

The Volunteer Voice

January (Winter) 2026

December Soup Kitchen Mailing and Pen Pals Christmas Celebration

We ended 2025 with a bang. December was a busy month. We had our Nashua Soup Kitchen mailing and we had our first “meet and greet” with our 3rd grade pen pals.



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Thirty seven students were very excited to meet their senior pen pal for the first time. The seniors enjoyed a mini concert by the third graders followed by lively conversation and refreshments. A big shout out to all our volunteers! We would also like to welcome back Ms. St.Pierre and a special welcome to Ms. O'Brien who joined our program this year.

Welcome!

All of us at RSVP would like to welcome our 2025 New Volunteers: 😊

Deanna Benjamin
MaryLou Cassidy
Jen Gordon
Linda Morin

Ann-Marie Perin
James Pietrovito
Janet Peitrovito
Sheila Sturtevant
Suzanne Tozlowski

Thank you so much for joining us!!

2026 Nashua Soup Kitchen Mailings:

**Location: Davidson Landing
145 Ledge St. Nashua, NH at 9:00am**

Wednesday, January 28

Wednesday, March 25

***Wednesday, (Donation Day) May 20**

Wednesday, August 26

Wednesday, October 21

Wednesday, December 2

Reminder to all volunteers for the Soup Kitchen Mailing. ***The May 20th mailing is donation day to benefit the soup kitchen. A list of needed items will be sent to each volunteer a month before to give you plenty of time to shop!** Don't forget - the more items you bring in, the better chance you have to win a gift basket.

Bone Builders is growing!!!

The end of 2025 has seen a growth in our Bone Builders Stations and classes. Thanks to our volunteers we have begun Bone Builders classes at the Francestown Town Hall (located at 2 Boston Road) on Wednesdays & Fridays at 9:30am. Francestown classes will be led by Janet and Jim Pietrovito. MaryLou Cassidy will be leading the Bone Builders class at Hancock Town Library (located at 25 Main Street) on Tuesdays at 9am.

As always, Bone Builder exercises increase bone strength, helps to keep muscles active that are not normally used and it gives participants an opportunity to connect with other like-minded people.



Janet and Jim Peitrovito leading the Bone Builders classes in Francestown, NH. Thank you! 😊



New Bone Builders class in Frankestown, NH



Bone Builders Frankestown, NH

**RSVP
Signature** —————→
Programs:

OFFICES:

RSVP Nashua

145 Ledge St.
Nashua, NH
03060
(603)598-9421

RSVP Manchester

1915 Front St.
Manchester, NH
03102
(603)634-1169

**Healthy Habits Adult
workshops**

We are looking for volunteers who would like to become part of our Healthy Habits Adult workshops.

Please contact Donna Konop at (603)598-9421 if you are interested.

Also, contact Donna regarding any questions with the Bone Builders schedule.

Bone Builders Sites

BEDFORD

Connect 55+ – Tues.&Thurs. @ 10am

FRANCESTOWN

Francestown Town Hall – Wed. & Frid. @ 9:30am

GOFFSTOWN

Goffstown Parks & Rec – Mon. & Wed. @ 9:30am

HANCOCK

Hancock Town Library – Tues. @9am

HUDSON

Hudson Senior Center – Mon. @ 8:15am & Thurs. @ 2:30pm

MANCHESTER

WB Cashin Senior Center – Mon. @ 9am

Derryfield Village – Mon.&Thurs. @10am

MILFORD

Millford Mills – Tues. & Thurs. @ 9:30am

NASHUA

AHEPA 35 Manor – Mon. & Fri. @1pm

Coliseum Senior Residence – Tues.& Thurs. @ 10am

Davidson Landing II – Tues. & Thurs. @ 10am

Gatewood Manor – Mon. & Wed. @ 10am

Nashua Senior Center – Mon. & Thurs. @ 1:30pm

Pratt Homes – Tues. & Thurs. @ 1pm

Streeter Shores – Tues. & Fri. @ 10am

Wagner Court – Mon. & Wed. @ 2pm

PELHAM

Pelham-Hobbs Community Center – Mon., Tues., Wed., & Thurs. @ 9am & Mon. & Wed. @ 11:15am

PETERBOROUGH

Peterborough Congregational Church – Mon. & Fri. @ 7:45am



Chick Pea Salad:

Directions

Toss a drained & rinsed can of no-salt added chickpeas with 3 tablespoons extra virgin olive oil, a handful of roughly chopped parsley, 2 sliced scallions, and the juice of 1/2 lemon. Season with 1/4 tsp. kosher salt & plenty of freshly ground pepper

Nutrition Information: 8 servings

- Calories 115
- 5.7 grams fat
- 3.8 grams protein
- 12.9 grams carbohydrate (1 gram sugar)