



October 2026

HORSE MEADOW SENIOR CENTER

91 Horse Meadow Road, North Haverhill, NH

(603) 787-2539 - F(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 develop, strengthen, and provide programs and services that support the health, dignity, and independence of older adults and adults with disabilities living in our communities.

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

Director Lisa Adams
Home-Delivered Meals Coordinator..... Peter Kimball
Activities Coordinator Wanda Sawyer
Drivers ...Peter Giunta, Margaret Fraser, Ron Reed
Head Cook Mark Adams
Kitchen Staff David Aldrich, Donna Emerson,
Diane Keith, Casside Lang
Advisory Council Eva Daniels, Ann Green,
Prisilla Lamott, Carmine Pandolfi, and Sherri Sargent



OUR SERVICES

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 ladams@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 1- 2 pm, Wednesday 10 - 1 pm, and Thursday 1 - 2 pm.

Durable Medical Equipment; Available Monday through Thursday 8 - 2 pm.

Congregate Meals: 5 days a week at 1130am



We're Hiring!

Bus Driver—Full time 36 hours

Kitchen Asst.. Part Time 28 hours and

Non-Exempt position.

Contact hr@gcsc.org to inquire!



Thursday October 29th

1130-1230

Lunch, Games, Prizes

Come dressed in your favorite costume.

Director's Note

October, what a wonderful time of the year!

Each Monday in October stop by the dining room and check out our recipe table—October is a great month to try a new dish.

On Monday, October 19th, we will be showing "Hocus Pocus" and on Monday, October 26th, "Hocus Pocus 2" at 12:30. Popcorn will be available. On October 16th, we will celebrate National Chocolate Cupcake Day!

And please join us for a warm cider social on Thursday, October 22nd, at 10 AM. We have so much happening at the center this month; make sure to join us for all the fun!

~ Lisa

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 appreciate your consideration and support!

October 2026

Monday	Tuesday	Wednesday	Thursday	Friday
	Juice and Bread available at every meal		¹ O/F Beef Sandwiches Sweet Potato Broccoli Juice /Milk	² Veggie Pizza Carrots Garbonzo Salad Oranges Milk
⁵ Saus, pepper, onion Baked Potato Spinach Applesauce Milk	⁶ BBQ Pork Rice Broccoli Juice /Milk	⁷ S/S Chicken Egg Noodles Pepper, onion, carrots Fruit / Milk	⁸ Spaghetti Bread/Butter Cauliflower Juice/ Milk	⁹ Ham Casserole Sweet Potato 3-Bean Salad Peaches /Milk
¹² Closed 	¹³ Mac & Cheese Stewed Tomato Squash Juice / Milk	¹⁴ Pork Ends Potato Green Bean Fruit /Milk	¹⁵ Chicken Rice Mixed Veggies Juice /Milk	¹⁶ Hot Dogs/Beans Corn Pumpkin Bars Pears /Milk
¹⁹ Chicken Stir Fry Pepper / Onion Rice Spinach Applesauce/Milk	²⁰ Pasta Bake Broccoli Cheesey Black Bean Juice /Milk	²¹ Shepherd's Pie Carrots Fruit /Milk	²² Chef's Choice Stuffing Brussel Sprouts Juice/ Milk	²³ Tuna Wrap Lettuce/Tomato Pasta Salad w/Peas Pineapple /Milk
²⁶ Chilli Cheese Bake Potato Beets Applesauce/Milk	²⁷ Chicken & Rice Peas Juice/ Milk	²⁸ Baked Ziti Garlic bread/roll Squash Fruit /Milk	²⁹ Baked Fish Sweet Potato Green Beans Juice/ Milk	³⁰ BBQ Meatballs French Fries Spinach Pineapple / Milk

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.

October 2026

Monthly Dinner

October 17th @ 5pm Entertainment 6-8pm

Fundraiser Spaghetti Dinner

Entertainment 6-8 pm will be provided by Mark Shelton. Mark Shelton from Vermont is a versatile, acclaimed entertainer known for incredible Elvis impersonations, dynamic classic rock/gospel shows, and even a pirate persona ("Captain Radical"), wowing audiences with his vocal range and showmanship across genres, often performing locally in VT and touring nationally. Hailing from the Northeast Kingdom in Vermont, Mark Shelton is recognized as a master showman, astounding vocalist and as a top-tier Elvis Tribute Artist (ETA) and a multifaceted performer in Christian, Crooner and Romantic, classic rock, country music and Broadway.

♦ Thank You ♦

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!



Halloween Basket Raffle

Tickets go on Sale
10/1/26

Drawing will be 10/23

\$1.00 Each or 6/\$5

Basket can be viewed in
dining room



Marble Game Begins 10/1/26

Each afternoon at lunch - Wanda will be hosting a new game at lunch time. Join her on 10/1 to learn about the new game

Weekly Activities

Mondays:

9:30 Chair Yoga
1:00 Drums Alive

Tuesdays

9:00 Yarn Crafts
10:30 Bone Builders
12:00 Discovery Bible
12:30 Drop in Crafts w/ Beth

Wednesdays

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

Thursdays

9:30 Bone Builders
12:30 Cribbage
12:30 Drop in Crafts w/ Beth
2nd & 4th Thursday 12:30 Herbal w Elaine

Fridays

9:30 Chair Yoga
12:30 Mahjong

Monthly/Bi-Weekly Activities

2nd Wed. @ 10:00 Pemi-Baker Nurse
2nd Wed. @10 Veterans Coffee
2nd & 4th Thurs @ 12:30 Herbal
10/8 @ 10:00 Floral with Jane
1st & 3rd Friday - Painting on Porch

Book Club - October

"One Second After"

by William Forstchen

Discussion on 10/21 @10am
Call 603-787-2539
to sign up. Virtual
and In Person



Writer's Group

Join our new Writer's
Group on October 1st at
1pm in the Compter Room.
The group will be creating
our own memoir's

Entertainment

Thursdays - Music by Phyllis Vogel 11:15
First Thursday of the Month - Hymn Sing with Byron 12:30
Second Wednesday of the Month The BOYZ - 11
Third Tuesday of the Month -Just Ray - 11
Third Thursday of the Month - Dan Bixby - 10:30

Oatmeal Pecan Waffles

Yield 4 servings

Ingredients

1 cup whole wheat flour
1/2 cup oats (quick-cooking)
2 teaspoons baking powder
1 teaspoon sugar
1/4 cup nuts (pecans, unsalted, chopped)
2 eggs (large, separated)
1 1/2 cups milk (fat-free (skim)
1 tablespoon vegetable oil
2 cups berries (strawberries, halved)
1 cup berries (blackberries)
1 cup berries (blueberries)
1 teaspoon sugar (powdered)

Steps

Combine flour, oats, baking powder, sugar, and pecans in a large bowl.
Combine egg yolks, milk, and vegetable oil in a separate bowl, and mix well.
Add liquid mixture to the dry ingredients, and stir together. Do not overmix; mixture should be a bit lumpy.
Whip egg whites to medium peaks.
Gently fold egg whites into batter.
Pour batter into preheated waffle iron, and cook until the waffle iron light signals it's done or steam stops coming out of the iron. A waffle is perfect when it is crisp and well-browned on the outside with a moist, light, airy and fluffy inside.
(Or make pancakes.)
Add fresh fruit and a light dusting of powdered sugar to each waffle, and serve.



Community Breakfast Buffet

October 17rd

3rd Saturday in September

Open Mic

Saturday October 10th

New Time 4-6pm



Practical Tips for Daily Eating

Eat a variety of colors: Include a rainbow of fruits and vegetables like dark leafy greens, peppers, tomatoes, and berries to maximize vitamins, minerals, and fiber. Start with a nutritious breakfast: Whole grains, fruits, and protein-rich foods provide energy and improve focus throughout the day.

Hydrate smartly: Water is the best choice; infuse with lemon or cucumber for flavor. Avoid sugary drinks.

Incorporate more greens: Add vegetables to stews, omelets, and salads to boost nutrient intake. Choose whole grains: Opt for brown rice, whole wheat pasta, oats, and potatoes with skins to increase fiber and satiety.

Vounteers Needed

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