



THE PENACOOK COMMUNITY CENTER
SENIOR PROGRAM
NEWSLETTER
MARCH & APRIL 2019



DENTAL PRESENTATION

March 18 – 11:30am – Boscawen Town Hall



Our program is pleased to host NHTI Dental Assisting students, Logan Moulton and Reagan Baillageron from NHTI's Dental Program, whom will be presenting on general oral health and dental concerns specific to older adults. Those in attendance will receive valuable information, related handouts and yes.... A toothbrush!

NHTI Dental Hygiene Clinic



NHTI is committed to providing you with comprehensive patient-centered care while providing their students with an excellent learning experience. Their students have been educated and evaluated to laboratory and clinical competency prior to treating patients in clinic. Students are closely supervised and evaluated as patient assessment and treatment progresses. The NHTI Dental Hygiene Program is accredited by the Commission on Dental Accreditation of the American Dental Association.

Clinic Hours -Spring semester runs from mid January through the last week in April and appointments are available Monday through Friday at 8:30 a.m. and 1:00 p.m.

The clinic is closed during holidays, semester breaks and spring and summer vacations. The dental reception office is open year round. Normal business hours are from 8:00 a.m. to 4:30 p.m. daily during the regular school session. Summer hours are from mid May to the end of August are 8:00 a.m. to 4:00 p.m. You may call and leave a message at (603) 230-4023 at any time or email nhtidentalclinic@ccsnh.edu.

Primary Purposes -The primary purposes of the NHTI Dental Hygiene Clinic are to educate dental hygiene students to become competent professionals and to increase the public's awareness of oral health. Patient care provides dental hygiene students with a variety of experiences to prepare them to serve the public in the future. We believe that quality dental hygiene care is important to the total well-being of every patient treated.

The Teaching Environment -The dental hygiene clinic is a classroom/learning environment where student dental hygienists provide clinical and educational services to individuals in the community. Because the clinic is a learning facility, patients may be required to return for several appointments in order to complete the treatment necessary. However [fees](#) for services are nominal. The dental hygiene students have established schedules for patient care. Since the goal is quality dental hygiene care within a teaching/learning environment, patient cooperation is essential. Everyone's time is valuable.

Patient Appointment Policies and Procedures -After an assessment, an explanation of recommended treatment, treatment alternatives, expected outcomes of various treatments, and the risk of no treatment will be explained. Once you understand the information about each procedure, consent for care will be requested. Prior to initiating your care, costs will be explained. The student will strive to complete all treatment that has been discussed. When treatment is completed, a referral to your dentist will be made as we cannot legally perform all dental care as needed [e.g.: diagnostic exam for restorative work (fillings), extractions, dentures, root canal therapy, periodontal (gum) surgery, etc.].

Services: The following patient-centered services may be provided by the dental hygiene students/ NHTI Dental Hygiene Clinic as recommended in your individualized care plan. Services performed in the Clinic are preventive and do not replace regular dental visits. Medical/Dental History Evaluation

- Blood Pressure Screening
- Oral Cancer Screening
- Dental Radiographs
- Oral Health Risk Assessment
- Education for Prevention of Oral Disease
- Adult- Child Teeth Cleaning, Biofilm, Stain Removal
- Desensitization of Sensitive Teeth
- Pain Management (Local Anesthesia)
- Anti-microbial Therapy
- Fluoride Therapy
- Dietary Analysis
- Pit and Fissure Sealants
- Impressions/Study Models
- Intra-Oral Photographs
- Tobacco Cessation Education and Referral
- Prosthetic (denture/partial) Cleaning
- Periodontal Scaling and Debridement

Payment is due at time of service and cash, checks and credit cards accepted.

Initial Assessment – NO Charge

Prophylaxis (Cleaning) -

Seniors 60 years + with or without bitewing x-rays \$20.00

Military Veterans with or without bitewing x-rays \$20.00

RADIOGRAPHS (X-RAYS) Full

mouth series \$30.00

Bitewing series x-rays \$20.00

Panoramic x-ray \$25.00

Sealants -(per tooth) \$10.00

Dental Hygiene Clinic

31 College Drive

Concord, NH 03301-7412

(603) 230-4023

Fax: (603) 230-9305

nhtidentalclinic@ccsnh.edu



PCC Fitness for all Ages!

CLASS SCHEDULE: (located in PCC gymnasium)

Adult Fitness	Senior Fitness
Monday 5:45pm-6:45pm Zumba (half toning/half regular)	Tuesday 1:00pm-2:00pm Tai Chi
Tuesday 5:30pm-6:30pm Aerobics	Wednesday 9:00am-10:00am Footsteps for fitness
Wednesday 5:45pm-6:45pm Zumba (half toning/half regular)	Thursday 9:00am-10:00am Footsteps for fitness
Thursday 5:30pm-6:30pm Aerobics	Thursday 10:15am-11:00am Tai Chi
Saturday 8:30am-9:30am (regular Zumba only)	

Did you know as a Senior Program Member you can attend any of PCC's Senior Fitness classes for **FREE** and any Adult Class for only \$3 each visit.

A Special Opportunity Coming in May *You Have the Power to Prevent a Fall*



Don't let the fear of falling limit your activities – **"A Matter of Balance"** classes provide the tools needed to gain confidence and learn simple fall prevention strategies.



A MATTER OF BALANCE
MANAGING CONCERNS ABOUT FALLS



CONCORD REGIONAL VISITING NURSE ASSOCIATION

Boscawen Town Hall – 12 High Street, Boscawen
Thursdays, May 2 -June 20, 2018, 2-4pm
FREE – Registration is required – class size is limited
To register call 224-4093, ext. 5815 or visit www.crvna.org



THE PCC SENIOR PROGRAM IN
 PARTNERSHIP WITH THE BOW YOUNG AT
 HEART & SUNCOOK SENIORS WITH
 ROYAL TOURS PRESENTS
“MILLION DOLLAR QUARTET”
 at THE GREATER BOSTON
 STAGE COMPANY with LUNCH at THE CHATEAU

Wednesday, May 15, 2019

\$100.00 per person – Space is limited -**40 PERSON MAXIMUM**

Enjoy a delectable lunch at the Chateau in Waltham before your live performance of “Million Dollar Quartet” at the Greater Boston Stage Company (formally called the Stoneham Theatre.) This Tony Award-winning smash hit is the exhilarating true story of the famed 1956 on-the-fly recording session at Sun Records that brought together icons Elvis Presley, Johnny Cash, Jerry Lee Lewis and Carl Perkins for one of the greatest jam sessions ever. Million Dollar Quartet brings that legendary Memphis night to life, featuring a score of hits including "Blue Suede Shoes," "Great Balls of Fire," "Walk the Line," "Whole Lotta Shakin' Goin' On," "Who Do You Love?" "Matchbox," "Folsom Prison Blues," "Hound Dog" and more. Includes: Transportation, lunch, driver’s gratuity, dining room taxes and gratuities, and reserved seats.

For PCC Senior Program Passengers – Please contact Kristen at 290-0398 with any questions. Departure from the Bow Community Building on Logging Hill Road, Bow at 9:30 a.m. Home approximately 6:30 p.m. PCC Senior Program members who would like transport to and from Penacook to Bow. The PCC Van will leave Rolfe Park at 8:50am and the PCC Van will be waiting in Bow for pick up at 6:30pm.

*Please advise Kristen if you need a front or near the front seat on the Royal Tours Bus due to a walker or cane, or if you have walking difficulties at time of sign up.

Menu

Fresh Garden Salad
 Famous Italian Bread & Butter -
 Italian Combination-Lasagna,
 Chicken Parmigiana, & a Meatball
 Chicken Supreme-Creamy White
 Sauce with Potato & Vegetable -
 Haddock St. Germaine-With
 Potato & Vegetable baked with
 Cream & Swiss Cheese, topped
 with Seasoned Crumbs
 Oreo Ice Cream Pie/ Hot Fudge
 Coffee & Tea

 Please make check payable to: ROYAL TOURS
 Mail to: PCC Senior Program, PO Box 6008, Penacook, NH 03303 Attn: Kristen/Trip

Name: _____ Phone: _____

Please choose one of the following for lunch:

_____ Italian Combo _____ Chicken Supreme _____ Haddock St. Germaine

Million Dollar Quartet May 15, 2019 Royal Tours



The PCC Senior Program in partnership with The Bow Young at Heart and Suncook Seniors with Royal Tours presents a **“Lobster Luau”**

Enjoy a Delicious Lobster Bake at Foster’s in York, Maine with Entertainment by Jim Conners! Visit to When Pigs Fly Bakery too!



Wednesday, July 17, 2019
\$90.00 per person



Join us in “paradise” for a “Lobster Luau.” You will travel to the scenic coast of Southern Maine. York, Maine is home to Foster’s Clambakes where you will enjoy a great show and a lobster dinner. Foster’s has been pleasing people for decades with their delicious food and efficient service. Your lunch is all steamed over a roaring wood fire for you to see, as well as live entertainment while you eat! A brief stop will be made at When Pigs Fly Bakery first. Next, get ready to enjoy the many talents of Jim Conners! Jim is a musician, singer, and comedian all rolled into one! You may have seen him at Indian Head before where he has entertained many with his great personality and ability to get you up and dancing! Prizes for the best Hawaiian outfits and best hula dancers! So, don’t be afraid to come up and shake your grass skirt and have a tropical good time! Aloha!

Includes: Transportation, lobster bake, entertainment, prizes and contests, driver’s gratuity (\$1 pp), dining room taxes and wait staff gratuities. *Foster’s is handicapped accessible, but not air conditioned.

MENU

- New England Clam Chowder
- Freshly Dug Maine Clams
- Cultivated Mussels
- One Succulent Maine Lobster *or* BBQ Chicken
- Sweet Corn on the Cob
- Roasted Red Bliss Potatoes & Onions
- Rolls & Butter
- Blueberry Crumb Cake
- Iced Tea & Lemonade
- Coffee & Tea

For PCC Senior Program Passengers – Please contact Kristen at 290-0398 with any questions. Departure from the Bow Community Building on Logging Hill Road, Bow at 9 a.m with a stop for passenger pick up at the Suncook Senior Center at 9:30am. Home approximately 5:30 p.m. PCC Senior Program members who would like transport to and from Penacook to Bow. The PCC Van will leave Rolfe Park at 8:20am and the PCC Van will be waiting in Bow for pick up at 5:30pm. *Please advise Kristen if you need a front or near to the front seat due to a walker or cane, or if you have walking difficulties at time of sign up.

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Name: _____ Phone: _____

Please choose one of the following or lunch: _____ One Lobster _____ BBQ Chicken

Lobster Luau July 17, 2019 Royal Tours

The PCC Senior Program in partnership with the Bow Young at Heart & Royal Tours presents A Luncheon Buffet Cruise aboard the Beautiful Beauport Princess In Scenic Gloucester, MA & a Visit to Rockport, MA



**Thursday, August 15, 2019
\$89.00 per person**

Berthed at Cruiseport Gloucester, where the world's top cruise ships come when they visit Boston's north shore, the Beauport Princess has two dance floors, three full-service bars with top-shelf liquor, a full-service catering menu, open-air top deck and comfortable, indoor seating for up to 300 people. With spectacular views, a DJ, sumptuous cuisine and impeccable service, your group will love this ship! When you're onboard Beauport Princess you'll cruise historic Gloucester harbor, full of fishing boats and schooners and witness extraordinary views, only seen by water, of the city's historic skyline, working waterfront, iconic Man at the Wheel statue, Rocky Neck Art Colony, the famous Greasy Pole, America's first lighthouses and more. Feast on a scrumptious Luncheon buffet served right on board! Cruise is 3 hours long. A visit to Rockport is planned after with all of their quaint shops, galleries, and eateries.

Includes:Transportation, cruise, luncheon, driver's gratuity (\$1 pp), DJ, dining room taxes and gratuities.

MENU

- Garden Salad**
- Penne Pasta Salad**
- Chicken Picatta**
- Baked Haddock**
- Roasted Red Bliss Potatoes**
- Seasonal Vegetable**
- Chocolate Mousse**

For PCC Senior Program Passengers – Please contact Kristen at 290-0398 with any questions. Departure from the Bow Community Building on Logging Hill Road at 9am. Home approximately 5:30 pm. PCC Senior Program members who would like transport to and from Penacook to Bow. The PCC Van will leave Rolfe Park at 8:20am and the PCC Van will be waiting in Bow for pick up at 5:30pm. *Please advise Kristen if you need a front or near to the front seat due to a walker or cane, or if you have walking difficulties at time of sign up.

A minimum of 40 is needed to make this trip a go.

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Name: _____
Phone: _____

Gloucester

August 15, 2019
Tours

Royal



***The PCC Senior Program, Bow
Young at Heart & Royal Tours
presents Lake George & Lake
Placid, New York***



3 Days / 2 Nights

Sunday - Tuesday, September 15-17, 201

\$469.00 pp Double - \$459.00 pp Triple - \$529.00 Single

Enjoy Lake George, New York! The Adirondack area offers so much in scenery and history you will love it! The Georgian Resort is located right on the sparkling waters of Lake George, New York. With visits planned to Lake Placid with an area tour, Prospect Mountain, as well as a scenic boat ride with a luncheon right on board, 2 delicious dinners and 2 breakfast buffets, as well as unforgettable entertainment one night, your group is sure to have a great time!

This trip includes: Transportation, 2 night's lodging at The Georgian, 2 buffet breakfasts, 2 dinners, entertainment 1 night, baggage handling, boat ride with luncheon, visit to Prospect Mountain, visit to Lake Placid with a guided tour of the area, Welcome Reception, local guide's gratuity, driver's gratuity.

Day One: Your group will be picked up at their usual pick up point today as you set out for a 3-day excursion to Lake George, New York. You will have a luncheon stop on your own en route. Lake George is home to The Georgian Resort located directly on the beautiful lake. Your group will love all that this property has to offer! Enjoy the outdoor pool or the Georgian's own private sandy beach. They are also conveniently located within an easy walk to the village with all of its shops and restaurants. Upon arrival, you will have a Welcome Reception to officially welcome you to the area and The Georgian. Tonight, your group will enjoy an exceptional Dinner right at The Georgian. (Please note! This is a lakefront property, not lake view rooms.)



Day Two: Your buffet breakfast this morning will be right at The Georgian and may be eaten at your leisure. Your group will go travel to Lake Placid for a guided area tour of this 2-time Olympic Village. Hear stories of glory and gold as our guide takes us all around the area. After your tour, you will have time for lunch and to browse the shops. Dinner this evening will again be included and will be followed by an evening of unforgettable entertainment!



Day Three: After your buffet breakfast and check out, you will be visiting Prospect Mountain. Prospect Mountain is one of Lake George's iconic landmarks. This beautiful mountain, located in the foothills of the Adirondacks, has a 2030-foot summit with magnificent panoramic views of Lake George & the Adirondack Region. It boasts a 100-mile view at the peak, giving one a spectacular & breathtaking view. After Prospect Mountain, you will be going on a 2-hour narrated boat ride on the sparkling waters of Lake George. The Lac du Saint Sacrament is one of 3 boats owned and operated by the Lake George Steamboat Company, in existence since 1817. Lake George is also known as "The Queen of American Lakes" and is 32 miles long. You will get to enjoy a delicious buffet luncheon on board this beautiful boat and entertainment will be provided for your listening and dancing pleasure. After your boat ride, you will be heading home with many wonderful memories of the Lake George and the Adirondacks.



Lake George is also known as "The Queen of American Lakes" and is 32 miles long. You will get to enjoy a delicious buffet luncheon on board this beautiful boat and entertainment will be provided for your listening and dancing pleasure. After your boat ride, you will be heading home with many wonderful memories of the Lake George and the Adirondacks.

For PCC Senior Program Passengers – Please contact Kristen at 290-0398 with any questions. Departure from the Bow Community Building on Logging Hill Road at 10:15am. Home approximately 6pm. PCC Senior Program members who would like transport to and from Penacook to Bow. The PCC Van will leave Rolfe Park at 9:40am and will be waiting in Bow for pick up at 6pm. *Please advise Kristen if you need a front or near the front seat due to a walker or cane, or if you have walking difficulties at time of sign up

A \$150.00 per person deposit is due by May 1, 2017, with final payment due by August 1, 2017. Please make insurance checks to ROYAL TOURS. Our Policy-Overnight is as follows. If a person cancels and their space is filled with a replacement, they may be refunded. Otherwise, cancellations received within 30 days prior to the trip will not be refunded, unless they have insurance, which guarantees a full refund, within 30 days after the date of the trip. It is highly recommended that people take insurance out, this way they are guaranteed a full refund, no matter when they cancel. People without insurance who cancel within the 30 days, will not receive any refund, if they do not have insurance.

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NAME _____ PHONE: _____

ROOMING WITH: _____

____ Yes, I want Insurance ____ No, I do not want Insurance

LG/LP

September 15-17, 2019

Royal Tours