



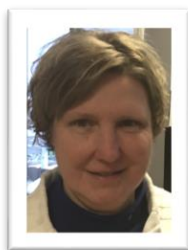
MERRIMACK
FRIENDS &
FAMILIES

Est. 1973

FEBRUARY 2023

Presidents' Message

Julie Akers & Tammy Ditman



After a snowy, stormy end to January we hope you are enjoying a calmer, less stressful February and we hope to see you at lots of MFF events! We are excited to be partnering with the Merrimack Library for monthly events starting with a wine tasting class! Sign up to help at our chili and bake sale at the Winter Carnival at Wasserman Park, join us for Trivia Tuesdays and coffee at Buckley's Bakery, join in the discussion at Book Club, create Valentines treats for senior citizens and sign up to participate in the self-defense classes provided to us by the Merrimack Police Dept. We'll try to fit in some walks at the Merrimack Outlets on weekend mornings. As always, bring a friend to join in the fun and watch your email for evites to all MFF events.

Julie and Tammy

Merrimack

February calendar

DATE	TIME	EVENT
Feb 1	6:00 PM	Secret Sister Potluck Gift Exchange
Feb 4	9:00 AM	Coffee Social @ Buckley's
Feb 7	6:00 PM	Trivia @ Able Ebenezers
Feb 14	6:00 PM	Trivia @ Able Ebenezers
Feb 16	6:30 PM	Recipe Swap
Feb 21	6:00 PM	Trivia @ Able Ebenezers
Feb 22	12:30 AM	Lunch Bunch @ Portofino's
Feb 23	6:30 PM	Class in a Glass Wine Tasting
Feb 27	6:30 PM	Book Club
Feb 28	6:00 PM	Trivia @ Able Ebenezers
Feb 31	11:30 AM	Winter Carnival
Please see the Evite for additional information		

Vice President

Catherine Pepler



Greetings MFF Members!

January flew by didn't it! Hoping you were able to join in on the many events scheduled. The calendar is current so do take a look at it from time to time.

We are thrilled with our new partnership with the Merrimack Public Library. We have a secured date and time each month. It's the last Thursday from 6:30 – 8:00pm. We kick off our first event with **Class in a Glass**. The class is being conducted by a certified wine educator. Evites have been sent out, check it out for more details. Important to know – class is limited so if you are interested sign up now. Tickets are \$15 to cover the cost of the instructor and beverages. More questions, reach out.

With regret the Merrimack Police women's self-defense course is canceled due to insufficient sign ups. I have heard from several of interest however the dates did not work for their schedule. Please send



me dates that would work and I can see if we can reschedule. There is a session in March not affiliated with MFF. If you are interested in knowing more, please reach out to me.

There is a CPR class coming up on March 18th. The evite has been sent out. Hoping you will join in. I am sure you know about Damar Hamlin of the Buffalo Bills and the wonderful turn out after receiving CPR on the field. CPR does save lives! Sign up today.

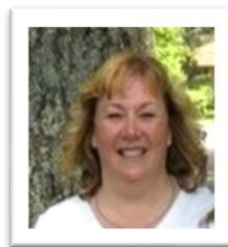
We are now in the process of seeking nominations for the next Board of Directors. Want to learn more what the Board is about or interested in a board position? Reach out to any Board member for information and to answer any questions you may have. A great time to have one-on-one conversation is at the MFF Social / Informational meet ups held at Buckley's Bakery. Check the calendar for dates and watch for evites. You will be hearing from Heather Murray with a call out for nominations. Yes, you can self-nominate!

Until the next time, stay safe!

In friendship,
Catherine Pepler
MFF VP

Treasurer

Bev Coelho



Just a reminder that if you use Amazon when shopping, please use Amazon Smile and select Merrimack Friends and Families as your Charity to donate your 0.5% of eligible purchases.

Thank you,
Bev

Secretary

Sandy George

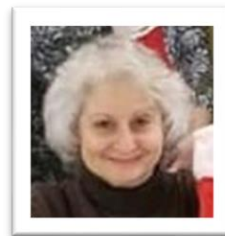


With the weather turning colder and a lot of people losing electricity, please remember you can reach out to club members for help if needed. You may call me if you need help with rides, meals, or just someone to talk to and I can pair you up with help.

Sandy George

Ways and Means

Carol Figueroa & Jill O'Toole



Merrimack's 31st Annual Winter Carnival is on Saturday, February 25th from 12:00 to 3:00 pm at Wasserman Park. We are hosting a fundraiser for the MFF Charitable fund at this event. We will have a bake sale along with selling chilli, fritos, water and hot chocolate. We need volunteers to help with this event and also make baked goods. The Evite has been sent so please take a look at it and RSVP. You can check out the What to Bring List once you RSVP to make your selection of how you can help. We are asking for specific baked good items so that we have a mix of items. To help at the event there are two two hour slots available. Please consider helping out during the event. It is always lots of fun.

If you can't help out that day or bake but would like to support this event, you can donate to help defray any of our chili costs. Please click on the link below to donate. Thank you for your continued support of the MFF fundraising efforts.

<https://mff-101539.square.site/product/ways-means-contribution/1?cs=true&cst=custom>

Carol and Jill

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## Service

*Laurie Libby*



Hello members and Happy February!

It's nice to see the daylight lasting a little longer although winter is not done with us yet I am sure.

Last week we spent time volunteering at the Families in Transition Outfitter store organizing shelves and sorting donated clothing. Thanks to those who participated; it was greatly appreciated by the staff members.

This month we will be meeting at the library on February 9th putting together a small goodie bag that will be delivered by the meals on wheels team on Valentine's day. Their volunteer coordinator Sean told me that the seniors especially appreciate the greeting cards they receive from various organizations. Please try to stop by and sign a Valentines card or two if you can.

For March we will be focusing on the Easter basket drive in coordination with the Welfare Department. Easter is fairly early this year so the baskets will need to be dropped off by 3/30. I will be sending out the Evite once I have a count by the Welfare coordinator.

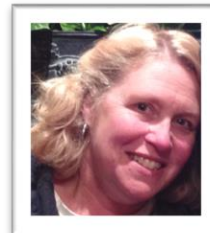
I hope that I am providing a good variety of activities that provide a mix of volunteers to donate their time as well as monetary donations/items. I welcome suggestions if you want to send me a note.

Be well and stay warm!  
Laurie

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## Membership

*Lisa Casell, Robin Johnson & Beth Voorhees*



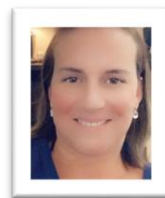
Hope everyone is well and enjoying a New Hampshire winter. So far, Membership has one event planned for February, our monthly coffee social at Buckley's Bakery and Cafe. This month will be meeting on Saturday the 4th of February at 9:00 am. We will meet upstairs. Please join us for coffee and conversation and if you know someone interested in joining MFF please let them know about this event.

Hope to see you there.  
Robin, Beth and Lisa

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## Publicity

*Beth Milliken*



Please remember to send pictures of your MMF related events to me so that we can include them on our Facebook and Instagram pages, along with in our future newsletters. It's so nice to be able to share with our members how much fun we have! When you send, please let me know a quick summary of what the pictures are of.

Happy Holidays Everyone!  
Beth

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## Happy Birthday!!



Leslie H

2/20

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## Interest Group Happenings

### Secret Sisters

It's hard to believe that January is over! The holidays have come and gone. The hustle and bustle has settled down. However, Secret Sisters just keep on giving! Isn't this fun?

Our second Gift Exchange Potluck, which was supposed to occur in January, was delayed until February 1<sup>st</sup> because Mother Nature had other plans. But we still had a great time. Thank you, Julie, for hosting! Our next potluck in May is when we get to tell our Secret Sisters who we are!

Remember, if you'd like to submit a quick "thank you" note in the monthly newsletter to let your SS know how much you loved your gift, please send it in response to the newsletter input email, and we will ensure it gets published!

For February, March, and April, you are on your own delivering your gifts to your SS. Keep doing what you're doing – it's working!

Again, thank you for your participation. Here's hoping that 2023 has started off on the right foot!

Regards,  
Jill Mitchell

## Fitness Friends

Please join us for a fundraiser on Sunday, March 5th at Joyful Yoga NH located at 515 Daniel Webster Highway (Tractor Supply). The gentle yoga class will be from 11 am to 12 noon and 100% of the fee for this class will be donated to the MFF Charitable Fund.

This hour long class will be led by Joy, owner of Joyful Yoga, and will take you through gentle movements and postures which will help you with your flexibility, strength and balance. The registration fee for the class is \$20. You can pre-register by paying this fee at the link below. An Evite for this information will be sent shortly.

We hope you can join us on March 5th.

In Friendship and Fitness,  
Carol

<https://mff-101539.square.site/product/yoga-fundraiser-with-joyful-yoga-nh/11?cs=true&cst=custom>

## Book Club

Hi, everyone!

Thank you to Sharon Belliveau who graciously welcomed us to her home for book club in January. We needed to reschedule the club meeting from January 23 to January 30 because of the crazy weather we are having this year. Sharon welcomed us with a chicken gnocchi soup which was absolutely delicious. Thank you again, Sharon for a delightful night.

I guess winter decided to come in with a vengeance. We had to postpone our January meeting until January 30 to talk about the books we exchanged at Christmas time. Our discussion about the Christmas exchange books was very informative and most books were recommended to be a good read. I did not make a list but if I can put together one for next month I will.

We will be reading The Last Thing He Told Me by Laura Dave for the February 27 meeting. Please check the evite for details about where we are meeting.

Sandy George





## Lunch Bunch

We completed the first of our restaurant challenges with our lunch at Don Ramon's in January. The consensus was that they were pretty close, with no real outstanding winner. I'm not sure if that's a good or not, but either way we enjoyed both meals! I've added a new challenge to our lunch bunch agenda. Italian! We will start by going to Portofino's at 12:30 on February 22nd and then later this spring compare it with lunch at Pizzico. Also, we will wrap up our comparison of Thai restaurants in March with lunch at A Lot of Thai.

## Recipe Swap

We had some tasty healthy dishes at our light and healthy get together last month. Tammy made egg cups that can be customized with your favorite veggies. Linda made guacamole deviled eggs that were delicious and Lisa made a from scratch balsamic vinaigrette that was so good on her fresh salad. Everyone went home with a high energy trail mix.

With all the snow & colder temps finally here I thought Comfort Foods would be a good theme for our February get together. So pull out a favorite winter classic or that new recipe that you've been waiting for the cold weather to try. I'll be serving some oldies but goodies. I'm making Creamy Tomato Basil Soup, Baked Macaroni & Cheese and for dessert Maple Walnut Croissant Bread Pudding. I hope you can join us at 6:30 on February 16th for this warm & cozy event!

## Don't forget to support us while you shop!

