

Hollis Seniors Newsletter

November 2023

Reminder: We are still doing Yoga each Thursday from 10:15-11:00AM here in the Barn. Spread the word and bring your friends, as it is open to EVERYONE! Donation is still only \$5.00.

During October:

We had a Table Trivia Challenge between the tables. This was fun! And the “trivia” items were familiar to most of us.

A presentation by Dr Kris Rench that highlighted various options to make living at home much easier and safer for seniors. Such items as greater visibility in the home, to the addition of “grab bars” to the installation of ramps were the items presented. All of this is to make living at home much safer and more enjoyable,

We next had another fabulous lunch prepared and presented by Liz and Leslie. Along with the lunch Selectman Mark Le Doux discussed the Hollis initiative called “Positively Hollis”. The mission of this program is to “present” the Town of Hollis to newcomers and current town citizens. Very interesting as most seniors did not know of this program.

Our monthly business meeting was also our last October meeting. We celebrated our October birthdays with cookies and ice cream. Additionally, we discussed:

A presentation by Erica, from the Hollis Recreation Commission, to what town sponsored activities seniors would like to see added to their meetings. Examples ranged from a ‘bingo night”, to a “movie night”, etc. Seniors are to make their recommendation via a survey that will be available “on line.” Seniors without internet will still be able to make known their recommendations in person at our next meeting.

Upcoming election of officers for next year: Elections will be held at our November business meeting.

Updating our membership roster and updating our membership data base, to include recent changes to members data such as address changes, phone number changes, email address changes etc.

Our upcoming Christmas party to be held in December.

Activities for November:

2 Nov: Sarah Ballard Presents Hollis Library services. Sara and Erin Schleifer from "Friends of the Library" will explain what our Hollis Library has to offer.

9 Nov: Terry P will present a program about PTSD for members and first responders.

16 Nov. Hollis Ladies, Liz and Leslie, will provide another delightful and delicious noon time lunch. Additionally, Jukebox Jim will provide musical entertainment.

23 Nov: Happy Thanksgiving. No meeting and no Yoga.

30 Nov: Annual business meeting along with elections. Additionally, we will celebrate November birthdays with cake and ice cream.

November birthdays are: Bob Glover, Mike Huns, George King, Kathy Peterson, Dorothy Pitarys, and Loretta Seremeth.

Ice cream: Ed Peik

Cake: Sandy Belanger

Don Ryder

President, Hollis Seniors

Andy and Loretta, Editors-at-large

Reminder: No meeting if there is a delayed school opening or schools are closed due to weather. Yoga is also canceled.