

WELCOME TO OUR

# Senior Moment-um Newsletter

*we're so glad you're here!*



HEY, HOW ARE YOU? SURVIVED THE WINTER?

## Here's what's coming up in March & April!

### March 6 - Water Street Café Brunch



Let's try this one again! Hopefully the snow won't get us this time! We will meet over at the Café located on 141 Water Street in Laconia at **11:00 AM**. You can have a late breakfast or an early lunch, it's up to you. This great little restaurant features a variety of American favorites. Each participant is responsible for their own lunch costs. This is our way of celebrating St. Patrick's Day so what better way then to wear your green! **Please RSVP by Thursday, March 2** in order for us to confirm our reservations.

### March 29 (Wednesday)- Ice Cream Buffet & a Show!

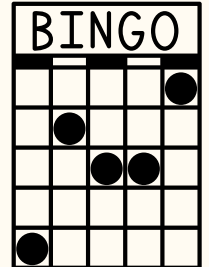
Please bring your sweet tooth as the Gilford High School's National Honor Society is filling you up with an ice cream buffet with cake, brownies, and candy toppings starting at 6:00PM along with fun music pertaining to the play! Please arrive promptly at **6:00PM**, as the show following is open to the public. "Arsenic and Old Lace" based on a 1944 American comedy classic film starts at **7:00PM** by the High School's Gilford Performing Arts! **Please RSVP by Wednesday March 22 and let us know if you will be participating in both the dessert and show or show only.** See you there!



## April 10– Easter Brunch and Bingo!



We are happy to announce that Chef Dan Barnhart is back and making you all a delicious Easter Brunch! Come join us on April 10 at **11:00AM** for brunch including quiche, hash browns, fruit cup, juice, coffee, tea and water followed by Candy Bingo! We will meet you in the Fellowship Hall at the Gilford Community Church. The Candy Bingo will include prizes with of course candy, but some other fun misc. prizes as well! Brunch will cost **\$5.00**. **Please RSVP by Thursday, April 6** by calling the office at 527-4722.



## April 17–Stretching & Sandwiches (Intro to Chair Yoga)



Be sure to not miss this one! Free Introduction to Chair Yoga led by Renee Cupples, E-RYT500 Certified Yoga Instructor! This class is gentle stretching using a chair and learning the benefits of it! This will be located at the Fellowship Hall at the Gilford Community Church from **10:30AM -11:30AM**. Following this relaxing class will be a lunch of Italian cold cut subs, chips, soda, and a dessert made by Dan Barnhart. The cost will be **\$5.00**, and it starts at **12 Noon**. **Please RSVP by Thursday, April 13** by calling the office at 527-4722 and let us know if you will be attending both the chair yoga class and the lunch or lunch only. Thanks!

PLEASE RSVP TO THE GILFORD PARKS AND RECREATION DEPARTMENT BY CALLING THE OFFICE AT 527-4722. TIMELY RESERVATIONS AND CANCELATIONS ARE VERY IMPORTANT FOR PLANNING PURPOSES, SO PLEASE HELP US OUT WITH THIS. THANK YOU!!