

**NEWPORT  
SENIOR CENTER  
863-3177**

**76 South Main St. PO Box 387  
Newport, NH 03773**

The Home of Sullivan County Nutrition Services  
Providing Meals-on-Wheels, Congregate Dining, and Social Service Outreach in  
Sullivan County since 1972. Local Transportation (Newport Only) also available.

Website: [newportnhseniorcenter.org](http://newportnhseniorcenter.org)  
Business Hours: 8:00 AM – 3:00 PM E-Mail [scnsnsc@gmail.com](mailto:scnsnsc@gmail.com)

Main Office-  
863-3177  
Press 1 to leave a  
Message

Senior  
Transportation-  
(Newport Only)  
863-3177

Executive  
Director-  
Brenda Burns  
863-5139

Food Service  
Supervisor-  
Beverly LaClair

Elder Support  
Supervisor-  
CJ Bailey  
863-6770

Board of  
Directors

President....  
Larry K. Eaton  
863-4422

Vice President-  
David Shultz

Treasurer-  
Shirley Barry

Secretary-  
David Stitt

Directors-

Robin Bellinger  
Ann-Marie Fowler  
Jeffrey Cornish

Activities at the Newport Senior Center: May 2026:  
Activities, at the NSC, are held downstairs in the Activity Area, made possible with a CDBG, applied by the Town of Newport, on NSC behalf, generous donors of the community, grants, and local businesses.

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MONDAYS:  
Indoor Walking Path- 8 am—3 pm (DAA)  
Drop-In "Piece Seekers" Puzzle Makers- 8 am - 3 pm (DR)  
SCNS Senior Transportation- 9 am—3 pm  
Suggested donation \$1 per trip (SCNS Office)  
Alice's Gift Shop Open—10 am—1 pm (1st Floor).  
May 4 - Beginners Knitting Class - 10 - 11:30 AM (DAA)  
SCNS Newport Congregate Meals- 11:45 am. Suggested Donation: \$3 per meal (DR)  
GAME DAY— Volunteer Leader Needed

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TUESDAYS:  
Indoor Walking Path- 8 am—3 pm (DAA)  
Drop-In "Piece Seekers" Puzzle Makers- 8 am - 3 pm (DR)  
SCNS Senior Transportation- 9 am—3 pm  
Suggested donation \$1 per trip (SCNS Office)  
Liliyan's Legacy Exercise- Resumes in Fall  
Alice's Gift Shop Open—10 am—1 pm (1st Floor).  
Volunteers Needed  
Bone Builders- 10:30 am—11:30 am (DAA)  
SCNS Newport Congregate Meals- 11:45 am,  
Suggested Donation: \$3 per meal (DR)  
May 5-Board of Directors Meeting 8 am  
Members Meeting 12:30 PM (DAA)  
Pitch- 12:30 pm—2 pm (DAA)

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WEDNESDAYS:  
Indoor Walking Path- 8 am—3 pm (DAA)  
Drop-In "Piece Seekers" Puzzle Makers- 8 am - 3 pm (DR)  
SCNS Senior Transportation- CLOSED (SCNS Office)  
Chair Yoga- 9 am—10 am \$8 per class (DAA)  
Alice's Gift Shop Open—10 am—1 pm  
Volunteers Needed (1st Floor)  
SCNS Newport Congregate Meals- 11:45 am  
Suggested Donation: \$3 per meal (DR)  
Bridge—12:30 pm—3 pm (DAA)

THURSDAYS:  
Indoor Walking Path- 8 am—3 pm (DAA)  
Drop-In "Piece Seekers" Puzzle Makers- 8 am - 3 pm (DR)  
SCNS Senior Transportation- 9 am—3 pm  
Suggested donation \$1 per trip (SCNS Office)  
May 7 - AARP Low & Moderate Property Tax Rebate Assistance (Details Inside)  
May 7 - Coffee with Kyle, Town Manager (Details Inside)  
May 21 - The "Asses Are Coming" Program  
9:45 am - Deliver Meals-on-Wheels  
11 am - Senior Center South Parking Lot  
Liliyan's Legacy Exercise- Resumes in fall  
Alice's Gift Shop Open—10 am—1 pm (1st Floor)  
Bone Builders- 10:30 am—11:30 am (DAA)  
SCNS Newport Congregate Meals- 11:45 am  
Suggested Donation: \$3 per meal (DR)  
Cribbage-12:30 pm—3 pm (DAA)

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FRIDAYS:  
Indoor Walking Path- 8 am—3 pm (DAA)  
Drop-In "Piece Seekers" Puzzle Makers- 8 am - 3 pm (DR)  
SCNS Senior Transportation- 9 am—3 pm  
Suggested donation \$1 per trip (SCNS Office)  
Alice's Gift shop Open—10 am—1 pm (1st Floor)  
Volunteers Needed  
SCNS Newport Congregate Meals- 11:45 am  
Suggested Donation: \$3 per meal (DR)  
Bingo—1 pm Doors Open 12:30 pm (DR)

Please allow meal participants time to eat before setting up table for bingo.

SATURDAYS:  
May 23 - Annual Yard Sale- 8 am - 1 pm

Location Key

- 1st Floor- Elevator
- Alice's Gift Shop
- SCNS Office
- NSC Office
- SCNS Elder Support Office
- Dining Room
- Kitchen
- Restrooms (3)
- Downstairs Activity Area (DAA)- access through stairway, at entrance, or elevator
- Activity Area
- Suite 1 & 2
- Restrooms (2)
- Indoor Walking Path

**BIG  
NEWS**

# THE "ASSES"



**ARE COMING!**

Now that we have your attention! We are talking about 4-legged mini donkeys.

WHEN: MAY 21, 2026

WHERE: MAPLE MANOR MEALS-ON-WHEELS @ 9:45 AM

NEWPORT SENIOR CENTER @ 11 AM

Donkeys have a gentle, stoic, intuitive nature about them that makes them less likely to be spooked like horses. With their non-judgmental nature, a gentle nudge and soft bray, they reduce anxiety and stress for their human friends. Doctors recommend walking each day for a healthy lifestyle, but did you know walking a donkey can lower blood pressure, release tension, and improve motor skills and coordination?

We are happy to announce The "Asses" Are Coming Program. Road to Independence will be bringing you an opportunity to get to know PEPPER and others. Learn how to groom, walk and lead the donkeys as they help bring calm and relaxation to your emotional well-being.

The donkeys will be delivering Meals-on-Wheels, with their wagon in tow, before coming to the center at 11 am. Step outside, to the south parking lot, and transfer yourself to a soothing, clear state of mind and calmness.

We look forward to working with Road to Independence to schedule monthly visits with the donkey, when the weather is compatible for the donkeys. If enjoyed, obstacle courses can be set-up for additional tranquility.

**"The legacy of brave men and women who have fought and died for their country is the freedom we enjoy as Americans."**

LUCIAN ADAMS



## BASKET



Thank you to all the donors, volunteers and attendees for making our first Basket Bingo a huge success!

**NEWPORT SENIOR  
CENTER  
ANNUAL YARD  
SALE**

**MAY 23  
8 AM - 1 PM**

One man's junk is another man's treasure! What you may consider junk, may be useful and valuable to others. Don not discard gently used, good condition items. Donate items to the NSC for our annual yard sale. This is a very import endeavor for the center as the proceeds help keep the lights on.

Please, no electronics, mattresses, box springs, books or magazines.

**Drop off donations May 15 - 22, 11 AM - 12 NOON**

## Low & Moderate Property Tax Rebate

May 7, 2026

Are you a property owner in NH? Would you like to receive some of your tax payment back in your wallet?

AARP Tax Preparers may be able to help.

An eligible applicant for the Low and Moderate Income Homeowners Property Tax Relief is a person who is:

- Single with adjusted gross income equal to or less than \$37,000; or
- Married or head of NH household with adjusted gross income less than or equal to \$47,000; and
- Owns a homestead subject to the State Education Property Tax; and
- Has resided in that homestead on April 1 of the year for which the claim is made.
- You will need your final property tax bill, showing the "net" assessed value of your homestead and a copy of your federal tax return for each claimant and all adult members of the claimant's household for the corresponding period.

AARP Tax Preparers may be able to help.

If you meet the eligibility requirements, AARP Volunteers will be at the Newport Senior Center on May 7th, to help put some extra dough in your pocket. Mark your calendars for the specified times, in accordance

to your last name. This will be a first-come, first-serve service. Last names beginning with:

A—I - 9 am—10 am

J—R -10 am—11 am

S—Z—11 am—12 Noon



The NSC is proud to sponsor this free service provided by AARP Tax Preparers.

## COFFEE WITH KYLE



Do you have questions about the town budget or what is going on in the Town of Newport? Town Manager, Kyle Harris, and department heads, will be at the center on May 7<sup>th</sup>, 9 am, to answer any of your questions. Now is the time to get your questions answered and share your thoughts.

## DIABETES INFORMATION

Diabetes.org

American Diabetes Association

Tips for Healthy Snacking

Healthy snacks can be part of your meal plan and help with hunger management between meals. Before you reach for a snack, figure out if you are hungry or thirsty (sometimes being thirsty can make your body think it's hungry). If thirsty, drink water or a zero-calorie beverage. This can help prevent adding more calories to your day.

When you do select a snack, choose healthy options that offer a combination of protein, healthy fats, and fiber, with or without carbohydrates. Some good options are:

- Fruit with cheese or nuts
- Hummus or guacamole with carrots or celery
- Nut butter with apple slices or celery

INFORMATIONAL PAGE  
ALL THE LITTLE TIDBITS YOU NEED TO KNOW

**FOOD ALLERGY DISCLAIMER**

Please be informed that SCNS will do their best to accommodate food allergies to the best of our ability. Please notify staff of any allergy.

All participants are hereby notified that the possibility of Cross-Contact could occur and there is no guarantee that foods/meals will be free from potential allergens.

In an effort to better serve you, we will be requesting doctor certification of all reported allergies as part of your person centered plan.

**ADDITIONAL PARKING**

The Newport Senior Center is active and ready to have FUN! So much FUN that the main parking lot fills up quickly.

Please be advised, there is an additional parking lot on the opposite side of the center.

Both parking lots, on either side of the building, have access to the building.

**PETS &  
DELIVERIES**

Pets are part of the family, but our drivers are strangers to your pet, especially when there is a different delivery driver.

For the safety of our drivers, please keep all pets restrained in another room during delivery. Depending upon the route, routes are delivered between the hours of 8 am—1 pm.

Thank you for your cooperation and understanding the importance of safety for our drivers.

Be sure to check out all the latest happenings on Facebook: Newport Senior Center Home of Sullivan County Nutrition Services  
Share with your friends & family.



**NEW WEBSITE**

WWW.NEWPORTNHSENIORCENTER.ORG

**VOLUNTEERS  
NEEDED  
HELP  
NEEDED**







**REVO CASINO**

REVO Casino & Social House, in West Lebanon, NH, has once again approved proceeds for 7 days of fun, games, and good food to benefit the Newport Senior Center and Meals-on-Wheels for Sullivan County.

Be sure to mark your calendars to visit Revo June 30 - July 9, 2026, when a portion of all proceeds will be donated to support our life saving programs.

You are welcome to visit the casino any of the listed dates, but we will also be organizing a date to visit together.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>MAY 2026</p> 	<p>Senior 60 and over \$3.00 suggested donation</p>	<p>Meals-on-Wheels participants must be home to receive meals. Due to state and federal regulations, drivers are prohibited from leaving a meal without visual contact of the participant.</p>		<p><b>1</b> Baked Fish Sweet Potato Brussel Sprouts Pear Streusel Cake</p>
<p><b>4</b> Stuffed Chicken Fluffy Mashed Potato Green Beans Fresh Fruit</p>	<p><b>5</b> Chefs Choice</p> 	<p><b>6</b> Hot Open Faced Turkey Sandwich W/Gravy Stuffing Steamed Broccoli Chef's Choice Dessert</p>	<p><b>7</b> Spaghetti W/ Meat Sauce Ceasar Salad Pineapple</p>	<p><b>8</b> Ham Steak Fluffy Mashed Potato Peas &amp; Carrots Blueberry Pie</p>
<p><b>11</b> Meatball Grinder Chips Vegetable Juice Pears</p>	<p><b>12</b> Turkey Ala King Rice Spinach Papaya &amp; Mango Bits</p>	<p><b>13</b> Barbeque Riblets Mashed Potatoes Roasted Corn &amp; Black Bean Fresh Fruit</p>	<p><b>14</b> Macaroni &amp; Cheese Chef Style Tomatoes Fruit Cocktail</p>	<p><b>15</b> Chicken Divan Rice Zucchini Cake W/ Fruit</p>
<p><b>18</b> Cheese &amp; Broccoli Stuffed Chicken Rice Pilaf Bermuda Veg. Applesauce</p>	<p><b>19</b> Pulled Pork Sandwich Onion Rings Cole Slaw Fresh Fruit</p>	<p><b>20</b> Baked Ziti Mixed Vegetables Mandarin Oranges</p>	<p><b>21</b> Taco Salad Cottage Cheese Diced Peaches</p>	<p><b>22</b> Baked Haddock Boiled Red Potato Peas &amp; Onions Pumpkin Pie</p>
<p><b>25</b> CLOSED</p> 	<p><b>26</b> Veal Patty W/ Mushroom Gravy Potato Zucchini &amp; Tomato Apple Juice</p>	<p><b>27</b> Chicken Salad Roll 3-Bean Salad Watermelon</p>	<p><b>28</b> Chef's Salad Roll Pineapple Pudding Cake</p>	<p><b>29</b> Sweet &amp; Sour Pork Rice Baby Carrots Mixed Fruit</p>

FIRST TIME GUEST MUST COMPLETE NAPIS FORM

MENU SUBJECT TO CHANGE WITHOUT NOTICE (Congregate Meals served promptly at 11:45 AM-  
Sign-in Required Suggested donation: \$3 per meal. All participants must be present for ALL  
meals options.