

## Hollis Seniors Newsletter

May 2022

Welcome to spring time. And speaking of welcome, we wish to welcome a new member. Say Hello to Tom Scofield. Welcome Tom.

During April, we had several interesting programs.

To start, we welcomed the return of Laura Hughes as our Yoga Instructor. Welcome back Laura from your wide ranging travels as you whip us folks into shape.

We started the month with a great first aid/CPR session presented by our Hollis Fire and Rescue folks. It is always great to practice life saving techniques.

Next was a presentation by Lori Radke, who is our Town Administrator, on a personal experience with a SCAM aimed at seniors, We all say, I will never “fall for a scam” but it does happen. And more times than we think. The recent “AARP Bulletin” listed some of the “hottest” scams, They are: Google voice scam, rental assistance scam, fake business employee scam (like Amazon, phone company etc), fake tax imposter scam, gift card scam and several others. Unbelievable!

During the next week, we had Alyssa Hickey, who is a Hannaford Dietitian, let us know what we should be doing to eat healthy.

At our monthly business meeting we had our birthday celebrations along with cake and ice cream. We concluded our business meeting with a discussion of some upcoming activities. The first was our summer picnic to be held in June, We are still planning to have it catered by the Hollis Market Palace Diner, here at the Barn. It is free for members. But, if you bring a guest, there will be a “cover charge” for the guest.

Then there was a discussion of having a “Seniors Tent” at the Hollis Old Home Days celebration in September. The idea is to “promote” the Hollis seniors and let folks know who we are and what we do. We will need member participation for this September event. More information to follow.

Following are the activities for May.

5 May: A social time to enjoy each other and some brief remarks on Cinco de Mayo.

12 May: Marion Keith, our VP and master gardener, will present a class on Spring Gardens.

19 May: A musical event with Ria providing a rendition of German folk Songs along with Jim playing the guitar, banjo and harmonica.

26 May: Business meeting and birthday celebrations with cake and Ice cream. May celebrants are: Betsy Cotton, and Zee Salomon.

30 May: Hollis Memorial Day Ceremony, held on the Hollis Town Common, stating at 5:30 PM. Please try to attend.

Future Plans:

June 2022:

- Our annual Seniors Picnic, here at the barn.
- Joke telling and comic relief.
- HBHS music presentation.
- Creature companions with Carolyn and Merlin,

July 2022: Activities are:

- Lynn Mosely will host an open house.
- Fire Explorers presentation.
- Presentation by Lauren Natural Health Solutions and Aromatherpy.
- Business meeting and birthday celebrations.

Possible local museum tours?

Stay tuned:

Andy & Loretta  
Editors-at-large