



MERRIMACK
FRIENDS &
FAMILIES

Est. 1973

JUNE 2025

50+ YEARS OF CELEBRATING MERRIMACK!!
1973-2025



Presidents' Message

Julie Akers & Tammy Ditman



June has finally arrived! Let's enjoy the warmer weather and brighter evenings by getting out and meeting up with friends. Watch your inbox for evites to a wine tasting at LaBelle Winery, weekend walks, coffee upstairs at Buckley's Bakery, book club discussion, Wine Down Wednesday at Common Man, and trivia Tuesdays at the brewery. Lots of volunteers are needed at the MFF fundraiser that benefits both our club and HotDogZ for ALZ. Come for an hour or two to sell food and chat with people or bake a batch of cookies or brownies to donate to the bake sale. Summer is full of great outdoor events. Often people want to check out a one-time event but don't feel comfortable going alone. If you want to go to a farmers' market, the beach, a new restaurant or hear some live music let us create an evite to encourage some MFF members to join you. We hope your summer is off to a great start and we hope to see you soon.

"Friends are the family we choose for ourselves." - Edna Buchanan

Julie and Tammy

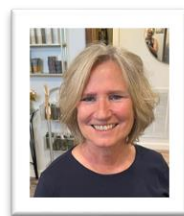
June Calendar

DATE	TIME	EVENT
June 1	9:00 AM	Walking Group
June 3	6:00 PM	Trivia @ Able Ebenezer
June 5	6:00 PM	Board Transition Potluck
June 7	9:00 AM	Membership Social @ Buckley's
June 8	9:00 AM	Walking Group
June 8	1:00 PM	Wine Tasting @ LaBelle Winery
June 10	6:00 PM	Trivia @ Able Ebenezer
June 15	9:00 AM	Walking Group
June 16	7:00 PM	Book Club
June 17	6:00 PM	Trivia @ Able Ebenezer
June 22	9:00 AM	Walking Group
June 24	6:00 PM	Trivia @ Able Ebenezer
June 26	11:00 AM	NH Hot DogZ for ALZ
June 29	9:00 AM	Walking Group

Please see the Evites for additional information.

Vice President

Catherine Pepler



Happy Spring!

We survived the rain! Now for spring flowers. It's so nice to be able to get out and enjoy the sunshine! I hope you are enjoying your favorite activity. Be it hiking, walking, gardening or sitting on your porch or patio with a cup of tea, do enjoy every moment.

We are kicking off a new year and looking forward to meeting up with you. There are lots of social activities and service events available for you to join. It is so fun to be together.

The Transition of MFF's new Board will occur on June 5th. Looking forward to another terrific year ahead.

Catherine



Treasurer

Bev Coelho

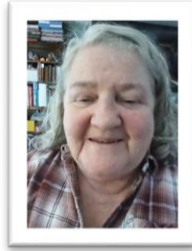


Enjoy the summer and hope to see you at a club event this summer!

Bev

Secretary

Sandy George

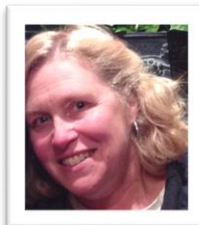


Remember to send me any requests for help needed. We have an awesome group willing to make a meal, be a shoulder to lean on to help you cope with life's insanity at times.

Sandy

Ways and Means

Karen Contos & Beth Voorhees



We will be participating again in the tenth annual NH Hot DogZ to end Alzheimer's event. It will be on June 26th from 11 am to 4 pm, in the parking lot of Our Lady of Mercy Catholic Church. We will be selling baked goods again this year. As we expect it to be hot, we would like you to make items that will not be affected by the heat. Cookies, brownies, popcorn mix, dipped pretzels, etc. would work great. As we get closer to the date, we will be sending out an Evite, asking for food, donations, and help in manning the tent.

Also, we have set the date for the annual Merrimack yard sale which will be Saturday, September 6 from 8:00 am - 1:00 pm. This is our biggest fundraiser of the year, and in the past, we had invited the community to also bring their donations. However, we have discovered that it is very labor-intensive

and a massive cleanup that involves multiple truckloads of items that end up going to the dump, the recycling or the clothing drop boxes. This year we have decided we will only have donations from members and we will not be taking any glassware or electronics. We will be sending out an Evite as we get closer to give some more specific directions.

Have a wonderful summer and we hope to see you at some of the MFF activities!

Karen & Beth

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## Service

*Laurie Libby*



Greetings!

We completed our Adopt a Road service project in May. Thanks for those who came out to help.

In June we will be partnering with Ways and Means at the HotdogZ for ALZ on Thursday, June 26th. We will need lots of baked items!

Laurie

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## Membership

*Robin Johnson*



Welcome to June and summer in New Hampshire.

Has a new person moved into your neighborhood? Do you know someone interested in joining MFF? Please let them know about our monthly coffee social at Buckley's Bakery and Cafe on Saturday, June 7th at 9:00 am. Hope to see you there.

In addition, Membership will be hosting a "Wine Down Wednesday" on Wednesday, June 18th at 5:00 pm at The Common Man. Keep a look out for the Evite and please join us for a beverage and conversation.

Robin

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## Publicity

*Carol Figueroa*



Please remember to send pictures of your MFF related events to me so that I can include them on our Facebook and Instagram pages. 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.

Carol



## Happy Birthday!!



|            |      |
|------------|------|
| Lydia D.   | 6/6  |
| Katie B.   | 6/8  |
| Barbara H. | 6/10 |
| Beth M.    | 6/12 |
| Jill M.    | 6/12 |
| Beth V.    | 6/20 |
| Tammy D.   | 6/30 |

## Interest Group Happenings

### Secret Sisters

Hello, Secret Sisters! What a wonderful year we had – hard to believe another one has come and gone. I'd like to thank all of you that participated. A big shout out to Julie for hosting our reveal party! It was so much fun, and so rewarding. I hope you all plan to do it again next year.

This month, you have the opportunity to send a small "thank you" gift to the wonderful woman who has been surprising YOU each month since the fall, now that you know who she is!

Again, thank you for your participation. I hope you all have a healthy and relaxing summer, and we'll see you in September!

Regards,  
Jill M.



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## Fitness Friends

Please join us for our Sunday walks!

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## Monday Night Book Club

We had a great meeting of the book club last night at Carol's house. She provided the cutest charcuterie cups for our enjoyment. We discussed the book *The Boys* by Ron and Clint Howard. Though we all enjoyed the book it seemed those of us who watched the Andy Griffith show and Gentle Ben and other early shows with Ron and Clint got more out of the book than others. We all agreed that perhaps a little less detail at times would have enhanced the book.

We will be meeting in June to discuss *Remarkably Bright Creatures* by Shelby Van Pelt. This is the author's first novel and has a lot of recommendations. Copies of the book in large print, regular print, hardcover, softcover, and as an audiobook are currently available at the library. Look for the evite for more details for our June 16th meeting, which will be the last meeting for this club year. We will have a book swap so come and pick up some good books to read this summer!

I will be collecting a list of classic book titles that we can add to our reading list for next year before our last meeting. Please email your recommendations putting classic books in the subject line to me before June 10. I am hoping to have the results of the Sci-fi books and Historical novels we picked out available at that meeting.

"Let us read, and let us dance; these two amusements will never do any harm to the world."  
— Voltaire

"Books are a uniquely portable magic."  
— Stephen King, *On Writing: A Memoir of the Craft*

Sandy G.



# Lunch Bunch

No meeting in June, but keep an eye out for future Evites!

Carol

