Spring Tea guests at Parkhurst Place are: Janet Charron

#### Annual Spring Tea Held at Parkhurst Place

he tradition of having tea is one of life's pleasures. Setting the mood for reflection, relaxation and conversation helps ease the stresses of everyday life. Add chocolate into the equation and what you have is sheer bliss... "Pairing Tea and Chocolate" was the theme at this year's Spring Tea at Parkhurst Place.

Area seniors and residents learned about the latest trend in the tea world, pairing tea and chocolates, infused with flavor-enhancing tea, to create a taste sensation! Linda Simmons, of "Teas for You" of Bed-

**Dot Simms** 

ford, shared her knowledge of how selecting the right tea can enhance the flavor of chocolate. Attendees enjoyed samples of tea-infused chocolates from Swan's Chocolates of Merrimack, and a variety of complementary teas from "The Cozy Tea Cart" of Brookline, NH.

Following the presentation, a 'traditional tea' was served, complete with flaky scones and other dessert treats from The Dutch Epicure Bakery of Amherst, along with tea sandwiches prepared by the "Tea Com-





Carolyn Coleman



Gloria Mogera

## Parkhurst Place

(603) 249-1600 parkhurst-place@comcast.net

## **Programs for Seniors at** Parkhurst Place

Strength Training Classes (on-going) Next 6-week session begins Tuesday, June 9th,

Two classes per week: Tuesdays &  $\dot{F}$ ridays, 10:30 – 11:15 am OR Tuesdays & Fridays, 11:30 am - 12:15 pm (\*Join class at any time: fee will be pro-rated) Cost: \$30/six weeks (for 2 classes per week)

Please call Lorraine at 249-1600 to sign-up. Join this popular chair-based strength training program using light weights to strengthen and tone muscles. Exercises also focus on improving balance, and flexibility and will be done seated and standing by a chair. Program is adaptable to individual limitations.

Gentle Yoga Classes (on-going) One class per week: Mondays OR Thursdays (Join these classes at any time, fee will be pro-

Mondays, 8:15 - 9:15 am OR Thursdays, 10:00 - 11:00 am Instructor: Laurie Daley, Certified Kripalu Yoga

Cost: \$ 30 for 6-week session

Classes will include stretches, breathing techniques, poses and relaxation. The results will include an overall sense of well-being, in addition to improved strength, flexibility and balance. No experience is necessary. Please bring a yoga mat or

large towel and a water bottle. Please call Lorraine at 249-1600 to sign-up.

Art Instruction for Adults (on-going) 6-week session began May 5th, 2009 – join at any

Tuesdays, 9:30 am -11:30 am Parkhurst Place 2nd floor activity room Cost: \$10 per class

Join this class at any time. Students work at their own pace on their own projects under the direction of Milford artist, Sue Peterson. All levels, from beginners to experienced are welcome!. Call Susan Peterson, instructor to pre-register: 673-5951.

**Blood Pressure Clinic** Wednesday, May 27th, 2009 9:30 am – 10:30 am Parkhurst Place Office

Parkhurst Place hosts a free blood pressure screening the last Wednesday of the month, provided by Merrimack home care agency, Nurses PRN.

The R-B-W Band Friday, June 12th, 2009

6:30 - 7:30 pm Band Members: Brian Raymond, Adele & Frank Belfsky and Jim & Bob West Bean Community Room

An evening of live music celebrating the greatest hits of the 40s and 50s interspersed with some Patriotic selections to get your feet a-tappin' your cheeks a-grinnin' and your banner a-wavin'!

Parkhurst Place offers classes, workshops, health screenings and cultural programs for residents of the Souhegan Valley who are 55 years or older. For information call Parkhurst Place (249-1600), Monday - Wednesday 9:30 am - 1:00 pm, or leave your name and number on the answering machine for a call back.

## Amherst Area Newcomers' Club Monthly Coffee

The Amherst Area Newcomers' Club will host their monthly coffee on Thursday June 4th at the "Black Forest Cafe" on Rte 101 in Amherst between 9:30 & 11:30 AM. This will be our final coffee until October. Newcomers' is a local women's group serving residents of Amherst, Milford, Mt Vernon & surrounding areas, both new to the area & those who just feel like meeting new people or catching up with old friends. AANC meets regularly for social activities & in special interest groups. If you would like to know more about us but are unable to attend on the 4th, please call Susan Wheatley at 673-1439 for further information or visit our website www.nhnewcomers.com. We look forward to meeting you.



Enjoying refreshments at the recent games night are Judith Jones, Symantha Gates, David Weiher, John Olapurath & Lora Fifield. A good time was had by all at the AANC "Games Night" held recently, courtesy of the clubhouse in the "Fells" subdivision of Amherst. Although the club primarily caters to the needs of local women, several events held throughout the year include the spouses or significant others. If you would like further information on the group, please visit our website www.nhnewcomers.com to view information on all of our special interest groups & social activities held throughout the year.

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#### Amherst Lions Club 2009 Amherst Citizen of the Year Nomination Form

The Amherst Lions Club invites nominations for the 35<sup>th</sup> Amherst Citizen of the Year. The award will be presented at the Fourth of July celebration on the Common following the parade. All citizens of Amherst are invited to submit nominations for the individual(s) I who best manifest good citizenship through volunteerism, I participation, concern and actions to help make Amherst the great community that it is today.

Past Citizen of the Year honorees include: 1975 Roy E. Maston; 1976 Elizabeth Arnold; 1977 Barbara H. Landry; 1978 Robert Crouter; 1979 Dorothy Davis; 1980 Richard Crocker; 1981 Ann and Peter Bergin; 1982 Louise Ainsworth Marley; 1983 Marshall D. Strickland; 1984 Marion and Harding Sortevik; 1985 F. Tenney Clough; 1986 Louis Heaton; 1987 Elliot and Jean Lyon; 1988 Arnie Wight; 1989 Thomas Grella; 1990 Jean Pituck; 1991 Peg Jones; 1992 Jean Butler; 1993 Ann C. Bergin; 1994 Elizabeth (Pixie) Lown; 1995 Buck Buchanan; 1996 Dave Hanlon; 1997 Doug Kirkwood; 1998 Janet Woodbury; 1999 Bonnie and Harold Struss; 2000 Bob Schaumann; 2001 Helen Burns; 2002 Donald Young; 2003 Marie Grella; 2004 Charlie Duval; 2005 Bruce Beckley; ■ 2006 Lee Slocum; 2007 Bill Wichman; 2008 Nancy Johnson Head

Nominee:	
Address:	
Qualifications: (Attachments	s encouraged)
Additional Comments:	
Signature	
Signature	
Please mail this form to: An	mherst Lions Club
	) Box 1105

Amherst, NH 03031

No later than June 20