

Hollis Seniors Newsletter

February 2022

We started January with the “Garage Band Singers” performing for us. They were excellent and had us singing along and stomping our feet to the music and song. We also heard the official song of New Hampshire. Didn’t know we had one. Regardless, a great way to start the new year.

At our next outing, we played various games. Some hard, some easy. But we all had fun. Sign up sheets for monthly birthday ice cream and cake were also passed out for folks to volunteer.

We also were notified that our president Dave would be undergoing a medical procedure. We wish him well.

During our third week we did some “brain storming.” Members were asked to suggest various activities and programs they would like to participate in during the year. There were many, many suggestions ranging from “in-house” programs to possible trips. Lynn is working on organizing these suggestions.

At our last gathering we had our monthly business meeting and celebrated January’s birthdays with ice cream and cake. We signed birthday cards with personal notes to be given to attendees or sent to those not present. Sandy Mason is a great, caring card correspondent.

During our business meeting, several items were brought up. Foremost was the discussion on having more activities and programs. Thus, a motion was made and passed to spend treasury funds on various programs or events in the future. We will vote to spend, or not spend, the treasury funds on “case-by-case” suggestions. An additional motion was made and passed to rent a booth at a Kitty Angels event scheduled for the May 2022 time frame.

We have a request. Several members do not have email addresses. Our newsletter and announcements are made by email even though copies of the newsletter are passed out at the first meeting of the month. Thus, members without email don’t get the latest Senior information. It is requested, if you do not have an email address, that you provide an email address of a close friend or relative that would be willing to contact you so you could get the necessary information pertaining to the seniors. Let Kathy or Dave know if this request applies to you.

Below are activities planned for February

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

3 Feb: A program on Nutrition: Healthy eating to improve sleep and decrease stress.

10 Feb: Valentines program. Dress up in your hearts and flowers and check out a photo opportunity.

17 Feb: Hollis Police Officer Adam Kusmerek will talk about the DARE program and community Policing.

24 Feb: Business meeting and birthday celebrations with cake and ice cream.
February celebrants are: Paul Armstrong, Doug Nye, Sylvia Reid, and Preston Walsh.
Ice cream to be supplied by Andy & Loretta and Cake to be supplied by June Madeira.

Future events.

March 2022: Yoga and Meditation, Dippy Dips and Chips, Saint Patrick celebration with music and Bingo, Puzzles and Play and our monthly business-birthday meeting.

April 2022: Yoga and Meditation, First Aid instruction via our Hollis rescue folks, General fun, Presentation by Hannaford Nutritionist and our monthly business-birthday meeting. Also, we will be manning a booth at Kitty Angels on 30 April and 1 May 2022.

May and June programs will be in the next newsletter. Stay tuned.

Andy & Loretta
Editors-at-large