



SENIORS ALIVE!

July 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

July Meeting

Saturday, July 8, 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

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Bob Charron
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(603) 464-3630

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From the GHSS Chair...

Here comes July and all the fun of summertime! There is lots to do all over the region and Ernie, Trip Coordinator has planned a couple of great trips – the always favorite ice cream tour and the very popular Sunapee Dinner Cruise.

The Board of Directors continues to meet monthly to put finishing touches on all kinds of projects. Lunches are now being offered at Maple Leaf once a month by Meals on Wheels (MOW) with or without BINGO that follows. For the luncheon, a \$3.00 donation is suggested. We continue to work to find a suitable central location for senior luncheons. We hope to be back in August with another good one. We'll keep you posted.

As always we are looking for more volunteers, drivers and Board of Director members. You can reach out to any board member with questions, concerns or ideas .

Happy summer,

LouEllen Beard

Greater Hillsborough Senior Services, Chair

Noteable July Holidays...



Independence Day

Tuesday, July 4th



National Ice Cream Day

Sunday, July 16th

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

Memorial Celebration

Stella Arvantaki



A memorial celebration for Stella Arvantaki will be held at the American Legion in Hillsboro on 7/29/2023 from 11:00 am — 2:00 pm. In lieu of flowers, the family asks that donations be made to Valley Bible Chapel ([https:// valleybiblechapel.net/giving/](https://valleybiblechapel.net/giving/) or 14 West Main Street, PO Box 771, Hillsboro, NH 03244). If you would like to contribute flowers at

Stella's celebration, please cut one from your yard in honor of Stella's love for fresh flowers.



JOIN US FOR BINGO!
**JUNE 11TH &
July 25th***
1:00 – 3:00 pm
**Mapleleaf
Community Room**
50 Cents/Card
***See Brunch BINGO
ad on page 6 for details.**



SENIOR SCAM Prevention Workshop

**Hillsboro American
Legion Post #59
July 26, 2023 • 1:00 PM**

Join Hillsboro Police Officer Mike DeTurris for this interesting look at how scams are perpetrated and how to prevent them.

**Hosted by the Hillsboro Police Department
with Greater Hillsborough Senior Services**



DEERING COMMUNITY CHURCH

**FREE SATURDAY
COMMUNITY BREAKFAST**

9:00 am to 12:00 pm
July 8, 2023

ALL ARE WELCOME

One Interesting Fact



Fireflies talk to each other with light. They emit light mostly to attract mates, although they also communicate for other reasons as well, such as to defend territory and warn predators away. In some firefly species, only one sex lights up. In most, however, both sexes glow; often the male will fly, while females will wait in trees, shrubs and grasses to spot an attractive male. If she finds one, she'll signal it with a flash of her own.

Fireflies produce "cold light." Firefly lights are the most efficient lights in the world—100% of the energy is emitted as light. Compare that to an incandescent bulb, which emits 10% of its energy as light and the rest as heat, or a fluorescent bulb, which emits 90% of its energy as light. Because it produces no heat, scientists refer to firefly lights as "cold lights."

SENIOR TRIPS

July RSVP Deadlines

- Ice Cream Tour by Friday, July 7th
- Sunapee Cruise by Friday, July 14th

RSVP for all Event Trips to:

Ernie Giovelli, Trip Coordinator
Email: wetwo1217@hotmail.com
Cell Phone: +1 (631) 891-9548

Trip Details are available online.
Online Registration NOT Available.
Visit GHSServices.org

RSVP for all Warner Trips to:

Riché Colcombe, Trip Coordinator
Phone: +1 (603) 478-1989

Upcoming 2023 Trips

- Sunapee Dinner Cruise
- Foster's Clam Bake
- The Hobo Train
- Encore Casino
- More coming...

*Always bring cash
or credit cards
for extra purchases or food
that is not included.

JULY TRIPS



Ben & Jerry's Ice Cream Tour

Thursday, July 13th, 2023

Cost is FREE* / RSVP Required

Bus leaves Hillsborough Shaws at 9:30 am.

Bus returns at approximately 2:30 pm.



Sunapee Dinner Cruise

Thursday, July 20, 2023

Cost is \$45 / RSVP Required

Pay by check or cash at Premier Printing

- Coach Transportation & Dinner is included •

Coach leaves Hillsborough Shaws at 3:30 pm

Boat leaves Sunapee Dock promptly at 4:30 pm

Bus returns at approximately 7:30 pm

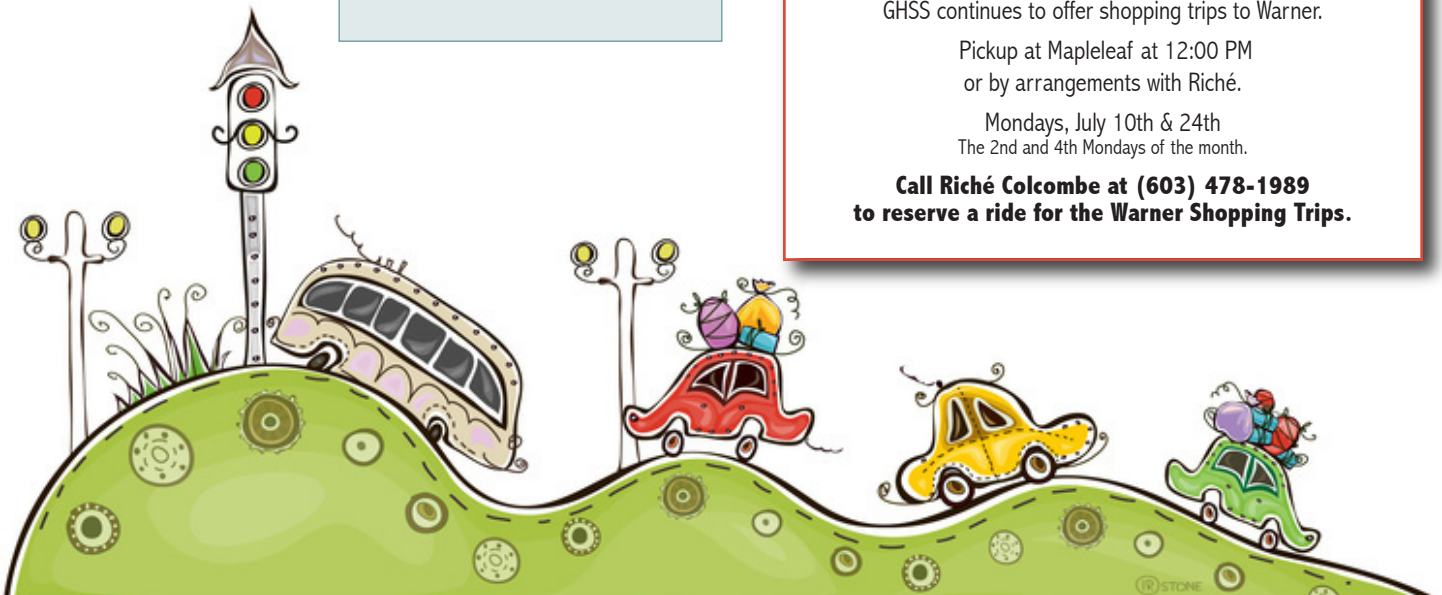
July Warner Shopping Trips

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

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

Mondays, July 10th & 24th
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 News

50/50 RAFFLE FUNDRAISER

Get your tickets for our 50/50 Raffle Fundraiser! They're on sale for \$2.00 each or 3 tickets for \$5.00. You can buy them online or we'll be selling tickets in person July 13th-15th (times vary) at our Hillsboro Summerfest booth. We'll draw the winner at our booth at the Hillsboro Summerfest on Saturday, July 15th at 7:00 p.m. Need not be present to win. You can also buy tickets from our Fundraising Director. Contact Gene Gould at (603) 464-4007. See hccnh.org/raffle for raffle rules.

CUTS FOR A CAUSE

For the entire month of August, talented local hair stylists and barbers will be helping us raise funds to build a regional community center. Visit any one of these businesses and let them know that you'd like a portion of the cost of your hair cut to be donated to our project! This is a great time for back-to-school haircuts! Schedule your appointment today. Don't see your stylist on this list? Ask them to reach out to us to participate!

- STRANGEFELLOWS BARBERSHOP
- TOPPERS SALON AND SPA
- FANTASY HAIR
- MISSIE'S DAY SPA

COMMUNITY YOGA WITH AUDREY BETHEL

Join us on Sunday, August 13th from 10:00 AM until 11:30 AM at The Emporium, 5 West Main St, Hillsboro. Audrey Bethel of Bethel Farm Yoga & Living Arts Center will be leading a community yoga class. All levels of yoga ability are welcome. Please bring your yoga mat and towel. Light refreshments will be available. Suggested donation: \$20.

AUDITIONS FOR "MURDER AT THE MALT SHOP"

The Hillsborough Community Center will be holding auditions for "Murder at The Malt Shop," a theatrical production by Cheri L. Maxson. The cast of 16 characters includes 8 teens and 8 adult roles. Want to solve a murder? Or maybe be the murderer?! Or, you can sign up to help us behind the scenes with costumes, hair, makeup, lighting, and sound.

Auditions will be held at the Hillsboro United Methodist Church, 16 Henniker St, Hillsboro:

August 15th, 6:00 p.m. — 8:00 p.m.

August 17th, 6:00 p.m. — 8:00 p.m.

**FOR MORE INFORMATION,
CALL GENE GOULD AT (603) 464-4007.**



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!



**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!

Summer Reading begins! Adults may enter our weekly raffle, just by reading. For more information or to register for a specific program, please contact the library at: (603) 464-3595

July 6th and Every Thursday, 1:00 pm

Games: Adults only. Bring a game to share or play one provided at the library.

July 7th, Friday, 1:00 pm

Tea and Conversation.

July 8th, Saturday, 10:00 – 11:00 am

Seedy Saturday with Robin: Time for a chat about plant diseases and how to prevent them and keep them from spreading.

July 10th and Every Monday, 1:00 pm

Knitting Purls: Come knit with us! Beginners welcome. Library is closed on July 3rd for the holiday weekend.

July 10th, Monday, 2:00 pm

Military Book group: Group will discuss "1776" by David McCullough

July 11th, Tuesday, 6:30 pm

Dogs of Chernobyl: A Story of Hope and Resilience

Steve Quandt returns to talk about his visit to Chernobyl to participate in a spay/neuter program with the descendants of the dogs left behind. A story of unexpected resilience, hope, and heroism, it is at times poignant, emotional and ultimately hopeful. Meet in the library or on Zoom. Call to register, (603) 464-3595.

July 18th, Tuesday, 12:30 pm

Cookbook Group: Visit the home page of Fuller Library to find out what's cooking on July 18th. Always the 3rd Tuesday of the month.

July 18th, Tuesday, 6:30 pm

Mystery Book Group: Group will discuss "Mad Honey" by NH author Jodu Picoult.

July 22nd, Saturday, 10:00 am

Seedy Saturday with Robin: Put your gardening hat back on and learn all about composting — the benefits and how to's.

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 has been discontinued until further notice due to low attendance. Please look in upcoming newsletters for occasionally art and crafts programs in the future. If you have an idea for a program, please contact us at GHSS@ghsservices.org

Deering NH Public Library



JULY 2023 DEERING PUBLIC LIBRARY SCHEDULE

The Deering schoolhouse library building will be open throughout July on Saturdays from 10 am to 1 pm. The following additional programs will be offered in June:

July 1, 2023, starting at 11 am — Spinning wool on a wheel with a live demonstration.

July 15, 2023, starting at 11 am — Ladybugs — a craft project for kids.



**"We make a living by what we get, but we
make a life by what we give."**

WINSTON CHURCHILL



Seems like more people are repairing their appliances rather than buy new. We can order almost any part you need and have it available in 1 to 2 days.

The Best Chair Company and **Eaton's** have been doing business for over 25 years. Their upholstery products are American made, your fabric choices are over 600 selections and their turn around time is about 5 to 6 weeks. Power recliners, power sofas and power love seats are available some with power headrest as well as power lift chairs. Check out their web site at Best Home Furnishings or besthf.com.

Standard 24" entry level dishwashers for sale in black or white for \$399 down from the regular price of \$449..

Candlelight Cabinetry are now filling cabinet orders in about 13 weeks. Cream of the crop. Made in New York. Need something quicker? We have companies that can fill your orders in about 2 weeks. If you are handy, you can order the K D, knocked down ready to put together, shipping within several days. Call for an appointment. Always free layouts and estimates.



*Candlelight
Cabinetry*

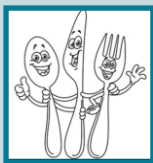
EATON'S
52 West Main St. Hillsboro
603-464-3250

SERVING OUR COMMUNITIES FOR 77+ YEARS

BRUNCH BINGO

Maple Leaf Community Room
Hillsborough, NH
July 25th, 2023

Lunch served at 12:00 PM
BINGO: 1:00 – 3:00 PM (optional)



Meals On Wheels of Hillsborough County
will provide a fresh, delicious & healthy
lunch to anyone 60 years or older.

\$3.00 Suggested Donation to Meals On Wheels.

Reserve Your Lunch!
Call Anita Vasser
(603) 785-0765
by July 18th.



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JULY HOLIDAYS

INDEPENDENCE DAY: JULY 4TH

NATIONAL ICE CREAM DAY: JULY 16TH

JULY 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 Deering Library 11:00 AM Spinning Wool
2	3	4 	5	6 SCC: 9:00 AM Strong Living Exercise FL: 1:00 PM Games for Adults	7 FL: 1:00 PM Tea & Conversation	8 GHSS Board Meeting – 9:00 am Premier Printing FL: 10:00 AM Seedy Saturday Deering Com. Church Free Breakfast (9–12)
9	10 SCC: 9:00 AM Strong Living Exercise ML: 12:00 PM PICK-UP Warner Shopping Trip FPL: 1:00 PM: Knitting Purl FPL: 2:00 PM Military Book Club	11 ML: 1:00 PM BINGO FPL: 6:30 PM The Dogs of Chernoble	12	13 SCC: 9:00 AM Strong Living Exercise SPL: 9:30 AM Ice Cream Tour FL: 1:00 PM Games for Adults	14	15 Deering: 11:00 AM Kids Ladybug Project
16 	17 SCC: 9:00 AM Strong Living Exercise FPL: 1:00 PM Knitting Purl's	18 FPL: 12:30 PM Cookbook Group FPL: 6:30 PM Mystery Book Group	19	20 SCC: 9:00 AM Strong Living Exercise SPL: 3:30 PM Sunapee Dinner Cruise FL: 1:00 PM Games for Adults	21	22 FL: 10:00 AM Seedy Saturday
23	24 SCC: 9:00 AM Strong Living Exercise ML: 12:00 PM PICK-UP Warner Shopping Trip FPL: 1:00 PM Knitting Purl's	25 ML: 12:00 PM Meals On Wheels Luncheon ML: 1:00 PM BINGO	26 AL#59: 1:00 PM Senior Scam Prevention Workshop	27 SCC: 9:00 AM Strong Living Exercise FL: 1:00 PM Games for Adults	28	29 AL#59 11:00 AM – 2:00 PM Stella Arvantaki Memorial Celebration
	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!

July 2023

**US Postage Paid
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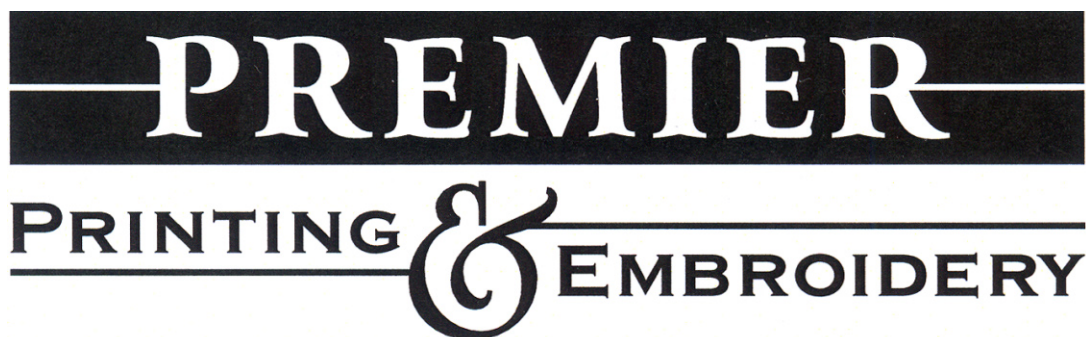
Greater Hillsborough Senior Services

PO Box 401

Hillsborough, NH 03244

ADDRESS SERVICE REQUESTED

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