



July 2025

HORSE MEADOW SENIOR CENTER

EXPRESSIONS

91 Horse Meadow Road, North Haverhill, NH

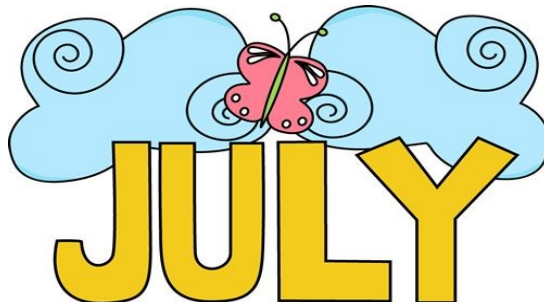
(603) 787-2539 FAX (603) 787-6919

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 and Piermont 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.

Director Lisa Adams
Home-Delivered Meals Coordinator. Keelei Adams
Activities Coordinator Wanda Sawyer
Van Driver Ron Reed
Drivers William Smith, Peter Giunta and Peggy Fraser
Head Cook Mark Adams, Stacey Maranville
GCSCC Kitchen Staff Donna Emerson, Diane Keith,
David Aldrich, Cassidie Lang and Karen Hood
Advisory Council . . Van Anderson, Sherri Sargent, Ed
Rajsteter, Carmine Pandolfi, Alison Bruce and Diane Kirkwood



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

Durable Medical Equipment; Available Monday thru Thursday 8 - 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 appreciate your consideration and support!

Home Delivered Meals/Transportation Fundraiser's

Please join us for one of our upcoming meals
July 19th @ 5pm
September 27th @ 5pm
November 15th @ 5pm
Stay tuned for more
information on the entertainment.

Note from the Director ~

Finally some nice summer weather for us all to enjoy. As we enter these hotter months, remember how important it is to stay hydrated. The center has air conditioning for you to enjoy along with many activities. You can just relax, read a book, or watch a movie. We hope to see you soon!

~ Lisa ~

REDUCING THE RISK OF CARBON MONOXIDE IN YOUR HOME

Always clear natural gas meters and vents of debris, snow, and ice. Blocked equipment can cause a CO hazard.

Clear buildup in your chimney. A blocked chimney cannot vent CO out of the house.

Install CO detectors on every floor, especially near sleeping areas. Refresh batteries at least once a year.

Always run a generator outside and away from doors, windows, and air vents to avoid a CO hazard.

Never run gasoline vehicles inside the garage; tailpipe emissions will create a buildup of toxic CO.

Get your equipment tuned up each year. An improperly installed, vented, or functioning furnace could create a CO hazard.

If you suspect CO or it is detected by your alarm, alert your family or guests to exit the building immediately.

JULY MENU

Monday	Tuesday	Wednesday	Thursday	Friday
Bread and Juice available at every meal	1 Chicken Taco's Lettuce, Tomato, cheese Corn and Black Bean Salad/Juice/ Milk	2 BBQ Pork Chops Baked Potato Baked Beans Brussel Sprouts Fruit /Milk	3 Hamburgers Pasta Salad with Veggies Cole Slaw Juice /Milk	4 Happy 4th of July! All GCSCC sites are closed for the holiday
7 Chef's Choice Carrots/Fruit Milk	8 Chef's Choice Broccoli Juice /Milk	9 Chef's Choice Peas /Fruit /Milk	10 Chef's Choice Cauliflower Juice /Milk	11 Chef's Choice Green Beans Fruit /Milk
14 Chicken Parm Casserole/Egg Noodle Cauliflower & Pepper /Fruit/ Milk	15 Tuna Sandwich on WG Broccoli Salad Chips /Juice /Milk	16 Chop Suey Garlic Bread Green Beans Fruit /Milk	17 Baked Fish Peas /Rice Pineapple /Milk	18 Chicken Sandwich on WG / Baked Beans/Carrots / Oranges /Milk
21 Roasted Pork Sweet Potato Broccoli Applesauce /Milk	22 Sweet and Sour Meat balls Brown Rice/Green Beans/Juice/Milk	23 Sausage, Pepper & onion/Mashed Potato /Peas/ Fruit / Milk	24 Mac & Cheese Spinach/Stewed Tomato Juice /Milk	25 Hot Dogs/French Fries/Carrots Fruit /Milk
28 BLT's /Lettuce, Tomato/Roasted Sweet Potato & Green Beans Fruit /Milk	29 Spaghetti with Meat Sauce Peas /Rolls Juice /Milk	30 Sliced Turkey with Gravy/Carrots Baked Potato Fruit/Milk	31 Chicken Nuggets Baked Sweet Potato Spinach /juice / Milk	

Menu is subject to change without notice.

Congregate and grab-n-go meals from 11:30 - 12:30 Monday through Friday. Meals are provided at no cost. A \$3 per meal voluntary donation is suggested but not expected. Coffee bar Monday - Friday all day.

Why Play Is Important

Scientific studies continue to show that enjoyable activities can have several major benefits. For example, they have the power to help: **Improve how your brain works.** Do you want to maintain your memory and optimize your ability to learn new things? Engaging in play on a regular basis can enhance your creativity and mental sharpness.

Heal, establish, or maintain relationships. A lot of seniors are lonely. In fact, on average, seniors who live alone spend over 10 hours alone each day. But having fun can enable older adults to make new friends or improve existing relationships.

Things like laughter and friendly competition are known to increase harmony, trust, empathy, and intimacy among people who experience them together.

Improve your mental and emotional well-being. Do you like the way you feel when you have a brighter outlook on life and your sense of time recedes into the background? Engaging in activities you enjoy can expand your optimism, multiply your moments of joy, and reduce your stress. It can even help prevent depression.

Extend your life and improve your physical vitality. Who doesn't want to feel younger or more energetic? Creating plenty of fun moments in your life can be a good way to boost your immune system, reduce your risk of illness, and minimize your perception of any pain you might already have.

Play should be a major part of life for everyone. We can all probably use many more joyful experiences. It's who we are, no matter our age.



Computer and Phone Help

Do you need some extra help with today's technology? Help with your phone or computer? If so, please call the center to schedule a time to meet with Keelei.

Classes held at the center with Keelei

Friday, July 18- 10:15-11:00— Email—How to Set it Up and Use It

Friday, July 25- 10:15- 11:00—Social Media?—What it is All About?



Thanks to your incredible generosity, we raised \$6,570 in just 24 hours during NH Gives, our most successful campaign since we began participating in 2016. Your support helps us continue providing essential programs and services across Grafton County, and we're so grateful to have you in our corner.



Horse Meadow will be celebrating Independence day on **Thursday July 3rd** with a holiday BBQ! We'll have hot dogs, hamburgers and cold salads. We will have our horseshoes out and some other lawn games. Lunch will begin at 11:00 with the salad bar and soup, lunch will follow at 11:30 with games to follow. Hope you will join us to celebrate!

July 2025 Ongoing Activities

Mondays:

9:30 Chair Yoga
1:00 Drums Alive
2:00 Tai Chi (Virtual)

Tuesdays:

9:00 Plastic Canvas
9:30 Bone Builders
11:00 Interfaith Chat
12:00 Discovery Bible
1:00 Food Pantry
1:00 Popcorn & Movie

Wednesdays:

9:30 Chair Yoga
10:00 Food Pantry
10:30 Games/Puzzles
1:00 Bingo
1:00 Drums Alive

Thursdays:

9:30 Bone Builders
1:00 Food Pantry

Fridays:

11:00 Cribbage
12:00 Tai Chi (Virtual)
12:30 Mahjong
1:00 Popcorn & Movie

Bi-weekly/Other Activities



Mondays:

Candy Bar Bingo - *bring your candy bar to "purchase" a card* - prizes awarded - we have a bingo caller!
7/14 @ 10:30

Tuesdays:

nothing at this time

Wednesdays:

7/9 @ 10:00 Veterans Coffee
7/9 @ 10:00 Pemi-Baker Nurse

Thursdays:

7/10 and 7/24 @ 12:30
Herbal with Elaine
7/10 @ 10:00 Floral with Jane

Fridays:

8/1 Foot Clinic

Creative Canvas with ROZE Thursday's @ 12:30. Bring your own supplies. Work on your own project or paint a still life which will be provided. Some instruction available.

Entertainment



Thursdays - Music by Phyllis Vogel 11:15

Thursday, July 3rd - Hymn Sing with Byron 12:30

Wednesday, July 9th The BOYZ @ 11:00

Thursday July 17th - Dan Bixby @ 10:30

Tuesday, July 29th - Bryon Blood @ 11:00

Saturday, July 12th - Open Mic - food at 5:30; music 6 - 8

Check out our FB page for other entertainers that may drop in.



July 8th at 12:30

July 22nd at 12:30

We will be offering a mix of crafts for you to do in our craft room.



Join us on **Saturday July 12th at 5:30pm** for some good food and great music.

Cookies and Lemonade

Join Lisa, Wanda, and Keelei for a round table chat- This is your time to discuss what you would like to see at the center.
Tues. July 1st at 12:30



1:00 pm

Tuesdays

and

Fridays



GCSCC-Wide Book Club

July- "Lady Clementine" by Marie Benedict
~ Discussion on July 16th @ 10:00 am.

August- "Run, Rose, Run" by Dolly Parton and James Patterson
~ Discussion on August 20th @ 10:00am

September- "The Last Thing He Told Me" by Laura Dave
~ Discussion on September 17th @ 10:00am

Call (603) 787-2539 to sign up and get a book.
Discussion is virtual or in person at HMSC.



Our first summer community dinner will be on July 19th beginning at 5:00pm with entertainment provided by Barry Hayes, join us for a delicious spaghetti dinner. Dinner is by donation, money raised will be given to our home delivered meals and transportation programs. Pie Auction to follow after dinner.

Presort. Std.
Permit Number 4
N. Haverhill, NH

OR CURRENT RESIDENT

EXPRESSIONS

Horse Meadow Senior Center
91 Horse Meadow Road
No. Haverhill, NH
03774-9998