

# Senior Lifestyles

A guide for active New Hampshire Seniors JAN. 2021 • FREE

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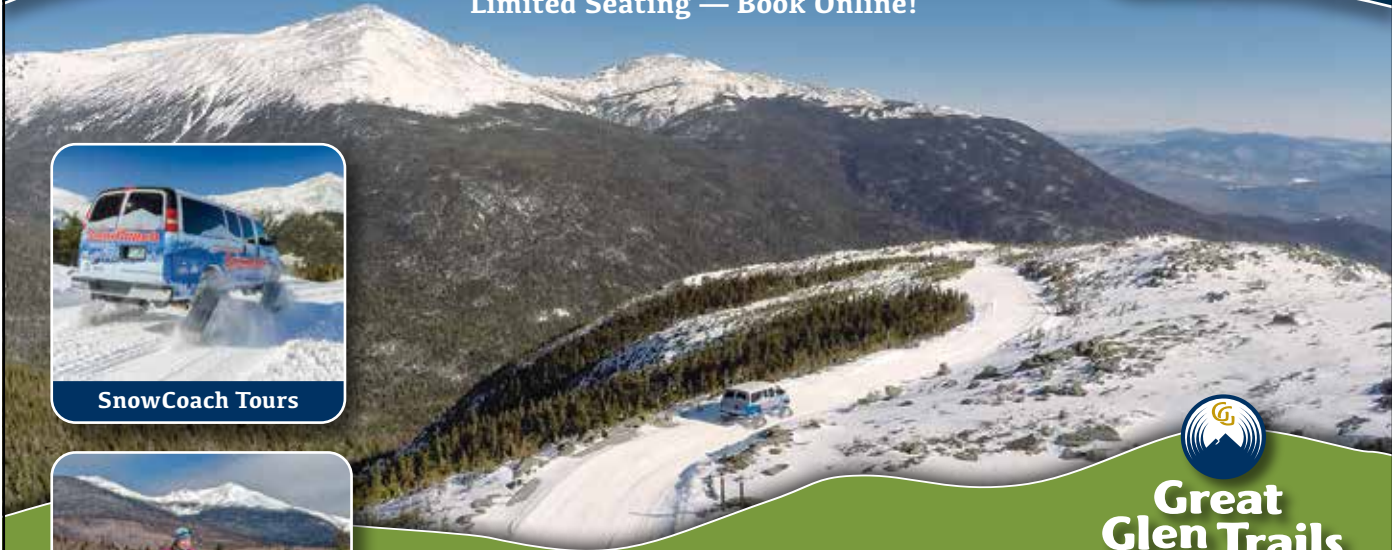
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## COA CHAPIN SENIOR CENTER PROGRAMS & ACTIVITIES

37 Pleasant St., New London, NH 603-526-6368  
January 2021

**Tom & Tom's Men's Discussion Group** - Mondays at 9:00am via Zoom. We want to hear your stories and we'll share a few of our own. Call COA at 526-6368 to join.

**French Discussion Group** - First and Third Mondays at 4:15pm via Zoom. Join this casual, friendly group to practice your language skills and have fun. Participants at all skill levels are welcome! Please call COA at 526-6368 to join.

**Bingo!** - Mondays at 1:00pm. Ten games for \$5. Ten bingo sheets with 6 cards on each sheet. Participants must be 55 years old and older. Please call COA to register. Limit of 10 participants.

**Chair Exercises** - Mondays, Wednesdays and Thursdays at 10:30am. This low impact exercise program is perfect for those looking for an easy, effective exercise routine. Please call COA to register. Limit of 10 participants.

**VNA Foot Care Clinic at COA** - Second and Third Mondays at 9:00am-2:00pm. \$25 Please call COA at 526-6368 to schedule an appointment.

**Outdoor Recreation for Seniors** - Tuesdays at 10:00am. Join this active group to walk, hike, kayak and more! Please call COA at 526-6368 to register prior to your first activity.

**Memoir Writing Group** - Tuesdays at 10:00am via

Zoom. Please call COA at 526-6368 to join.

**Book Discussion Group** - Tuesday, January 12th at 10:00am via Zoom  
Please contact Jo-Ann

at jroy@tracylibrary.org for book information and the link to attend the meeting.

**Painting Group** - Tuesdays at 1:00pm  
Bring your current painting project to work on. This is an informal group and we'd love to have you join us. Please call COA to register. Limit of 10 participants.

**Needlework Craft Group** - Wednesdays at 1:00-3:00pm. Love to cross stitch, do needlework, quilt, knit or crochet? We'd love to chat, laugh, and get to know the folks who enjoy the same hobbies we enjoy. Please call COA to register. Limit of 10 participants.

**Caregiver Support and Discussion Group** - Thursday, January 28th at 1:00pm. There is no instruction manual for being a caregiver! Join this peer-led group to learn tips, strategies and advice from those experiencing the same challenges and rewards. Please call COA to register. Limit of 10 participants.

**Women's Discussion Group** - First and Second Thursdays at 1:00pm. Get to know your neighbors over a casual cup of coffee. Join friends, new and old, to visit, chat and share! Please call COA to register. Limit of 10 participants.

**Computer Tutoring with Nick Oursoff** - Nick will be available for on-line tutoring sessions. Nick has an extensive background in computers from teaching to programming. Please call COA at 526-6368 for registra-



tion information.

### VIRTUAL PROGRAMS

Travel and learn from home! We've added some exciting on-line learning opportunities through our new partnership with "Senior Learning Network." These LIVE programs will take you all around the country to museums and landmarks right from the comfort of your own home! Just call COA at 526-6368 to register for the programs.

**Redwood Heroes:** The Women Who Defended the Giants Tuesday, January 5 at 2:00pm. Please register by noon on Monday, January 4. Redwood forests are one of the most ancient ecosystems on planet Earth.

**Live from the Lagoon:** More Fun with the Dolphins! Tuesday, January 12 at 2:00pm. Please register by noon on Monday, January 11. We're going back to visit the dolphins with our friends at Dolphin Research Center!

**Jefferson's Monticello:** Tuesday, January 19 at 2:00pm Please register by noon on Monday, January 18. Monticello was the home of Thomas Jefferson, the author of the Declaration of Independence and 3rd president of the United States of America.

*Plus many more virtual trips.*



### Community Volunteer Transportation Company *Serving the Monadnock Region*

#### Get a Ride

CVTC provides "no-fee" transportation to non-emergency medical and support services through our Volunteer Driver Program. We serve Monadnock Region residents who lack access to transportation due to age, ability, income, or other limiting circumstances.

#### Give a Ride

- Help your neighbors with transportation to non-emergency medical and support services.
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## Senior Living Community in Newport opens 28 new Apartments

Newport, NH – Summercrest Senior Living in Newport, New Hampshire opened the doors to its brand new expanded common areas and 28 additional Independent Living and Assisted Living apartments.

The expansion project was funded by Housing and Urban Development (HUD) with equity contributions from Summercrest's owners; Grand Senior Living, Hospital Hill Realty, Stephen E. Gunnerson, and Valley Regional Hospital.

The project broke ground in July 2019, and after 15 months of construction, moved their first resident into one of the new apartments on October 14, 2020.

Since opening in 1998, Summercrest has expanded twice. In 2008 when it opened its secure Memory Care wing for 18 residents, and now in 2020 with the addition of 28 new studio, 1 bedroom, and 2-bedroom apartments, a new café/marketplace with an all-day dining option, an expanded activity room, hair salon, an elevated outdoor patio, and a new entrance and reception area.

The updated common areas couldn't have come at a better time according to Leigh Stocker, Director of Sales &



*Pictured from left to right: Daniel Hassan - Board President, Steve Gunnerson - CEO and Secretary of the Board of Directors, Leigh Stocker - Director of Sales & Marketing, David McCrillis - Treasurer of the Board of Directors, Harriet Foeppel - Summercrest's expansion 1st resident, Vern Violette - Summercrest Owner, Hailey Wetherbee - Executive Director,*

Marketing at Summercrest. She explains, "During this time of social distancing we can now accommodate more residents in small socially distanced groups for activities and entertainment. Socialization is extremely important for everyone and we are so pleased that we can offer more options for residents while keeping them safe and healthy."

One of the most anticipated new features is the shared apartments, each with a private bedroom & bathroom along with a shared living room & kitch-

enette. These new 2-bedroom apartments offer the opportunity for a more affordable assisted living option, with the same amenities and programs available to every resident.

Totaling 78 apartments (18 Memory Care, and 60 Independent Living and Assisted Living), Summercrest Senior Living continues to provide a variety of accommodations and quality care for seniors in the Dartmouth-Lake Sunapee region today and for many years to come.

# SeniorLifestyles

*The Granite Quill's Guide for Active NH Seniors!*

**Leigh Bosse:** Publisher **Joyce Bosse:** Editor  
**Christi Macomber:** Advertising Design  
**Gail Stratos:** Publications Design & Layout, Advertising Design, Production, Website  
**Mary Yuryan:** Account Representative

*Also from The Granite Quill:*

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# Celebrate the New Year with a NH State Parks First Day Hike

New Hampshire State Parks invites the public to celebrate the New Year with a self-guided virtual hike. This year's First Day Hikes will run from December 26 through New Year's Day 2021 at all state parks across New Hampshire. The goal of this year's hikes is to provide individuals and families the opportunity to safely welcome in 2021 in the outdoors while maintaining social distancing practices. This is the tenth year New Hampshire has participated in the First Day Hikes program.

Since NH Park's 2021 First Day Hikes will be virtual self-guided outings, hikers can choose to explore any of our state historic sites, parks, or recreational rail trails at their own pace. Leashed pets are permitted at many parks in the off-season.

Hikers must register to be entered for a chance to win a family season pass for the 2021 Season and other prizes. A winner will be selected randomly and announced the first week of January. Register to commit to a hike and be entered to win at [www.nhstateparks.org/news-events/first-day-hike](http://www.nhstateparks.org/news-events/first-day-hike).

Share your First Day Hike on social media for a chance to win prizes! NH



State Parks will be giving away a bunch of parks' swag for the best photos in the categories below. In order to be considered, follow us @nhstateparks on

Facebook, Instagram or Twitter, use the hashtags #firstdayhikes #nhstateparks and tag us in your photo. Pictures must also be taken at one of our NH state park properties between December 26, 2020 - January 1, 2021.

Winners will be selected in each of the following categories:

1. Best Family Photo
2. Best Couple or Friend Photo
3. Best Photo with a Pet
4. Best Photo Highlighting a Natural Feature

Feature

5. Best Photo Taken with a Trail or Park Sign

NH State Parks will be featuring the winning photos on our Facebook, Twitter, and Instagram pages. Winners will be selected and contacted during the first week of January. Be sure to look for your photos, winners or not. Winners will be notified once photos are selected.

Here are a few helpful tips to make your day enjoyable:

- Please remember to check the weather prior to heading out.
- Follow all social distancing recommendations and practices.
- Dress in layers appropriate for the winter weather and wear appropriate footwear. Make sure someone knows you are out on the trails and when you will be returning from your hike.
- Traction devices for footwear are highly recommended (trails may be icy).
- Maintain 6ft of distance.
- Carry hand sanitizer, wipes.
- Wear a mask when around others.
- Slow down or speed up to maintain space along the trail.
- Be sure to pack water and snacks.
- Avoid groups of more than 10.

To learn more, visit [www.nhstateparks.org](http://www.nhstateparks.org), follow NH State Parks on Facebook and Twitter, or call 603-271-3556.

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ROLLING HILLS	HINSDALE
SUNRISE	WINCHESTER
WATERVIEW	N. SWANZEY

Elderly - 62 or older, handicapped or disabled - Qualify under income set by HUD. All units are one bedroom and include utilities.

FOR MORE INFORMATION, PLEASE WRITE OR CALL:

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