

## Hollis Seniors Newsletter

April 2022

Happy spring time and hope you have a Wonderful Easter Celebration.

During March, we had several events and activities.

We started March with Lynn presenting Yoga and mediation information, along with a “give-and-talk” session with the members, The session was to give members a voice on what they would like to see and experience in the following months,

Then, Connie Cain from our Hollis Tax Office presented a most interesting program on property tax information, tax exemptions, possible tax credits, etc. Very detailed and very appropriate to our group.

Next was a day of song and dance with 50's music (we all remember that) along with St. Paddy's Day celebration. Most enjoyable and thanks to Lynn getting this music group.

The following week was a games and puzzles day. Fun for all.

In the last week of March, we had our birthday celebrations along with ice cream, We concluded our monthly business meeting with a review of old and new items.

One item discussed was “manning” a Seniors Tent during the Hollis Old Home Days scheduled in September. The Seniors have done this in the past (before COVID) and it has been very successful. It was felt that there are “seniors” in Hollis that may not know what our seniors group does, and having a tent, with poster boards displaying what we accomplish would be very informative. Several members volunteer to help with this project and we are looking for some more helpers. And this would be a good way to increase membership.

Another item discussed was a possible future visit to the Pepperell Seniors Center to attend one of their functions and programs in the September time frame. It would be a short drive to their location and give us a chance to see what goes on at other centers.

There was also a discussion on a future “nature presentation” by a local nature specialist. Stay tuned for more information.

Following are the activities for April.

As a reminder, we start every Thursday with a “Chair Yoga” session which runs from 10AM to 11AM. Cost is still \$5.00 and open to everyone.

And speaking of Chair Yoga, Laura Hughes is planning on returning from her far, flung travels. The plan is that Laura will stop by on April 14 to see everyone and have a class with us and pick up teaching on 21 April as originally planned. At this time we want to thank Lynn for stepping in and leading us “chair” folks during Laura’s absence. Lynn, well done! Thank you.

7 Apr: A class on first aid, performing CPR, etc. to be taught by our Hollis Rescue folks. It is great to have these periodic first aid refreshers.

14 Apr: Lori Radke will present a personal experience with a “SCAM.” Scams are everywhere and seniors seem to be major targets.

21 Apr: Hannaford Dietitian Alyssa Hickey will be discussing what to look for and buy in order to eat healthy. We will also have some Dippy Dips and Chips.

28 Apr: Business meeting and birthday celebrations with cake and ice cream. April celebrants are: Honi Glover, Lynn Moseley, and Phil Ripley.

Future plans:

May 2022: Celebrate Cinco de Mayo, Spring garden tour of Beaver Brook, Music with Amiee and Friends, including Ria with German folks songs.

June 2022: HBHS music honor society, General fun jokes, Creature Companions with Carolyn and Merlin, and General fun and comic relief.

Possible local museum tours? Any interest? Let Lynn or David know.

Stay Tuned.

Andy & Loretta  
Editors-at-Large