charron
rrcharron1@outlook.com
(603) 464-3630

Secretary

Cindy Stosse
cynqlt7@yahoo.com
(603) 478-3115

BOARD MEMBERS

Board Member

Tina Blanchette
Tina.blanchette70@yahoo.com

Board Member

Trish Bush
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Board Member

Ernie Gioveli
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Banking & Finances

Tia McMahon
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Board Member

Chuck Nystrom
chucknye@msn.com

Board Member

Marion Perreault
marione@gsinet.net

Board Member

Anita Vassar
Anitavssr65@gmail.com

From the GHSS Chair...

I'm writing this during the first significant storm in 2023! I know we all thought spring was here earlier in the month, but I think we all know February is usually a stormy month. Cheer up only 56 days till Spring!

We have Chinese New Year (Year of the Rabbit) to look forward to this month, look for the details inside the newsletter. I hope you will all be able to attend. Reservations are required.

We hope to try some local trips as weather permits in February and March!

Happy New Year,

LouEllen Beard

Greater Hillsboro Senior Services Chair

Noteable February Holidays...



Valentine's Day: The 8th century Gelasian Sacramentary recorded the celebration of the **Feast of Saint Valentine** on February 14. The day became associated with romantic love in the 14th and 15th centuries when notions of courtly love flourished, apparently by association with the "lovebirds" of early spring.



Random Acts of Kindness Days is on Friday, February 17, 2023. Kindness sends a message no matter how small the gesture. Do you remember at the height of the AIDS epidemic Princess Diana's small act with a powerful message? Princess Diana shook the hand of a man with AIDS, changing and challenging the belief that the disease is transmittable by touch.



Presidents Day is celebrated on Monday, February 20, 2023. Originally in honor of George Washington, the first president of the United States, increasingly, the holiday has become an occasion to celebrate the birthdays of both President George Washington and President Abraham Lincoln. Abraham Lincoln's birthday is February 12th, and George Washington's birthday is February 22nd.

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:

HOPE THOMAS

By Marianne Hammond



Hope Thomas was born in New Haven, Connecticut in 1926. She lived with her family there until she left for college at Mount Holyoke getting her BA in Religion and Psychology.

She married John Thomas in 1946 and had five children, Martha, Bill, Jamie, Peter and Benjamin. Hope and John enjoyed vacationing in New Hampshire and visiting John's family here. When the Hopkinton dam was built, taking the farm where they spent summer vacations, they decided that it was time to buy a house in New Hampshire and Hillsborough had the one that they wanted. It was on a dirt road. No cars went by. A great place for young kids! How things have changed!!

When Hope moved here permanently, life included taking care of family, the community chorus with Phil Daley and hiking with the Harris center. The 1980's brought the start of her small flock of sheep and the journey to learn about animal husbandry and wool arts. Over the years she has raised many sheep and woven, spun, and knitted wool from them. Hope feels that it is very important to learn how to take care of farm animals. She has been an active member of The New Hampshire

Weaver's Guild and, with Anne Hennessey of Antrim, started the long running Wool Tour which still runs today. Hope loves the out-of-doors and has a passion for learning.

She loves to read, is part of the Fuller Library Book Club, has played the piano for many years and been part of several singing groups. She has participated for many years in History Alive and Living History events.

Hope has eight living grandchildren (one granddaughter has passed), and four great grandchildren and loves rural life and the town she lives in. She was recently awarded the Hillsborough Boston Post Cane to share the honor with Gilman Shattuck. If you want advice on how to care for sheep or sheep dogs or how to process wool just ask; this woman has done it all.



MING DU



Transportation is available leaving from Maple Leaf at 11:45 am.

2023 Chinese New Year Senior Citizen Luncheon

Thursday, February 9, 2023, 12:00 pm
at the American Legion in Hillsboro

There is a suggested donation of \$7 at the door.

Food is generously donated by Ming Du.

Please RSVP by February 5th to Lou Ellen Beard at (603) 464-5138 or pbeard@tds.net



MING DU

Please Welcome Our Guest Speaker
Becky Johnson,
Executive Director
of the Hillsborough
Community Center



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.

February 16th • 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

February 11, 2023

ALL ARE WELCOME

ONE INTERESTING FACT

Minus 40 degrees Celsius is exactly the same as minus 40 degrees Fahrenheit. Celsius and Fahrenheit are two different temperature scales. The Fahrenheit and Celsius intersect at one point and they equal at -40 °C and -40 °F.



**Here are a few volunteer opportunities
where you are needed. Please contact the
people as noted in each paragraph.**

The Hillsborough Community Center is getting ready for another fun-filled year. Our first event of the year is Cookies, Cocoa, & Storytime on Saturday, February 11 from 1:30 - 2:30 PM at the Hillsboro-Deering Middle School, snow date is February 18. We could use 3 or 4 volunteers to set up the tables for drinks, cookies, and then to help clean up afterward. Please let Gene Gould know if you would like to be a part of this as soon as you can. Email Gene at gene.gould@hccnh.org

Bus drivers are needed to transport seniors both in and out of the area for various scheduled trips throughout the year. If performing this community service interests you, please phone or email Lou Ellen Beard at (603) 464-5138 or pbeard@tds.net

Members are needed to serve on the Greater Hillsborough Senior Services Board of Directors. We are a fun group who meet once a month, the second Saturday of each month. Our skillsets vary and we are always interested in bringing new people on board to help us serve our seniors. Have a specific interest? Would you like to share it? Please call Lou Ellen Beard, Chair, to discuss your interest further at (603) 464-5138. You may also contact any Board member listed on the front page of this newsletter.



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. 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

HILLSBOROUGH COMMUNITY CENTER PRESENTS

*Cookies,
Cocoa,
&
Storytime*

Free event ♥ Donations appreciated
Hillsboro-Deering Middle School
Saturday, February 11 ♥ 1:30 - 2:30 PM
 Snow date: Saturday, February 18
 All proceeds benefit the future regional community center.

*Not a school-sponsored event

HILLSBOROUGH
Community Center



Join us on Saturday, February 11 from 1:30PM – 2:30PM at Hillsboro-Deering Middle School for Cookies, Cocoa, & Storytime!

This free event will feature readings from our theatre troupe and volunteers. Donations greatly appreciated with cash and credit cards accepted. See the list of stories and poems we'll read at this entertaining community event at www.hccnh.org/storytime

Becky Johnson,
Executive Director
of the Hillsborough Community
Center, will speak at the Thursday,
February 9th Chinese
Senior Citizen Luncheon.

Please see the ad & RSVP as noted.

We just ordered a dozen bound rugs in 9' x 12', 12' x 12' and a few 12' X 15'. Colors will be all earth tones and rugs should be here by the time this ad appears. Open them up, roll them out and done.

Because they're so much in demand, we are stocking more lift chairs. All chairs are rated for 375 pounds and up and most have a battery backup system. Excellent warranties, durable cloth and vinyl fabrics and a simple up and down hard wired hand control. Heat and massage available on some models. Check with your insurance companies to see if they will help you offset the cost of the chairs.



Our bedding supplier was just rated #1 in New England, Therapedic of N.E., is made in Brockton, Mass. We try to stock all standard sizes here at the store and special size orders are available. We stock twin size vinyl mattresses for those who may need a little extra protection.

We have new Candlelight Cabinetry catalogs for those of you considering doing a kitchen make over. Whether you're planning to replace just your door and drawer fronts or a complete kitchen makeover, these all American made cabinets produced in Lock Port, N.Y. are the cream of the crop. Check them out on their web site.



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

SERVING OUR COMMUNITIES FOR 75+ YEARS.



FREE Tax Prep Help

If you make less than \$65,000, you qualify for FREE help figuring out your taxes. The Hillsboro Fuller Public Library

offers assistance with a trained tax professional every Tuesday, between now and April 11th from 3:00 - 6:00 pm. Please

call the library at (603) 464-3595 to book an appointment.

☒ **Taxes Done**





FULLER PUBLIC LIBRARY

29 School Street, Hillsboro, NH 03244

(603) 464-3595

fullerlibrary.bibliomix.com

Email: circ@fullerlibrary.info

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

February 2nd, Thursday, 6:30 pm

FPL Book Group meets to discuss 'Born a Crime' by Trevor Noah.

February 3rd, Friday, 1:00 pm

Tea and Conversation.

February 4th, Saturday

Take your child to the library day!

February 13th, Monday, 2:00 pm

Military History Group meets to discuss 'The River of Doubt' by Candice Millard.

February 21st, Tuesday, 12:30 pm

Cookbook Group meets to discuss and taste recipes from 'The Way to Cook' by Julia Child. RSVP to (603) 464-3595.

February 21st, Tuesday, 6:30 pm

Mystery Book Group meets to discuss 'Finlay Donovan is Killing It' by Elle Cosimano.

February 28th, Tuesday, 6:30 pm

Dogs of Chernobyl: Steve Quandt returns to Zoom to talk about his time in Chernobyl working with dogs in a spay/neuter program. Meet in the library or from home. Call to register at (603) 464-3595.

Flex & Stretch Class: Monday, Tuesday and Friday, 9:00 – 9:30 am

In the library or join virtually from home. Increase strength and core stability through functional movement. Light weights are used (2-8 lbs.). There is a cost/class. For more information call the library at (603) 464-3595.

February 7th — April 11th,

Tuesdays, 3:00 – 6:00 pm

Free tax preparation for those making less than \$65,000. For an appointment, call the library at (603) 464-3595.



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: February 13th & 27th

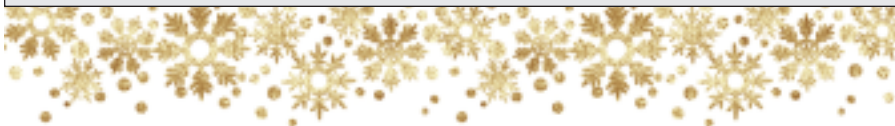
2nd and 4th Mondays of the month.

Call Riché Colcombe at (603) 478-1989

to reserve a ride for shopping.

Masks are now optional.

"The greatest danger for most of us is not that our aim is too high and we miss it, but that it is too low and we reach it."
— Michelangelo



WANTED!



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

February 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
				FPL – 1:00 pm Games for Adults FPL – 6:30 pm Book Group Discussion	FPL – 9:00 am Flex & Stretch Tea and Conversation FL – 1:00 pm Tea and Conversation	Library's Open! Bring your child to the library day!
5	6	7	8	9	10	11
	FPL – 9:00 am Flex & Stretch SCC – 9:00 am Strong Living Exercise	FPL – 9:00 am Flex & Stretch FPL – 3:00 - 6:00 pm Tax Preparation By Appointment Only		SCC – 9:00 am Strong Living Exercise AL#59 – 12:00 pm Chinese Senior Luncheon FPL – 1:00 pm Games for Adults	FPL – 9:00 am Flex & Stretch	GHHS Board Meeting 9:00 am / Premier Printing Cookies, Cocoa & Storytime at HDMS 1:30 – 2:30 PM
12	13	14	15	16	17	18
	FPL – 9:00 am Flex & Stretch SCC – 9:00 am Strong Living Exercise ML – 12:00 pm Pickup Warner Shopping Trip FPL – 2:00 pm Military History Group	FPL – 9:00 am Flex & Stretch FPL – 3:00 - 6:00 pm Tax Preparation By Appointment Only		SCC – 9:00 am Strong Living Exercise FPL – 1:00 pm Games for Adults ML – 1:00– 3:00 pm Crafty Corner	Random Acts of Kindness Day FPL – 9:00 am Flex & Stretch	
19	20	21	22	23	24	25
		FPL – 9:00 am Flex & Stretch FPL – 12:30 pm Cook Book Group FPL – 6:30 pm Mystery Group Discussion FPL – Tax Prep		SCC – 9:00 am Strong Living Exercise FPL – 1:00 pm Games for Adults	FPL – 9:00 am Flex & Stretch	
26	27	28				
	FPL – 9:00 am Flex & Stretch SCC – 9:00 am Strong Living Exercise ML – 12:00 pm Pickup Warner Shopping Trip	FPL – 9:00 am Flex & Stretch FPL – 6:30 pm Dogs of Chernobyl FPL – 3:00 - 6:00 pm Tax Preparation By Appointment Only				

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!

GHSS Mailing Address:

Greater Hillsborough Senior Services

PO Box 401

Hillsborough, NH 03244

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