

NEWPORT SENIOR CENTER

863-3177

76 South Main St. PO Box 387
Newport, NH 03773

Board of Directors

President..... Larry K. Eaton
Vice-President... Larry Flint
Treasurer... Beth Pitkin
Secretary... Judy Wilson
Jeffrey Cornish
Robin Bellinger
Ann-Marie Fowler
President: 863-4422

The Home of Sullivan County Nutrition Services

Providing Meals on Wheels, Congregate Dining and Social Service Outreach
in Sullivan County since 1972. Local Transportation (Newport Only) also available.

Newport Business Hours: 8:00 AM – 3:00 PM
Claremont Dining Room Hours: Temporarily Closed

Main Office	Press 1 to leave a message	863-3177
Executive Director.....	Brenda Burns		863-5139
Food Service Supervisor (Newport).....	Beverly LaClair		863-3177
Elder Support Services Supervisor.....	CJ Bailey		863-6770
Senior Transportation (Newport Only).....			863-3177

Grab-N-Go meals served for Earl Bourdon Centré Residents
E-Mail– sensnsc@gmail.com

Activities at the Newport Senior Center December 2024

MONDAYS:

Indoor Walking Path– 8 am—3 pm
SCNS Senior Transportation– 9 am—3 pm
Suggested donation \$1 per trip

Get your 12 Days of Christmas Tickets Today!

Alice's Gift Shop Open—10 am—1 pm
SCNS Newport Congregate Meals– 11:45 am
Suggested Donation: \$3 per meal
Card Games—12:30 pm—3 pm Everyone Welcome!

TUESDAYS:

Indoor Walking Path– 8 am—3 pm
SCNS Senior Transportation– 9 am—3 pm
Suggested donation \$1 per trip
Liliyan's Legacy Exercise– 9:30 am—10:30 am
Alice's Gift Shop Open—10 am—1 pm
Bone Builders– 10:30 am—11:30 am
SCNS Newport Congregate Meals– 11:45 am
Suggested Donation: \$3 per meal
Dec. 3– Board of Directors Meeting 8 AM
Members Meeting 12:30 PM
Pitch– 12:30 pm—2 pm New players welcome

WEDNESDAYS:

Indoor Walking Path– 8 am—3 pm
SCNS Senior Transportation– 9 am—3 pm
Suggested donation \$1 per trip
Chair Yoga– 9 am—10 am \$8 per class
Alice's Gift Shop Open—10 am—1 pm
SCNS Newport Congregate Meals– 11:45 am
Suggested Donation: \$3 per meal

THURSDAYS:

Indoor Walking Path– 8 am—3 pm
SCNS Senior Transportation– 9 am—3 pm
Suggested donation \$1 per trip
Liliyan's Legacy Exercise– 9:30 am—10:30 am
Alice's Gift Shop Open—10 am—1 pm
Bone Builders– 10:30 am—11:30 am
SCNS Newport Congregate Meals– 11:45 am
Suggested Donation: \$3 per meal
Cribbage– 12:30 pm—3 pm New Players Welcome!
Dec. 14 – LSVNA Foot Clinic—9 am—2 pm
Call 603-748-1731 to schedule appointment
Dec. 30– LSVNA Foot Clinic—9 am—2 pm
Call 603-748-1731 to schedule appointment

FRIDAYS:

Indoor Walking Path– 8 am—3 pm
SCNS Senior Transportation– 9 am—3 pm
Suggested donation \$1 per trip
Drop-In Craft & Chat– 10 am
Alice's Gift Shop Open—10 am—1 pm
Dec. 27—1/2 Price Sale
SCNS Newport Congregate Meals– 11:45 am
Suggested Donation: \$3 per meal
Bingo—1 pm Doors Open 12:30 pm
Please respect meal participants space & time before setting
up table for bingo.

**SUPPORT NEWPORT SENIOR CENTER AND
SULLIVAN COUNTY MEALS-
ON-WHEELS WHILE YOU
HAVE ALL THE FUN!**

**VISIT REVO CASINO DEC. 6-
10TH. MORE DETAILS
INSIDE.**



**NEWPORT SENIOR CENTER
2025 DUES**

The Newport Senior Center has been successful at repairing the roof that will withstand whatever Mother Nature decides to throw in our direction.

We could not have done this without the help of our members, family, community and local businesses.

Your commitment has enabled us to continue to be able to bring you additional programming that gives you an opportunity to socialize and live independently on your own.

With 2025 just around the corner, the board is establishing new goals for the center and its members.

2025 Membership dues will remain at \$15 per year, if paid by January 31, 2025. Dues paid after January 31, will be \$20. Lifetime membership is available for \$500.

Your dues help defray the cost of maintaining the cost of heating, lighting, propane, water & sewer, insurance and other utilities needed to make your home away from home warm and inviting.

SENIOR CENTER RENTALS

Is your family growing, but your home is not? Are you planning a special function and do not have all the equipment needed to keep your guests comfortable?

The Newport Senior Center can help. Our recently remodeled center is a great place to rent for your upcoming family holiday Christmas party, baby shower, bridal shower, birthday party, conference or seminar.

Rental rates are as follows:

Upstairs Hall– Non-Member- \$350
Member- \$ 325

Downstairs Hall– Non-Member- \$250

Hourly Rate- \$50

Suite 1 or 2- \$25 per hour

Tables– Non-Members- \$6
Members- \$5

Chairs– Non-Member- \$.60 cents each
Member– .50 cents each

Membership dues provides you with rental discounts larger than annual dues. That is money back in your hands.



IF YOU'RE GOING TO REBEL, DO IT WITH PURPOSE

Play thrilling casino games like Wheel of Fortune, Blackjack, Roulette, and Poker at Revo Casino and Social House in Lebanon and a portion of the proceeds will benefit: **Sullivan County Meals-on-Wheels and Newport Senior Center.** Get in on all the fun on the dates listed below and part of the proceeds will help fight food insecurity and support older adults living healthier lives in Sullivan County.

Date: Dec. 6th—10th

**COME SUPPORT
A GREAT CAUSE!**

RevoCasino.com

45 HANOVER ST | LEBANON, NH

Problem Gaming? Call New Hampshire's Help Line at 1-603-724-1605. Must be 18 or older.

12 DAYS OF CHRISTMAS RAFFLE THANK YOU!

Sullivan County Nutrition Services could not provide Meals-on-Wheels, throughout Sullivan County, without the support of the community and local businesses. Additional programs offered by SCNS include congregational meals, and grab-n-go meals. Transportation services are also available in Newport.

Our heartfelt appreciation and gratitude is extended to all of 2024 sponsors who made this happen. Without your help, older adults would be unable to have peace of mind knowing someone who will be visiting their home to check on their welfare and bringing a delicious home-cooked meal.

Please help us show our appreciation by frequenting Mascoma Bank, our largest sponsor thus far, donating \$1,000 this year. One Credit Union took a stand in fighting against food insecurity once again this year. Welcome back Sugar River Bank with their sponsorship for 2024.

LaValley Building Supply has been a continuous sponsor since the start of the raffle and was a gold star donor this year with their generous donation for the roof project for the Newport Senior Center

Eastern Propane, formerly Goodrich Oil, has been a dedicated \$500 sponsor since the beginning.

Thank you to all the ticket salespersons and those in the community that took a chance to win \$100 or more in cash and prizes.

- 1ST (DEC. 2ND) - \$100 GIFT CERTIFICATE PACK**
SPONSOR: VARIOUS LOCAL BUSINESSES
- 2ND (DEC. 3RD) - \$113 GIFT CERTIFICATE PACK**
SPONSOR: VARIOUS LOCAL BUSINESSES
- 3RD (DEC. 4TH) - \$50 CASH & \$50 GIFT CERTIFICATE PACK**
SPONSOR: VARIOUS LOCAL BUSINESSES
- 4TH (DEC. 5TH) - \$100 CASH**
SPONSOR: MASCOMA BANK
- 5TH (DEC. 6TH) - \$100 CASH**
SPONSOR: MASCOMA BANK
- 6TH (DEC. 9TH) - \$100 CASH**
SPONSOR: MASCOMA BANK
- 7TH (DEC. 10TH) - \$200 CASH**
SPONSOR: MASCOMA BANK
- 8TH (DEC. 11TH) - \$250 CASH**
SPONSOR: SUGAR RIVER BANK
- 9TH (DEC. 12TH) - \$250 CASH**
SPONSOR: ONE CREDIT UNION
- 10TH (DEC. 13TH) - \$250 CASH**
SPONSOR: LAVALLEY BUILDING SUPPLY
- 11TH (DEC. 16TH) - \$500 CASH**
SPONSOR: MASCOMA BANK
- 12TH (DEC. 17TH) - \$500 CASH**
SPONSOR: EASTERN PROPANE



INCLEMENT WEATHER

It is that time of year when we have to begin thinking about inclement weather conditions. Closures will be announced on WMUR.

If you do not see Newport Senior Center & Meals-on-Wheels scrolling along the bottom of the screen, visit WMUR Closings online to review the list.

Meals-on-Wheels participants will receive an automated call as well. Announcements will also be made on WCNL.

For the safety of our drivers, please keep walkways and driveways clear and sanded.

PER DIEM DRIVERS NEEDED

Have you ever thought about how you could give back to others, but do not want a daily commitment? Becoming a Meals-on-Wheels driver is a great way to help others who are experiencing food insecurity.

As a per diem driver, you are in control of what day and how often you drive. We deliver more than just meal. We deliver smiles and compassion.

If you are interested in becoming a per diem driver, call 863-3177 or stop at the center today!

INFORMATIONAL PAGE
ALL THE LITTLE TIDBITS YOU NEED TO
KNOW

FOOD ALLERGY DISCLAIMER

Please be informed that SCNS will do their best to accommodate food allergies to the best of our ability.

All participants are hereby notified that the possibility of Cross-Contact could occur and there is no guarantee that foods/meals will be free from potential allergens.

In an effort to better serve you, we will be requesting doctor certification of all reported allergies as part of your person centered plan.

MEDICAL DONATIONS

We are grateful for all of the generous donations of medical equipment we receive. The equipment helps so many people who could not otherwise obtain such costly supplies.

However, we ask that donations be donated during regular business hours. Please do not leave donations outside. Thank you for your help in this matter.

ADDITIONAL PARKING

The Newport Senior Center is active and ready to have FUN! So much FUN that the main parking lot fills up quickly.

Please be advised, there is an additional parking lot on the opposite side of the center.

Both parking lots on either side of the building have access to the building.

Be sure to check out all the latest happenings on Facebook: Newport Senior Center Home of Sullivan County Nutrition Services Share with your friends & family.



PETS & DELIVERIES



Pets are part of the family, but our drivers are strangers to your pet, especially when there is a different delivery driver.

For the safety of our drivers, please keep all pets restrained in another room during delivery. Depending upon the route, routes are delivered between the hours of 8 am–1 pm.

Thank you for your cooperation and understanding the importance of safety for our drivers.

Consider Donating

Your gift today will make a lasting difference in the life of someone in need

The Newport Senior Center and Sullivan County Nutrition Services is a 501(c)3 non-profit organization that relies on donations to continue to support older adults who wish to live independently at home with dignity. Your donation is tax deductible to the extent allowed by law.

NAME: _____

ADDRESS: _____

PHONE: _____

E-MAIL: _____

Yes, I would like to help! Enclosed, please find my gift of: ___ \$1,000 ___ \$500 ___ \$250 ___ \$100 ___ \$50 ___ \$25 ___ \$10 ___ Other

Please apply my donation to: NSC General Fund

Meals-On-Wheels

NSC Reserve Fund (roof near life expectancy)

Transportation

FUELING YOU.
FUELING COMMUNITIES.



Propane & Oil Since 1932
603.863.3700
eastern.com

Newton-Bartlett Funeral Home

Locally owned and operated since 1876
Charles M. Hafner • Marion C. Hafner • Daniel A. Hafner
603-863-2113 • 42 Main Street, Newport, NH 03773
Email: info@newtonbartlett.com • www.newtonbartlett.com

SERVICE. CONVENIENCE. SECURITY



Your Hometown Bank has everything you need to manage for your finances with confidence and ease. Come into any of our branches or visit us online to learn more about how we can serve you.

Newport | Concord | Grantham | New London | Sunapee | Warner
800.562.3145 | sugarriverbank.com Member FDIC | Equal Housing Lender



YOUR LOCAL REALTOR

CELL: (603) 454-4995



BH BUDDY HOWE
REALTOR

COLDWELL BANKER LIFESTYLES
OFFICE: (603) 763-1271

Valley Roots Physical Therapy



Accepting new clients ages 8 & Up!
Providing physical therapy services in the convince of your home or workplace.

Specializing in orthopedic injuries, pelvic floor impairments, and the challenges that come with aging.

Hannah Willcutt PT, DPT
P: (603) 581-6346
E: hannah@valleyrootspt.com
www.valleyrootspt.com



50+ Years
Assisting with Wills,
Trusts and Probate
Avoidance

Law Offices of Work & Clark PLLC

603-863-3337

www.workandclark.com
9 Main Street, 2nd Floor
Newport, NH

ADT-Monitored Home Security

Get 24-Hour Protection
From a Name You Can Trust

- Burglary
- Flood Detection
- Fire Safety
- Carbon Monoxide



SafeStreets

833-287-3502

NEVER MISS OUR NEWSLETTER!

SUBSCRIBE

Have our newsletter
emailed to you.



Visit www.mycommunityonline.com

DOES YOUR NONPROFIT ORGANIZATION NEED A NEWSLETTER?



Engaging,
ad-supported
print and digital
newsletters to reach
your community.






Visit lpicommunities.com

LET'S GROW YOUR BUSINESS Advertise in our Newsletter!

CONTACT ME
Maureen Weber

mweber@4LPi.com
(800) 477-4574 x6021



Monday	Tuesday	Wednesday	Thursday	Friday
2 Salisbury Steak Mashed Potato Carrot Blend Fresh Fruit	3 Broccoli & Cheese Stuffed Chicken Mashed Potato Spinach Applesauce	4 New England Clam Chowder Tuna Roll Fig Cookie	5 Vegetable Lasagna Zucchini Roll Chocolate Peanutbutter Parfait	6 Baked Ham Mashed Potato 5-Way Vegetable Papaya & Mango Bits
9 Cheese Omelet Sausage Patty Home-Fries Diced Pears	10 Stuffed Cabbage Mashed Potato Baby Carrots Fresh Fruit	11 Macaroni & Cheese Chef Style Tomatoes Mandarin Oranges	12 Italian Wedding Soup W/ Meatballs Vegetable Juice Biscuit Brownie	13 Stuffed Chicken Breast Mashed Sweet Potato Broccoli Fruit Cocktail
16 Tomato Soup W/ Garden Vegetables 3-Bean Salad Fresh Fruit	17 Stuffed Pepper Mashed Potato Cauliflower Diced Peaches	18 Hot Dogs Baked Beans Corn on Cob Apple Juice	19 <i>Christmas Dinner</i>	20 Baked Fish Mashed Potato Brussell Sprouts Chef's Choice Dessert
23 Chicken Cordon Bleu Mashed Potato Peas & Onions Tropical Fruit Salad	24 Spaghetti W/Meat Sauce Green Beans Breadstick Lemon Meringue Pie	25 <i>Closed</i> 	26 <i>Closed</i> 	27 <i>Closed</i> 
30 Swedish Meatball Egg Noodles Sugar Snap Peas Fresh Fruit	31 Barbeque Riblets Mashed Potatoes Corn Apple Pie	Seniors 60 and over \$3.00 suggested donation	Due to state and federal regulations, drivers are prohibited from leaving a meal without visual contact of the participant. Not Home, No Meal, No exceptions!	DECEMBER 2024

FIRST TIME GUEST MUST COMPLETE NAPIS FORM

MENU SUBJECT TO CHANGE WITHOUT NOTICE (Congregate Meals Served promptly at 11:45 AM – Sign in Required)

SUPPORT OUR ADVERTISERS!