

Senior Moment-um

November ~ December 2022

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

NOVEMBER 2 (WEDNESDAY) --- CHAIR YOGA



Gilford Parks and Recreation is partnering with Renee Cupples, E-RYT500 Certified Yoga Instructor, to run a 6-week Adult Chair Yoga Program. It will be located at the Gilford Youth Center on Wednesday mornings from November 2-December 7, 2022 from 11am-12pm. Registration fee is a \$10.00 daily drop-in fee. No yoga mats needed to use as each class will provide chairs.

NOVEMBER 16 (WEDNESDAY) --- SENIOR STRIDES WEEKLY WALKING GROUP

Every Wednesday from 9:00 a.m. – 10:00 a.m., we will offer a drop-in walking group program at the Gilford Youth Center continuing November 16th. This program is geared towards senior adults looking to get out for some exercise. Participants can track their laps as they work towards a goal or simply stop in for a casual stroll while socializing with friends. Plenty of chairs will be available for participants to take breaks as needed. Participants are encouraged to wear comfortable shoes and bring their own water. Come join us for some good exercise and fun socialization!



NOVEMBER 17 (THURSDAY) – DESSERT AND A SHOW

Please join us as we watch the GHS Performing Arts presentation of the widely known musical comedy-drama “Fiddler on the Roof.” As always, the talent and abilities of these High School students will delight, entertain, and amaze you! We will be providing a “dessert and coffee” hour, starting at **5:00 PM in the Gilford High School Cafeteria**. An array of yummy desserts and pastries, coffee, tea, and water will be provided. The show starts promptly at **6:00 PM in the GHS Auditorium**. There is NO charge for the performance, but **space is limited. PLEASE RSVP NO LATER THAN MONDAY, NOVEMBER 14**. At the present time, **masks are optional in the schools, but this policy is subject to change at any time, so please be prepared to have a mask with you**.

NOVEMBER 21 – PIZZA LUNCHEON AND A TURKEY DAY CRAFT



Who doesn't love to gobble down hot pizza and being able to make a beautiful Turkey day craft to get in the spirit of Thanksgiving? Please join us at the Gilford Community Church, Fellowship Hall at **12:00 Noon**. We will be serving up a variety of yummy Papa Gino's pizza and a tossed salad. There will be a **\$5.00 charge** for the lunch, and we will provide soda, coffee, tea, and water. After lunch is served, we will be making some simple crafts all things turkeys! **Please RSVP by Thursday, November 17th**.

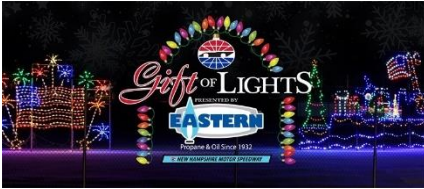


NOVEMBER 24 – HAPPY THANKSGIVING TO ALL!!!

Wishing you a wonderful day with family, friends, and loved ones!
“Gobble ‘til you wobble!!!”



NOVEMBER 30 (WEDNESDAY)– GIFT OF LIGHTS AND MAKRIS



We are happy to have a bus trip to the Gift of Lights and dinner at Makris this holiday season! We will meet at the Gilford High School at 4:30 pm to travel by bus to Makris Lobster and Steak House in Concord for dinner. Then on the way home, we will stop at the NH Motor Speedway to view The Gift of Lights!! **The cost of this trip is \$50.00** which includes transportation, buffet dinner,

and the admission to the lights. Please sign up quickly as space is limited. To secure your spot, please call Gilford Parks and Recreation at 527-4722. If cancelled due to inclement weather, the date will be moved to 12/7/22. **All forms and payment must be received by November 22!! Reservations and cancellations are REQUIRED!!**



DECEMBER 12 – SENIOR HOLIDAY LUNCHEON



“Happy HO-HO-HO!!!” The holidays are upon us, and it’s the most wonderful time of the year! Please join us at the Gilford Community Church, Fellowship Hall at **11 AM** for a full-blown holiday luncheon catered by Hart’s Turkey Farm– this includes roasted turkey, stuffing, gravy, whipped potatoes, butternut squash, cranberry sauce, carrot relish, cold pickled beets, cranberry chutney, coleslaw, garden salad, and a roll! We will also have coffee, tea, and water available. We will also have some entertainment provided by students from Gilford’s 4th Grade Chorus! We hope you can join us for the festivities. There is a cost of **\$5.00** for the luncheon, and **YOU MUST RSVP BY MONDAY, NOVEMBER 28th. SPACE WILL BE LIMITED.**



Happy Holidays!



LASTLY, WISHING EVERYONE THE HAPPIEST OF HOLIDAYS WITH FAMILY, FRIENDS, AND LOVED ONES!!! WELCOME TO 2023!