

Orford Senior Center

NEWSLETTER



NEW FOR JUNE:

Bingo will be held Thursdays from 9:00am -10:30am.

The first week in June, bingo will be held on Wednesday, June 1st, from 9:00am - 10:30am.

For the remainder of June, bingo will be on Thursday

THURSDAYS IN JUNE:

You are invited to bring your Grab and Go meal inside! Catch up with neighbors and enjoy a meal together, from 11:00-12:00.

(Masks are encouraged, but not required; must sign in and sign out of building).

A KIND REMINDER...

We look forward to seeing you, but please remember that if you are feeling ill, or have symptoms of an illness, please stay home - we will miss you, but will see you next time!

Thank you!



BINGO / GRAB-AND-STAY MEAL

Thursday's in June: 9th, 16th, 23rd, 30th

9:00-10:30 Bingo

11:00-12:00 Chow Time!

Thank you....

To our volunteers, whether you deliver meals, help with bingo, make phone calls, or donate your time - you make a difference!

If you'd like to volunteer with us, please reach out via the contact information below.

"Volunteers don't necessarily have the time. They just have the heart". ~ Elizabeth Andrews



CONTACT THE ORFORD SENIOR CENTER:

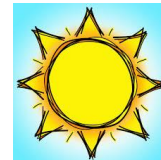
Email: enickles@gcsc.org

Mail: PO Box 98, Orford, NH 03777

Telephone: 603-353-9107

Website: <https://www.gcsc.org/>

**The first day of
summer is
Tuesday, June
21st!**





SUN SAFETY TIPS



SEEK SHADE
OR STAY INDOORS
FROM 10 A.M. TO 4 P.M.



WEAR
PROTECTIVE CLOTHING



WEAR SUNGLASSES
WITH 100% UV
PROTECTION



WEAR
A WIDE-BRIMMED HAT



USE SUNSCREEN
THAT IS SPF30 OR HIGHER,
REAPPLY REGULARLY