



August 2026

HORSE MEADOW SENIOR CENTER

91 Horse Meadow Road, North Haverhill, NH
(603) 787-2539 FAX (603) 787-6919
Facebook - Horse Meadow Senior Center

A location of Grafton County Senior Citizens Council, Inc., whose main office is located at 10 Campbell Street, Lebanon, NH 03766, (603) 448-4897, www.gcsc.org and also on Facebook. Serving the Haverhill, Woodsville, Pike, Monroe, Bath, Benton, Piermont, Orford, and Lyme communities.

Our mission is to enrich the lives of older adults and individuals with disabilities by creating opportunities for engagement, fostering healthy aging, and delivering compassionate support.

Director Lisa Adams
Home-Delivered Meals Coordinator..... Keelei Adams
Activities Coordinator Wanda Sawyer
Bus Driver..... Ron Reed, Peter Giunta
Drivers/HDM Peggy Fraser
Head Cook Mark Adams
Kitchen Staff... Donna Emerson, Diane Keith,
David Aldrich, Cassidie Lang
Advisory Council... Eva Daniels, Ann Green, Diane
Kirkwood, Priscilla Lamott, Carmine Pandolfi,
and Sherri Sargent.



HORSE MEADOW IS OPEN Monday - Friday from 8:00 - 3:00

Home-delivered meals; we deliver nutritious meals 5 days per week. If you or someone you know could benefit, please call the center or email Keelei at kadams@gcsc.org for more information.

ADRC; provides an invaluable service for helping individuals and their family members find resources to help them maintain independence and stay healthy; call (866) 634-9412 or (603) 448-1558 for more information.

RSVP; RSVP AmeriCorps Seniors volunteers' activities focus on helping older adults (age 60+) veterans and their families, family caregivers, and adults with disabilities to age in place. Info call (877) 711-7787 or email rsvp@gcsc.org.

Transportation; available 5 days a week, call (603) 787-2539 to schedule an appointment.

Virtual activities; book club and special events through GCSCC or many options through the Aging Resource Center (ARC) at Dartmouth-Hitchcock.

Food Pantry; open Tuesday 11- 2 pm, Wednesday 10 - 1 pm and Thursday 1 - 2 pm.



When you donate to GCSCC, you make it possible for older adults and adults with disabilities living in every town in Grafton County to use our programs and

services. To donate:

~ please visit www.gcsc.org/donate

OR

~ to donate by check, please mail to GCSCC, PO Box 433, Lebanon, NH 03766

We're Hiring!

Bus Driver—Full time 36 hours
Kitchen Asst.. Part Time 28 hours and
Part Time 20 hours
HDM Coordinator -32 Hours
Non-Exempt position.
Contact hr@gcsc.org to inquire!



Please join us as we celebrate the **26th Anniversary** of Horse Meadow Senior Center. It's been 26 years of friendship, laughter, and great memories. Let's celebrate this sweet milestone together with an old-fashioned Ice Cream Social! Please join us on August 18th at 2:00pm and share some of your memories!

Directors Note:

Make sure to stop by the center this month and say goodbye to Keelei, her last day will be August 19th. We wish her well as she heads off to the University of Hartford, to attend the Hart School of Dance to pursue her BFA. We want to thank her for her time at Horse Meadow as our HDM coordinator. In her time here she has truly made a difference in the lives of so many, from her help with tech support, working on our social media, creating fun opportunities for our participants, and the kindness she shows everyday.

Lisa

August 2026

Monday	Tuesday	Wednesday	Thursday	Friday
3 <i>Beef and Broccoli</i> <i>Egg noodles</i> <i>Applesauce</i> <i>Milk</i>	4 <i>Pulled pork Sandwich</i> <i>Fries</i> <i>Green beans</i> <i>Juice</i> <i>Milk</i>	5 <i>Marry Me Chicken</i> <i>Sweet Potato</i> <i>Peas</i> <i>Fruit /Milk</i>	6 <i>Tuna Salad Plate</i> <i>Lettuce, Tomato, Cukes</i> <i>Three bean Salad</i> <i>Juice /Milk</i>	7 <i>Sausage, Pepper,</i> <i>Onion</i> <i>Rice</i> <i>Carrots</i> <i>Oranges</i> <i>Milk</i>
10 <i>BBQ pork chops</i> <i>Sweet Potato</i> <i>Spinach</i> <i>Applesauce</i> <i>Milk</i>	11 <i>Taco Tuesday</i> <i>Lettuce, tomato, cheese</i> <i>Rice and Beans</i> <i>Corn</i> <i>Juice</i> <i>Milk</i>	12 <i>Creamy Garlic Chicken</i> <i>Baked Potato</i> <i>Carrots</i> <i>Fruit /Milk</i>	13 <i>Spaghetti w/Sauce</i> <i>Broccoli</i> <i>Garlic Bread</i> <i>Juice</i> <i>Milk</i>	14 <i>Hot Dogs</i> <i>Baked Beans</i> <i>Peas</i> <i>Peaches</i> <i>Milk</i>
17 <i>Turkey Gravy</i> <i>Mashed Potato</i> <i>Green Bean Cass.</i> <i>Applesauce</i> <i>Milk</i>	18 <i>Pizza</i> <i>Assorted Toppings</i> <i>Garden Salad</i> <i>Juice</i> <i>Milk</i> <i>Ice Cream Social 2pm</i>	19 <i>Chicken Salad Plate</i> <i>Pasta Salad</i> <i>Pumpkin Bread</i> <i>Fruit</i> <i>Milk</i>	20 <i>Slow Cooker Pork with</i> <i>Apples</i> <i>Rice</i> <i>Baked Beans</i> <i>Peas</i> <i>Juice /Milk</i>	21 <i>Chefs Choice</i> <i>Assorted Baked Potato</i> <i>Carrots</i> <i>Pears</i> <i>Milk</i>
24 <i>Cheese Ravioli</i> <i>Garlic Bread</i> <i>Peas/Carrots</i> <i>Applesauce</i> <i>Milk</i>	25 <i>Turkey Burger w/</i> <i>cheese WG Bun</i> <i>Three Bean Salad</i> <i>Lettuce, Tomato</i> <i>Creamed Spinach</i> <i>Juice /Milk</i>	26 <i>Orange Chicken</i> <i>Rice Pilaf</i> <i>Broccoli</i> <i>Fruit</i> <i>Milk</i>	27 <i>Mac and cheese with</i> <i>Ham</i> <i>Garden Salad</i> <i>Banana Bread</i> <i>Juice /Milk</i>	28 <i>Baked Fish</i> <i>Sweet Potato FF</i> <i>Green Beans</i> <i>Pineapple</i> <i>Milk</i>
31 <i>Chicken Gravy</i> <i>Biscuit</i> <i>Carrot/Peas</i> <i>Applesauce</i> <i>Milk</i>	Milk, Juice, Coffee, Tea and Bread available at every meal			

Menu is subject to change without notice.

Congregate meals from 11:30 - 12:30 Monday through Friday. Meals are provided at no cost. A \$5 per meal voluntary donation is suggested but not expected. Coffee bar Monday - Friday all day.

August

HMSC August 20th from 9-12

HVC CARES /Heart and Vascular Center Community Awareness and Education to Save Lives From Dartmouth Health

Our screening services are available to adults ages 18 and older and include:

- Blood pressure screening
- Cholesterol screening
- Individualized cardiovascular risk education

Participants complete a brief consent form prior to screening. Following the screening, a registered nurse reviews results with each participant and provides tailored education regarding:

- Blood pressure management
- Cholesterol management
- Nutrition
- Physical activity
- Smoking cessation
- Heart disease prevention

Our program is provided at no cost to participants or community organizations.



We want to extend our gratitude to all the local businesses that generously support our senior center. Your donations help make it possible for us to continue providing crucial services, from healthy meals to activities that enhance the quality of life for our seniors. Thank you for being a valued and caring partner in our community!



Join us in the dining room Monday, August 10th! Harrison Turner with the BBB will be giving a presentation on Scam Awareness at 11:00am. See you there!



Horse Meadow Monthly Dinners

August 26th at 5:00pm.

"Looking at LiDAR - Shedding Light on New Hampshire's and Haverhill's Past "
With Stephan Alden

August 2026 Weekly Activities

Mondays:

9:30 Chair Yoga
1:00 Drums Alive

Tuesdays:

9:00 Yarn Crafts
9:30 Bone Builders
12:00 Discovery Bible
12:30 Drop in crafts with Beth

Wednesdays:

9:30 Chair Yoga
1:00 Bingo
1:00 Drums Alive

Thursdays:

9:30 Bone Builders
12:30 Drop in crafts with Beth

Fridays:

9:30 Chair Yoga
12:30 Mahjong

ACHS- Cooking Together Class

We have a few spots left for our next Cooking Together class. The next 3 week session will be held on Tuesdays. 9/1, 9/8 and Wednesday 9/16. Please see Lisa if you would like to sign up or for more information.

Monthly/Bi Weekly Activities

2nd Wed. @ 10 Pemi-Baker Nurse

2nd Wed. @10 Veterans Coffee

1st Thurs@ 10 Floral with Jane

2nd & 4th Thurs. @ 12:30 Herbal Group

1st&3rd Fri. -Painting Group @ 11am

BECOME A
VOLUNTEER
TODAY!

Horse Meadow is in need of some volunteers! Can you help out? We need servers for lunch in our dining room and Food Pantry volunteers. See Lisa



Community Breakfast & Open Mic

September 12,2026

Breakfast @ 8 am

Open Mic @ 530pm

Nutrition Corner

Farmers' Market Shopping Tips

Purchase produce that is in season. Some farmers even have produce available in the winter.

Talk with vendors at the farmers' market and find out what will be available the next time you come. Use this information to plan your purchases.

Buy only what you need for that week, so produce does not go to waste.

Consider canning or freezing produce if you purchase more than you can eat in a short time.

Entertainment



Thursdays - Music by Phyllis Vogel 11:15

First Thursday of the Month - Hymn Sing with Byron 12:30—ON HOLD

Second Wednesday of the Month - The BOYZ @11:00

Third Thursday of the Month - Dan Bixby @ 10:30



GCSCC-Wide Book Club

August — "Winter Solstice" by R. Pilcher
Discussion on Aug. 19th @10:00am

September — "The Lucky One" by Nicholas Sparks

Discussion on September 16th @10:00am
Call (603) 787-2539 to sign up and get a book.

Produce Tips & Tricks

Fresh fruits and vegetables are important to a healthy diet. However, every food item has the potential to be harmful if not stored or prepared properly. Bacteria or germs can affect produce during growth, harvest, storage, and preparation. Make sure you are following safe steps with produce to decrease the chances for a foodborne illness.

Buying Produce

Keep produce separate from meat, poultry, and seafood when packing them to take home. When buying pre-cut produce, make sure it is stored in a cold environment or on ice at the market. Inspect produce for quality – choose produce that is not bruised or damaged.

Storing Produce

Store produce properly. Produce that requires refrigeration should be stored at 40 degrees Fahrenheit. Some produce must be stored in a dry, cool location. Refrigerate all pre-cut produce at home.

Preparing Produce

Cut away any damaged areas on the produce before preparing or eating. Wash all produce under running water before preparing or eating. Do not use soap or detergents. Even if you do not plan to eat the skin, wash the produce before you peel so no bacteria get under the skin when peeling. Use a produce brush on firm produce. After washing produce, dry with a clean cloth or paper towel to avoid contamination with bacteria.

Won't you consider joining our amazing team of volunteers? We are in need of kitchen support, dining room support, Meals on Wheels drivers food pantry support, office support and substitute drivers. If you have a few hours to spare please come see me. "Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has."
– Margaret Mead