



SENIORS ALIVE!

May 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

May Meeting

Saturday, May 6, 2023
9:00 am at Premier Printing

BOARD OFFICERS

Chairperson

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

Vice-Chairperson

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

Treasurer

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

Secretary

Cindy Stosse
cynq1t7@yahoo.com
(603) 478-3115

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Tia McMahon
tia.mcmahon@td.com

Charles Nystrum
chucknye@msn.com

Marion Perreault
marione@gsinet.net

From the GHSS Chair...

It is with great sadness that we must announce the cancellation of the May luncheon. The Legion has offered their function hall, but they currently are not operating their kitchen and that means a considerable amount of extra work for the board members. We have one member out with a knee surgery and two of the members dealing with personal issues beyond their control. We hope to hold a BBQ in June if possible. We are truly sorry, as we know the luncheons have become quite popular and we enjoy seeing everyone together. We are working to solve all of these hurdles and hope you will be patient with us as we work these problems out.

On the bright side, the flowers are blooming and the birds are singing! The ice cream stands are opening and we have extra daylight each day. Soon the gardens will be planted and we will have fresh veggies.

Please check all the new options for signing up for trips, the new website and all the trip information inside this newsletter. If you don't have the internet or email, you can still call the number listed and reserve your spot.

If you have questions or concerns, please don't hesitate to call me or any member on the board.

Warm regards,

LouEllen Beard

Great Hillsborough Senior Services, Chair

Noteable May Holidays...



Mother's Day

Mother's Day, Sunday, May 14, 2023 is an occasion which is celebrated to express respect, honor, and love towards mothers. The day is an event to honor the contribution of mothers.



Paper Airplane Day

Let your inner child fly. National Paper Airplane Day is celebrated every year on May 26 to commemorate the fanciful aeronautical toy. May 26, 2023 is a Friday.



Memorial Day

Monday, May 29, 2023 is Memorial Day an American holiday, observed on the last Monday of May, honoring the men and women who died while serving in the U.S. military.

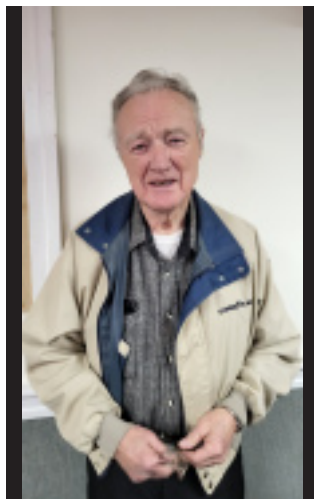
For More Information View GHSS online

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

Featured Profile...

Gordon Grover Clark

By Marianne Hammond



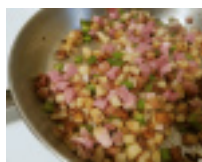
Gordon G. Clark of Deering was born on April 27, 1933 in the house he still lives in and he and his wife are using the same bedroom as the one he was born in. How many can say that? The home was once the Holton Farm in the 1800's.

Gordon went to local schools and graduated from Hillsborough-Deering High school Class of 1952. He then entered the Army during the Korean War was stateside serving our country in the states of New Mexico and Texas.

While in the Army, his Sargent had a niece named Barbara and Gordon was invited to a family event where he met her and the rest is history. They were married in 1954 and when he left the service in 1956, they returned to Deering the home they live in. The family grew to a son Christopher and daughter Diane which have become now added to with four grandchildren and five great-grandchildren.

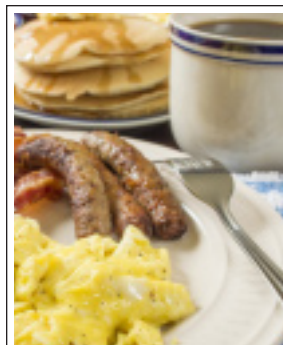
Gordon went to work for the NH Department of Transportation and worked the roads around this area for his forty years. Retiring in 1993, he continues to be an active man cutting and working up his winter wood each year with the help of his wife and son. He and Barbara live an active life belonging to local snowmobile and 4-wheel clubs, camping each spring/summer/fall seasons, doing puzzles in the winter, playing games with his wife like pitch and dominoes. They both are active members of Hillsborough United Methodist Church and love to attend the GHSS luncheons and go on the bus trips. This couple are out and about as often as the weather and health permits. They are also eager to help when needed in many ways to our neighbors and friends.

GHSS COOKS: HAM HASH



3 Tablespoons butter
1 Small Onion, finely chopped
1/2 Green Bell Pepper, finely chopped
2 Medium Potatoes, peeled
1 Cup Cooked Ham, finely diced
Salt & Pepper, or to taste
1/4 Teaspoon dried crumbled Thyme

1. Partially cook the potatoes, then dice.
2. Cut the potatoes in half and cook in a saucepan of simmering water until not quite done and still firm, about 10 minutes. Rinse in cold water. Drain. Dice to 1/2-inch thick pieces. Set aside.
3. Cook the onion and bell pepper in butter.
4. Melt butter in a large cast-iron skillet over medium-low to medium heat. Add onion and cook until softened, about 4 minutes. Add the chopped bell pepper and cook another 2 minutes.
5. Add the potatoes, ham, salt, pepper, and thyme.
6. Add the remaining ingredients; mix well. Cook hash until well browned, about 10 minutes, stirring occasionally.



**Deering
Community Church**
**Free Saturday
Community Breakfast**
9:00 am to 12:00 pm
May 13, 2023
ALL ARE WELCOME

One Interesting Fact

Mosquitoes are attracted to people who just ate bananas.



SENIOR TRIPS

May RSVP Deadlines

- Yankee Candle by Friday, April 28th
- Palace Theatre by Friday, May 12th

RSVP for all Event Trips to:

Ernie Giovelli, Trip Coordinator

Email: wetwo1217@hotmail.com

Cell Phone: +1 (631) 891-9548

RSVP for all Warner Trips to:

Riché Colcombe, Trip Coordinator

Phone: +1 (603) 478-1989

You may also register online.

GHSServices.org/reservations

Upcoming 2023 Trips

- La Belle Winery
- King Arthur
- Foster's Clam Bake
- Ice Cream Tours
- Sunapee Cruise
- Harts Turkey Farm
- Encore Casino

MAY TRIPS



Yankee Candle

Thursday, May 4, 2023

Cost: Bus is FREE

Lunch & Purchases On Your Own

- Make a candle, if candle factory is open
- Group will decide place for lunch

Bus leaves Hillsborough Shaws at 9:00 am.

Bus returns at approximately 3:00 pm

RSVP or Online Registration is Required

Palace Theatre

Friday, May 19, 2023

Cost: \$25.00/Person

- Paul Reiser Comedian
- 1 Hour 30 Minute Show — Starts at 7:30 pm

Bus leaves Hillsborough Shaws at 6:30 pm.

Bus returns at approximately 9:30 pm

RSVP or Online Registration is Required

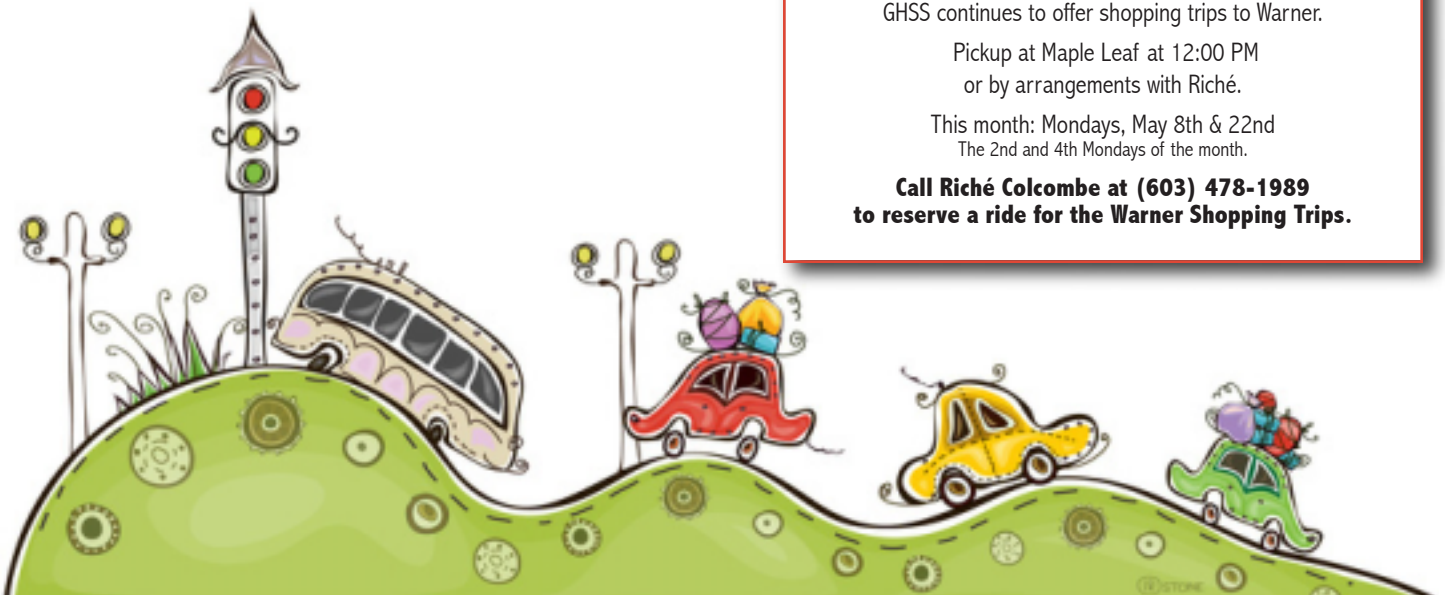
May Warner Shopping Trips

With support from the towns of Hillsborough and Deering
GHSS continues to offer shopping trips to Warner.

Pickup at Maple Leaf at 12:00 PM
or by arrangements with Riché.

This month: Mondays, May 8th & 22nd
The 2nd and 4th Mondays of the month.

**Call Riché Colcombe at (603) 478-1989
to reserve a ride for the Warner Shopping Trips.**





HILLSBOROUGH COMMUNITY CENTER FUNDRAISING

The Hillsborough Community Center fundraising committee has a wonderful lineup of community events scheduled for 2023, all to benefit the future regional community center. Each event focuses on our mission to provide multi-generational programs that will improve the health, well-being, education, and social opportunities of those in our region.

Events allow us to raise funds to support our project, bring the community together, and to educate people about how the future center will benefit all. In order to make these events a success, we need your help. Please contact Gene Gould by phone at (603) 464-4007 or by email at gene.gould@hccnh.org to let us know if you can volunteer at any of our events.

You can view our complete calendar of events at hccnh.org/events. We appreciate your continued support of this project, and we look forward to seeing you at our events!

MOTHER'S DAY RAFFLE FUNDRAISER

Win an Amazing Basket with a total value of over \$300! Includes:

- One month VIP tanning pass to Turbo Tan in Concord
- Tanning lotion, after sun lotion, Eye protection
- Candle from CandleTree Candles in Concord
- Starbucks thermal cup and instant iced coffee mix
- \$25 gift certificate to Flag Leaf Bakery in Antrim

Tickets \$2 each or 3 tickets for \$5. The drawing will be streamed live on our Facebook page, Sunday, May 7th at 6:00 PM. Get your raffle tickets from Deanna Higgins (deanna.higgins@hccnh.org) or Gene Gould (gene.gould@hccnh.org).

3RD ANNUAL COMMUNITY CRAFT & FLEA MARKET

Join us on Saturday, June 10th for the Hillsborough Community Center Craft & Flea Market! Our vendors will have all sorts of treasures and treats, all in one place, rain or shine! Antiques, collectables, jewelry, wellness & makeup, up-cycled items, candles, macramé, laser-engraved gifts, artwork, household items, baked goods, all in one place for one day! Grimes Field, Hillsboro, 7:00 AM – 2:00 PM on June 10th!

Vendor space is \$20. Register online for your 10'x10' space. Within your registration, please tell us what items you'll be selling. Do you know someone who would like to sell their wares at our event? Please pass this along! Food trucks and nonprofit organizations are welcome to register free of charge - just email us at director@hccnh.org. We will be accepting donations of sellable items in good, clean condition at the event. Contact Gene Gould at gene.gould@hccnh.org or call (603) 464-4007 for more information. **Register as a vendor for this event at hccnh.org/flea-market**



PEACE, LOVE & ICE CREAM

Come join the fun and paint three scoops of yummy colors on an 11x14" canvas with chocolate and a cherry on top! All supplies are included, registration is \$25. This is a great course for beginners of all ages. You'll get a free ice cream coupon, generously donated by the Hillsboro McDonalds. Space is limited. Register at <https://hccnh.org/art-class>

Saturday, May 13th:

- 10AM-12PM for 1st and 2nd graders
- And 1PM-3PM for 3rd, 4th, and 5th graders

BUY HCCNH MERCHANDISE

HCCNH swag is available for purchase online at: <https://hccnh.org>



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!



MAY AOTM

Jessie Wilmot: Take a look at Jessie's art all month in the Gilbert Room. You can also find her at Summer Market in Butler Park on Saturdays starting May 20th.

Fuller Library now has a community newsletter. Subscribe by emailing: HillsboroughHubNH@gmail.com
Find out about all the events going on in our community in one spot!

May 2nd, Tuesday, 1:00 pm or 6:30 pm

How To's Day: House plant swop! Bring unwanted green babies or duplicate plants to swop for something new. Robin will be available to answer your questions.

May 15th – 19th

Book sale preview – all you can bag for \$10 as well as antique books sold separately. Call for an appointment, (603) 464-3595.

May 23rd, 6:30 pm

The Animal Adventurer's Guide and the Importance of Everyday Wildlife Encounters. Join Susie Spikol, award-winning naturalist for the Harris Center for Conservation Education.

May 27th, 9:00 am – 12:00 pm

Annual Book Sale. All you can bag for \$10. BYOB or purchase one for \$1.00.



FREE TECH HELP

Mondays, 2:00 – 4:00 PM
at Fuller Public Library

or, call (603) 464-5285 to make an appointment for another time.

Provided by Project Lift



Crafty Critters continues on the 3rd Thursday of each month from 1 to 3 pm.

You are welcome to bring your handwork and we will continue tying quilts. Please come and join us at Maple Leaf community room!



In various languages, the Dead Sea is referred to by different names, all reflective of its characteristics. The earliest known name is recorded in the Hebrew Bible, where it is referred to as “the Salt Sea”, due to its significantly high salt content. In the later Roman era, salt was a very highly valued commodity – Roman soldiers were paid in salt rather than money! This is also the source of the Latin word “salary”, which comes from “salt”. Learn more from the website “DeadSea.com”.

**“When I was a boy,
the Dead Sea was only sick.”**

— George Burns

WHAT'S IT?



The Native Americans did not have metal pots to boil sap down to syrup or sugar. So instead they used wooden troughs or wooden bowls to hold their sap. To boil the sap, hot rocks were placed in the sap, removed and then placed again to bring the sap down to syrup and finally sugar. Presumably, this would be the work of children as this was a relatively simple, but somewhat tedious task.

To get the sap from the tree to the wooden trough, they would fashion a spile. Usually made of elder or sumac, a softer wood than maple, the spile would be placed into a split or hole in the tree and the sap would be directed down the spile to the wooden bowl.



MULTI-FAMILY YARD SALE

Saturday, May 27, 2023
9:00 am – 2:00 PM

Food
Available
for Purchase

LOCATION

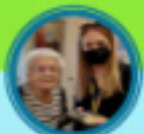
The Deering Community Church
762 Deering Center Road
Deering, NH 03244

VENDORS WANTED

Please download a vendor Packet at
GHSServices.org/Vendors

BENEFITS

The Deering Community Church
& Greater Hillsborough Senior Services



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

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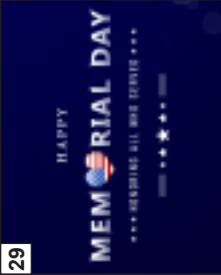


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MAY 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 FPL: 1:00 PM Knitting Every Monday	2 Bingo – Maple Leaf Community Room 1:00 – 3:00 PM FPL – 1:00 or 6:30 PM How To's Day	3	4 SPL: 9:00 AM Yankee Candle Factory SCC: 9:00 AM Strong Living Exercise FL: 1:00 PM Games for Adults Every Thursday	5	6 GHSS Board Meeting – 9:00 am Premier Printing
7 	8 SCC: 9:00 AM Strong Living Exercise ML: 12:00 PM PICK-UP Warner Shopping Trip FPL: 2:00 PM Military Book Club	9	10	11 SCC: 9:00 AM Strong Living Exercise FL: 1:00 PM Games for Adults	12	13 Deering Com. Church 9:00 AM – 12:00 PM Breakfast
14	15 SCC: 9:00 AM Strong Living Exercise FPL: 1:00 PM Knitting	16 FPL: 12:30 – 1:30 PM Cookbook Group Bingo – Maple Leaf Community Room 1:00 – 3:00 PM	17	18 SCC: 9:00 AM Strong Living Exercise ML: 1:00 – 3:00 PM Crafty Critters FL: 1:00 PM Games for Adults	19 SPL: 6:30 PM Palace Theatre Paul Reiser	20
21	22 SCC: 9:00 AM Strong Living Exercise ML: 12:00 PM PICK-UP Warner Shopping Trip FPL: 1:00 PM Knitting	23 FPL: 6:30 – 7:30 PM The Animal Adventurer's Guide	24	25 SCC: 9:00 AM Strong Living Exercise FL: 1:00 PM Games for Adults	26 	27 FULLER PUBLIC LIBRARY 9:00 AM – 12:00 PM Book Sale Deering Community Church 9:00 AM – 2:00 PM Multi-Family Yard Sale
28	29 	30 Bingo – Maple Leaf Community Room 1:00 – 3:00 PM	31	SCC: 9:00 AM Strong Living Exercise FL: 1:00 PM Games for Adults		

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!

May 2023

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PO Box 401

Hillsborough, NH 03244

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