

Hollis Seniors Newsletter

June 2023

REMINDER: Meals-On-Wheels has STOPPED for the summer. Bring your lunch!!

Reminder: we are still doing Yoga each Thursday from 1015 to 1100 AM here in the Barn. Spread the word and bring your friends. Donation is still only \$5.00.

NOTE: We have our annual picnic in July. If you have NOT paid your dues, you will be expected to pay for your picnic meal. If you have any questions as to whether you are current or not, please see Nancy Bell.

There were some questions about the frequency of the HB News Online. Here is a little more clarification for the information about HB News Online. It's a project created through HB Rotary and is freely accessible online at HollisBrooklineNewsOnline.com with news and updates posted throughout the week. There's a weekly subscription email (free) sent out every Friday with a listing of the week's posts and links to each story. Members with computer access can view the HB News Online any day, you don't have to wait for the Friday roundup.

May had some very interesting presentations. First we had a presentation by AARP and the American Red Cross about Emergency Preparedness. Here in NH we can have everything from snow blizzards to hurricanes to floods and everything in between. The lecture covered such areas as (1) Staying informed, (2) Building a support network, (3) Developing a plan, (4) Creating a communication plan (5) Gathering supplies, (6) Preparing key documents to take with you to (7) Tips for caregivers. This was a great presentation reminding us to prepare for the unexpected.

The following week was social time and free time to enjoy members company and play some mind games.

The next week was a presentation by the Nashua Regional Planning Commission on community transportation and mobility resources in the greater Nashua area. Areas covered were the Nashua Transit Service, the Souhegan Valley Rides (the Blue Bus, and if you are NOT registered with

the Blue Bus, PLEASE call and get registered at 603-880-0100 X2), the Manchester Transit Authority, to the Boston Express Bus. Additionally, several Volunteer Driver programs were also highlighted. A great presentation on resources available on helping with transportation needs.

On our last meeting of the month of May we celebrated May birthdays with cake and ice cream along with our business meeting. Items discussed were

We have our Pizza party on 8 June, BUT the HBHS jazz group will not be able to participate due to HBHS graduation duties.

Our annual picnic will be held on 20 July, here at the barn.

Activities for June are:

1 June: TBA

8 June: Pizza Party. NOTE; free for members, non-members will be charged.

15 June: TBA at the Barn

15 June: 6:00pm-7:30pm. At the Hollis Social Library there will be a presentation by the NH Attorney's office along with an AARP trained "Fraud Fighter" on how NOT to get Scammed, especially scams that are targeting NH residents. Contact the library to reserve a chair.

22 June: Silver Lining Chorus

29 June: Business meeting and birthday celebrations. June birthdays are: June Madeira, Deb Marchant, Bob McCaffery, Chris Roukas, and Don Ryder

Stay tuned for summer activities for July and August.

Don Ryder, President Hollis Seniors
Email: dryder2706@aol.com

Andy & Loretta, Editors-at-large