

April, 2022 Newsletter – Orford Senior Center

What is Happening?

We are hoping to open soon for in-person activities; later this month and into May! (Unfortunately, congregating for meals cannot occur at this time, but we hope to be able to gather and eat together soon)! Stay tuned!

If you have any ideas of what you'd like to see happening at the Orford Senior Center, please reach out and let us know!

603-353-9107 or enickles@gcsc.org



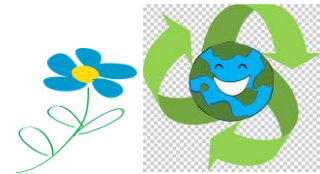
Important Dates:

April 17th – Easter Sunday

April 22nd – Earth Day

Easy ways to “Celebrate” the Earth and Help Keep it Clean:

- Plant a garden (inside or outside)
- Go bird – watching
- Make a bird house/buy one
- Take a walk
- Collect plastic bags in your community to take to a recycling center
- Reuse paper bags to collect recycling; when full, take to a recycling center



April 27th – Babe Ruth Day

George Herman Ruth, Jr. was born 2/6/1895 and played a majority of his baseball career with the New York Yankees, winning 7 pennants and 4 World Series titles. On April 27, 1947, NYC officials proclaimed “Babe Ruth Day,” in honor of their beloved athlete who was diagnosed with cancer shortly before. Babe Ruth passed away on August 16, 1948.





Thank you, volunteers! You make a positive
difference in the world!



Please reach out to us for more information if you are in need of home delivered meals. Fresh, hot, home delivered meals are distributed five days a week, Monday through Friday.

*Our **Thursday** Grab-N-Go meals may be picked up at the Orford Senior Center between **11:00am and 11:30am**. Please call ahead to reserve your meal.*

ARC Virtual Classes

- Living a Healthy Life with Chronic Conditions: Tuesdays, April 5-May 10 (6 sessions) 1:00-3:30
- ARC Men's Health and Aging: Another class available Tuesday, April 12, 10:00-11:30.
- Depression or Dementia? That is the Question. Tuesday, May 10, 11:00-12:30
- Living Better with Lower Vision: Friday, April 22, 10:00-11:00

Please call 603-653-3460 to sign up for the above classes.



How to Contact the Orford Senior Center:

Email: enickles@gcsc.org

Mail: PO Box 98, Orford, NH 03777

Telephone: 603-353-9107

