

Senior Moment-um

April and May 2024

Please **RSVP** to the Gilford Parks and Recreation Department by calling the office at **603-527-4722**. **Timely reservations and cancelations** are very important for planning purposes, so **please** help us out with this. Thank you!!!

Senior Strides Walking Continues!

So much for spring-like weather at the end of March! The warmer temperatures are supposed to be coming! But in the meantime, if you'd like to get a little indoor exercise, you can still join us on **Wednesdays from 9:00 AM – 10:00 AM** at the **Gilford Youth Center gym** to do a bit of indoor walking! No need to worry about ice or snow or how windy and cold it is outside!!! There's no charge for the program. Just bring comfortable walking shoes and your own water bottle, and enjoy some social time while getting in your steps. Walk as many laps around the gym as you like, it's up to you! Chairs will be available to take a break while you're walking. No need to RSVP – just come, sign up, and join us!!! We play a mixture of fun oldies music and play a little "Poker Walking" as we do our laps!! The program will end for the season on Wednesday, April 17th.



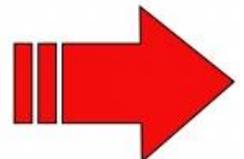
April 8 (Monday) – Baseball Day Celebration – “Take Me Out to the Ball Game” –

Let's have a little ball park fun! We'll be serving up an authentic ballpark lunch with hot dogs, coleslaw, and chips. There will be an Open Concession/Snack Bar featuring soda, New York pretzels, popcorn, candy, and novelty ice cream. We will also have coffee, tea, hot chocolate, and water available. Then after lunch has been served, we'll play a little "Baseball Trivia," just for fun. We will meet at the Gilford Community Church, Fellowship Hall at **12:00 Noon**. The cost for the lunch/concession is **\$8.00**. **Please RSVP no later than Thursday, April 4**. Feel free to wear your favorite baseball attire! Come have some "Fenway Fun" with us!!



April 22 (Monday) – Spring Buffet and Game Day –

Our good friend and in-house chef Dan Barnhart is going to be whipping up a tasty spring buffet featuring mac and cheese with country ham, biscuits, and dessert. We will also have coffee, tea, hot chocolate, and water available. Then after we're full and happy, we'll have some fun and GAMES!!! We'll break up into groups, and we'll have a





variety of game choices – Scrabble, Rummikub, Trivial Pursuit, Uno, or whatever you choose. If you have a fun game at home that you’d like to introduce to the group, please feel free to bring it! We will meet the Gilford Community Church, Fellowship Hall at **12:00 Noon.** The cost for the program is **\$10.00.** **Please RSVP no later than Thursday, April 18.**

May 13 (Monday) – “Back in Time” Mother’s Day Lunch and A Movie –



Let’s take a step back in time - who remembers the old Howard Johnson’s Restaurants and their well-known orange rooftops? The last one of the popular diner chain closed in 2022 in Lake George, NY. We’ll be serving up a reminiscent lunch in honor of Mother’s Day (5/12) including chicken croquettes, mashed potatoes, a vegetable, and dessert. As always, there will be coffee, tea, hot chocolate, and water available. After lunch has been served, we will be watching the romantic comedy “Mother’s Day.” We will meet at the Gilford Community Church, Fellowship Hall at **12:00 Noon.** The cost for the lunch/movie is **\$10.00.** **Please RSVP no later than Thursday, May 9.**



May 20 (Monday) – Hawaiian Luau and Bingo



Come on a little trip to Hawaii with us! We’ll be serving up an authentic Hawaiian lunch, again compliments of our friend and chef Dan Barnhart. Dan and his wife Linda, for those of you who don’t know, spend part of every year at their second home in Hawaii. We will be serving up kalua pork, teriyaki chicken, Hawaiian fried rice, and dessert. After lunch has been served, we’ll jump right into a few games of Bingo, with a variety of prizes available for the winners. We will meet at the Gilford Community Church, Fellowship Hall at **12:00 Noon.** The cost for the program is **\$10.00.** **Please RSVP no later than Thursday, May 16.**



***HAPPY SPRING –
HOPE YOU CAN JOIN US FOR THE FUN, FOOD, AND
FRIENDSHIP!!!
DON’T FORGET TO GIVE US A CALL: 603-527-4722***

