If the Londonderry Schools are CLOSED due to the weather, the Londonderry Senior Center will be CLOSED. If the Londonderry Schools have a DELAYED opening, the senior center will also have a DELAYED opening of one hour and will open at 9:00. Please tune into WMUR on “snow” days for details. Or, log into www.wmur.com.

Inclement weather reminder

Mardi Gras Celebration!!

This year we are holding our first Mardi Gras celebration on Tuesday, February 25th. Come join us for the fun and festivities. Our menu will consist of New Orleans style food, not too spicy though! Entertainment will be a lively performance by the Basin Street Bash. This is a FREE luncheon, however, as with our Christmas Party, you are required to give a $5.00 deposit to hold your place. When you show up at the party your $5.00 will be refunded to you.

St. Patrick’s Day Luncheon

The St. Patrick’s Day Luncheon will be held on Tuesday, March 17th @ noon. Advance reservations are required. The cost is $5.00. Please sign up at the front desk. This will be a traditional meal of corned beef and cabbage, potatoes and carrots followed by dessert. Entertainment by Keven Farley-The Irish Music Guy!!
**Bone Builder Class**

Bone Building is a rewarding one hour exercise program that benefits each individual. We gather on Mon. and Fri. at 11a.m. The class begins with a fun warm-up with background music. Some individuals dance while others walk in a circle then there are those who just MOVE! The next segment of the program is a concentrated balance which is especially important for the wellbeing of adults at this stage of life. Just because your grey hair may be showing do not think that you cannot lift hand and/or ankle weights which we provide. It has been proven that lifting weights helps to maintain “core strength” as well as a feeling of all is right with our body. Following the required exercises, we stretch the muscles that have been exercised and lastly slow music invites us to “cool down”. As important as exercise is just sharing this hour with those around you takes away the feeling of loneliness. For just $1 donation you too can do something special for yourself. Our class has been a part of the Londonderry Senior Center exercise program for the past 13 years. Currently we have 6 BB leaders they are Bonnie, David, Donna, Gunta, Rhonda and Carol. In order to become a BB leader each potential leader must demonstrate proper technique of required exercises and then be certified by Addie Tarbel the district director of F.R.I.E.N.D.S. organization which sponsors the N.H. Bone Building Program. All BB leaders also attend a once a year recertification program. The Bone Building program was instituted to benefit people who have osteoporosis or osteopenia. However, you don't need to have one of these medical conditions in order to participate in BB. Our class is a very popular program and has necessitated having a waiting list. We are very fortunate that Londonderry Senior Center offers so many different types of exercise on a daily basis. Anyone interested in BB is invited to sit in on one of our classes to see if this particular program is something you would enjoy. In order to join the BB class each individual must have a medical form (which we provide) signed by his or her physician prior to joining the class. Lastly, I would like to thank all of my BB friends for their support, dedication and friendship.

Sincerely,
Carol

**Monthly Breakfast**

The **February** monthly breakfast is scheduled for Friday, February 14th. Entertainment will once again be the “Off Our Rockers” group. They have a new comedy skit which I am sure will have us all laughing! Preregistration at the front desk is required. $4.00

Breakfast casseroles from Cracker Barrel are on the menu!
CART: THE COOPERATIVE ALLIANCE FOR REGIONAL TRANSPORTATION

is a public transportation system serving the towns of Chester, Derry, Hampstead, Londonderry and Salem. CART currently provides two separate services for seniors and others. CART is a division of the Manchester Transit Authority. Advance reservations are required. CALL: 603-434-3569

DERRY/LONDONDERY SHUTTLE:
The Derry/Londonderry shuttle provides regular fixed service for seniors and people with disabilities to the Londonderry Senior Center and the Marion Gerrish Center in Derry for Nutrition and Adult Day services. This service is in coordination with Rockingham Nutrition Meals on Wheels. Transportation to dialysis centers in Derry and Londonderry is also provided. Non seniors and passengers without disabilities are accommodated if space is available. There is NO FARE to ride the Shuttle.

CURB-TO-CURB SERVICE:
Curb-to-Curb is a shared-ride service that is available to any resident of the five service towns, especially seniors and others in the community who need transportation. Wheelchair lift-equipped vehicles are available to accommodate the needs of individuals with disabilities. Curb-to-Curb rides must be scheduled several days in advance. There is a minimal fare for the Curb-to-Curb service that ranges from $3-5 per one-way ride depending on destination.

CART HOURS OF OPERATION
Monday through Friday:
8:00 AM to 4:30 PM
*No weekends or holidays