

OCTOBER 2025 NEWSLETTER

THE LATEST NEWS, VIEWS & ANNOUNCEMENTS

October Events

Closed October 13th For Columbus Day

Cards Daily 12:45 PM

Mahjong Tuesdays 12:45 PM

Crafts Tuesdays 12:45 PM

Bone Builders Wednesdays 9:00 AM

Blood Pressure Check Wednesdays 11:00 AM

> Bingo Wednesdays 1:00 - 3:00 PM

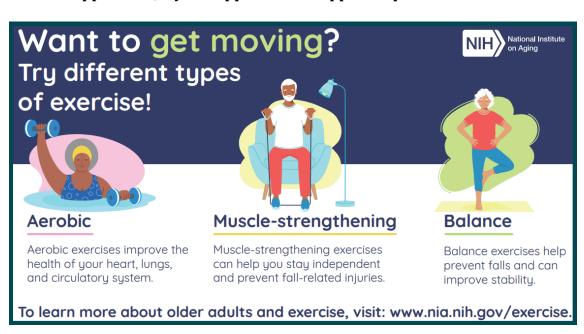
Birthday Celebration Thursday October 30th



HARVEST OF THE MONTH - APPLES

Apples originated in Central Asia, where they have been growing for thousands of years. There are more than 7,500 known cultivated varieties of apples! Apples were introduced to the United States by colonists in the 17th century. Only crabapples are native to North America. Most of the nutrients in an apple are found just under the skin. Apples are high in fiber and good sources of potassium and vitamin C. It takes about 36 apples to make a gallon of cider. Apple trees mature slowly and can take 4-10 years to produce fruit.

For an apple treat, try our apple bar and apple crisp on our October menu!





THE FALL BASKET RAFFLE IS BACK! ~ \$500 VALUE ~



Tickets Available For

\$1 each \$5 for 6

Purchase tickets at:

Berlin Senior Center 610 Sullivan Street, Berlin, NH

Or call 603-752-2545

Thank you for supporting the Senior Meals Program!