

# AROUND THE TABLE

*A Meals on Wheels Publication*

SEPTEMBER 2025



## SHARE THE SPIRIT, BRIGHTEN A SENIOR'S HOLIDAY WITH **SANTA FOR SENIORS** TODAY!



Get ready to spread some holiday *cheer* because our Annual Meals on Wheels Santa for Seniors Holiday Gift Program is *here!*

This special program brings joy to seniors in Rockingham County who might otherwise go without a gift during the holiday season. With your help, our goal is to provide a gift to 1,250 individuals.

With the support of generous individuals and organizations, we ensure that every home-delivered senior client receives a thoughtful present, complete with personal touches like favorite colors, hobbies, or even items for their beloved pets. Whether it's a cozy blanket, a favorite book, or a heartfelt note, your gift will bring joy to an individual in Rockingham County.

Last year, the kindness of our community made it possible for every client to receive a gift—and with your help, we can do it again this year.



### HOW DOES IT WORK?

#### REGISTER TO BE A "SANTA"

For those reading on a digital device, you can click the button below to sign up.

Visit our website: [RockinghamMealsOnWheels.org](http://RockinghamMealsOnWheels.org) to register.

Send us an email at [santa@rnmow.org](mailto:santa@rnmow.org)

#### RECEIVE YOUR NAME

In a couple weeks you'll receive an email with your senior's name(s) and personal interests.

#### PURCHASE GIFTS

Using the provided personalized interest list, purchase a gift or gifts.

There is no suggested amount to spend.

Whatever you can do is very much appreciated.

#### DROP OFF YOUR GIFT

Bring your bagged (not wrapped) gift to our main office in Brentwood, NH by December 5.

Our Meals on Wheels drivers will deliver it directly to your senior in time for the holidays.

**CLICK HERE TO SIGN UP!**



# SALEM'S SPECIAL DELIVERY

Our hearts are blooming with gratitude for the wonderful gesture from the **Salem Area Women's Club**! They recently made an incredibly generous donation of **66 beautiful bouquets of flowers** to our Salem Meals on Wheels site. But these aren't just flowers; they are little bundles of joy and color that will be hand-delivered to our homebound clients along with their meals. For so many, these bouquets will be a bright spot in their day, offering a cheerful reminder that their community cares about them.

We're already picturing the smiles these vibrant gifts will bring to the faces of our clients. A huge thank you to every member of the Salem Area Women's Club for their thoughtfulness and dedication to making a difference in the lives of their neighbors.



# HEALTH & RESOURCE EXPOS



Photo by: Portsmouth Senior Center

Finding the right health information can sometimes feel overwhelming, but local Health & Wellness Fairs make it easy and often provide resources you didn't even know you needed! Recently, Meals on Wheels of Rockingham County joined more than 60 local vendors at the Portsmouth Health & Wellness Expo, presented by the Portsmouth Senior Center. It was a wonderful opportunity to connect with the community, share resources, and help seniors and families discover tools to support their health and well-being.

Come visit some upcoming **FREE** resource events:

**Thursday October 2: 10 am - 1 pm**  
**Salem Health Fair & Vaccine Clinic**  
at the Ingram Senior Center  
1 Sally Sweet Way- Salem, NH

**Saturday October 4: 10 am - 1 pm**  
**Londonderry Senior Expo**  
at the Londonderry High School Gym  
295 Mammoth Road- Londonderry, NH



## PLAISTOW PUMPKIN FESTIVAL

SATURDAY OCTOBER 25, FROM 4-7PM  
Plaistow Town Green, 145 Main Street, Plaistow

**Bring the family to an afternoon of family fun!**

**Trick or Treat on over to the Meals on Wheels table for a SPOOKTACULAR TIME and some great resources!**



## BECAUSE EVERY MEAL MATTERS.



CLICK OR SCAN  
HERE TO  
DONATE



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