



SENIORS ALIVE!

March 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

March 11, 2023

9:00 am at the Beard Residence

BOARD OFFICERS

Chairperson & Travel Coordinator

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pbeard@tds.net

(603) 464-5138

Vice-Chairperson & Premier Printing Liason

Bonni Hadley

info@premierprintingnh.com

(603) 464-5321

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Bob Charron

rrcharron1@outlook.com

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Secretary

Cindy Stosse

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Board Member

Trish Bush

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Board Member

Ernie Giovelli

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Board Member

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Board Member

Marion Perreault

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Board Member

Anita Vassar

Anitavssr65@gmail.com

From the GHSS Chair...

As I write this letter in late February, I see we are in for a significant snowstorm that is sweeping across the country. We are expected to get about a foot of snow so this next one should be interesting. We'll see if the weather reports match the hype.

In February we hosted the Chinese New Year senior luncheon at the American Legion in Hillsborough. Thanks to Ming Du's generosity we served many seniors who all seemed to have a great time. This is the first year that has gone smoothly. It was nice not to have to worry so much about COVID and all the details that go with gathering a group of seniors.

There are a lot of trips and activities coming up as Ernie Giovelli works to put together activities for March and the rest of the year. Be sure to check out the upcoming trips to see if there is one you especially would like to go on.

Note the library has started a seed program. Sounds like fun.

Time 'march'es forward quickly. Yes, pun intended. Soon spring will arrive and we will all be on the move again with better weather, gardening projects and seeing friends and neighbors more often.

Happy spring,

LouEllen Beard

Greater Hillsborough Senior Services Chair

Noteable March Holidays...



St. Patrick's Day



First day of spring!

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:

TOM TALPEY

By Marianne Hammond



Thomas E. Talpey was born on March 20, 1925, and passed on from his Washington, New Hampshire home on September 30, 2022. I had spoken to Mr. Talpey a few times when looking for the person to receive the Greater Hillsborough Senior Services cane for the oldest resident in Washington. He would often say he didn't have paper or pencil handy to take down the information I required and to talk to his son Bill when he visited him. And so, after Mr. Talpey has passed it is to Bill, I called to get the information I needed to tell you about this extremely intelligent and loving man.

Thomas was born in Auburn, New York and lived there with his family until he joined the Navy for World War II and was sent by the navy to Cornell University to study electrical engineering. From there he went on to the University of Michigan to get his Ph.D. and then to the University of Grenoble in France to get his Doctorate in the field. Thomas taught at the University of Michigan for a time, he worked for Bell Telephone in New Jersey for twenty-seven years, retiring in 1984. In 1960 he took a leave of absence from Bell Telephone to work for Cornell University on the initial development and construction of Arecibo Ionospheric Observatory in Puerto Rico, he was there for three years.

In 1948, Tom married the love of his life Elizabeth (known by all as Betty) and they raised two children. Sarah (who has passed) and William. Sarah has their only grandchild and hence their two great grandchildren.

In 1974, Tom and Betty purchased their Washington, NH home and moved there permanently in 1985. Tom served on the Washington Planning Board and the Washington Historical Society for many years. He also spent years working on the Manahan-Phelps-McCulloch photograph collection in Hillsborough. Tom was a juried member of the League of NH Craftsmen, making Tiffany style lampshades from polished jade, stone and glass. His work was displayed in the Living with Crafts exhibit at the Sunapee Craft Fair for many years and his lampshades are prized possessions of those who purchased one.

From his son he comments on how his parents were wonderful people, beloved by their community, and he never heard his father ever say a bad word about anyone nor ever saw him mad. I wish I had gotten to know Mr. Talpey. He sounds like a very interesting and kind man. As the one who last held the Washington Cane, he was an excellent example of the kind of person we should all be.



Celebrate St Patrick's Day! MARCH SENIOR LUNCHEON

Friday, March 10, 2023

American Legion, Hillsboro, NH 12:00 Noon

\$7.00/person



~ Corned beef & Cabbage ~

~ Cornbread & Dessert ~



Reserve with Lou Ellen by March 5th.

Call (603) 464-5138 to save your seat.

ONE INTERESTING FACT

Despite its geographical separation from the original and its Western counterpart, New Hampshire was in fact originally called North Virginia.

The naming had to do with a similarity between the landscape of the states, and by all accounts original residents liked the name. It was eventually renamed to pay tribute to England's Hampshire County.



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. March will feature tying quilts.

Every Third Thursday.

March 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

March 11, 2023

ALL ARE WELCOME



Meals on Wheels of Hillsborough County is proud to continue serving the Greater Hillsborough community. In July of 2022, we secured a new vendor and now deliver “hand-made in Maine” delicious and nutritious meals from a family run business that supports local farmers and caters to diabetic friendly meals. For more information, please call Meals on Wheels at (603) 424-9967 or go to our website to learn more at www.hcmow.org



MEALS on WHEELS
HILLSBOROUGH COUNTY

Meals on Wheels delivers. It's a name you know... and a name you trust, to provide meals and services to your loved ones. Since 1977, we have helped older, homebound and disabled adults to live independently in their own homes, which is where they want to be.

HOME DELIVERED MEALS

- Meals are nutritionally balanced, consisting of a protein, vegetable, and a side in a microwavable tray, calcium and vitamin enriched beverage mix, bread and dessert.
- Meals meet one-third of the USDA recommended daily allowance for adults.
- Menu is prepared by a registered dietitian and posted each month on our website.
- Meals are delivered Monday - Friday, 10:00 a.m. - 1:30 p.m. by a friendly, dedicated team of staff and volunteers.
- Drivers provide a brief friendly visit and wellness check.

www.hcmow.org

PO Box 910/ 395 DW Hwy, Merrimack, NH 03054 • (603) 424-9967





HILLSBOROUGH
Community Center



ZUMBA FITNESS

Mark your calendars for Saturday, March 18th! Zumba instructor Lisa Dawes and her team Laura Buono, Akiesha Samuelson-Young, Rebecca Powers, Jessica Merrill and Jennifer Hamilton, will lead participants in an exhilarating workout! Easy for all ages and levels of fitness.

There will also be some great raffles! So work off those pounds from the holidays and get acquainted with this healthy activity! \$10 suggested donation.

March 18th!

12:30 – 3:00 pm

Hillsboro-Deering Middle School

March Senior Trips

March 3, 2023

Concord Capital Tour

Leaves Shaws at 9:30am

via GHSS bus

Lunch at 99 restaurant

Return approximately 3:00 pm

March 23, 2023

Bedford Area Thrift Shop Tour

Leaves Shaws at 9:30

via GHSS bus

Lunch at Carrabbas

Return approximately 3:00 pm

Upcoming Trips in 2023

La Belle Winery • King Arthur • Foster's Clam Bake • Ice Cream Tours • Sunapee Cruise • Yankee Candle • Paul Reiser at Palace Theatre • Harts Turkey Farm • Tilton Shopping Trip • Encore Casino

RSVP for the 3/3/23 or 3/23/23 trips
to Ernie Giovelli at wetwo1217@hotmail.com
or Lou Ellen Beard at (603) 464-5138.



Thank You!

I just paid off the mortgage after 25 years. I couldn't have done it without you.

We have already sold more **Candlelight Kitchen Cabinetry** this year than all of last year. That's due to:



American Made
12 Wood Species
200 Finish Options
90 Door Styles
Free Estimates and print outs
Their Commitment to preserving the environment.

Check them out on www.candlelightcab.com



Keep your eyes open. I am looking for a used work van to replace one of my vehicles. Model doesn't matter. Prefer 3/4 ton. No Rust buckets. Will purchase or swap goods or a combination of both.

We are now bringing in **Ashley Upholstery** products to replace our Lane line who abruptly went out of business. No a lot of fabric options, but a well built product using mainly polyester fabrics. Our second order will be here in about a week consisting of sofas, love seats and rocker recliners.



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

"You know you've reached middle age when you're cautioned to slow down by your doctor, instead of by the police."

—Joan Rivers

Seed  Library

New! A Seed Library at Fuller library! Stop in for free seeds to plant, 5 packages per family. Begins March 11th.



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!

Peeps Diorama Contest

Enter our Peeps Diorama Contest: Create your diorama and submit it to the library by Saturday, April 1st. For more information call the library at (603) 464-3595.

March 2nd, Thursday, 6:30 pm

FPL Book Group meets to discuss 'Klara and the Sun' by Kazuo Ishiguru.

March 3rd, Friday, 1:00 pm

Tea and Conversation.

March 7th, Tuesday

How To's Day make a pom pom.

March 13th, Monday, 2:00 pm

Military History Group meets to discuss 'The Long Gray Line' by Rick Atkinson.

March 21st, Tuesday, 12:30 pm

Cookbook Group meets to discuss and taste recipes from 'Flour' by Joanne Chang. RSVP to (603) 464-3595.

March 21st, Tuesday, 6:30 pm

Mystery Book Group meets to discuss 'Rock, Paper, Scissors' by Alice Feeney.

March 28th, Tuesday, 1:00 pm and 6:30 pm

Learn how to use the Libby app for public library patrons to listen to audio books and to read ebooks and magazines.

March 11th & 25th, Saturdays

Seedy Saturdays: Ask Robin about seed starting and general gardening questions. Also on April 8th and April 22nd.

March 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: March 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.

“There is a fountain of youth: it is your mind, your talents, the creativity you bring to your life and the lives of people you love. When you learn to tap this source, you will truly have defeated age.”
— Sophia Loren

WANTED!



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

March 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 SPL – 9:30 am Concord Capital Tour Tea and Conversation FL – 1:00 pm Tea and Conversation	
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 – Time TBD How To's Day 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	FPL – Daily Seed Library Begins FPL – 9:00 am Flex & Stretch AL#59 – 12:00 pm March Senior Luncheon	GHHS Board Meeting 9:00 am / Premier Printing FPL – Time TBD Seedy Saturday
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	 St Patrick's Day FPL – 9:00 am Flex & Stretch	HDMS – 12:30 Zumba Class Starts
19	20	21	22	23	24	25
	Start of Spring (The Spring Equinox) FPL – 9:00 am Flex & Stretch SCC – 9:00 am Strong Living Exercise 	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 SPL – 9:30 am Bedford Area Thrift Shop Tour FPL – 1:00 pm Games for Adults	FPL – 9:00 am Flex & Stretch	FPL – Time TBD Seedy Saturday
26	27	28	29	30	31	
	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 – 1:00 or 6:30 pm Learn Libby App FPL – 3:00 - 6:00 pm Tax Preparation By Appointment Only			FPL – 9:00 am Flex & Stretch	

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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