November 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.gcscc.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 and Mary Dion
Advisory Council . . . . . Eva Daniels, Ann Green, Prisilla Lamott, Carmine Pandolfi, Diane Kirkwood 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 l***adams@gcscc.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@gcscc.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.
Congragate Meals:5 days a week at 1130am

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.gcscc.org/donate

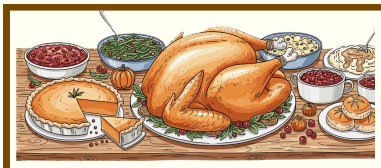
OR

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

We appreciate your consideration and support!



We're Hiring!
Bus Driver—Full time 36 hours
Kitchen Asst.. 2-Part Time positions 28 hours ea.
Bus Drivers - Per Diem
Contact hr@gcscc.org to inquire!



November 23rd
Please join us for a Thanksgiving Meal at 11am. Everyone is Welcome

Director's Note

November brings us so much to be thankful for. During this month we should all take a moment to remember how blessed we really are. The beauty of where we live, our families, and friends to name a few. The staff here at Horse Meadow is thankful that this month we will be able to provide several Thanksgiving Meal bags, if you or someone you know would like to receive a bag, please let us know. Although we may not be able to provide them for everyone we will do our best. The bags will be available for pick up on Thursday November 19th. We may be able to deliver some, please speak with Lisa.

~ Lisa

November 2026

Monday	Tuesday	Wednesday	Thursday	Friday
2 Asst. Sandwiches Meat & Cheese Garbonzo Salad Fruit Milk	3 Chef's choice French Fries Broccoli Juice Milk	4 Baked Ziti Garlic Bread Pea/Carrot/Corn Fruit Milk	5 Beef Gravy Egg Noodles Sweet Potato Squash Juice /Milk	6 Baked Fish Rice Pilaf Mixed Veggies Fruit Milk
9 Mac and Cheese w/hot dogs Broccoli Fruit Milk	10 Roast Pork Sweet Potato Carrots Juice /Milk	11 	12 Chef's Choice French Fries Green Beans Juice/ Milk	13 S/S Chicken Rice Peas Fruit /Milk
16 Pork Chops Rice Green Beans Fruit/ Milk	17 Chef's Choice French Fries Carrots Juice / Milk	18 Spaghetti w/meat sauce Rolls Broccoli Fruit /Milk	19 Taco Bar Meat, cheese, veggies Bean & Corn Salad Juice /Milk	20 Chicken & Rice Squash Fruit Milk
23 Thanksgiving Meal Milk	24 Cheese Pizza Asst. Toppings Three Bean Salad Juice /Milk	25 Chef's Choice French Fries Spinach Fruit /Milk	26 	27 
30 Chef's Choice French Fries Beans Brussel Sprouts Fruit /Milk		Juice and Bread availabe at every meal	**Chef Jen from ACHS will join us on 11/19 for a cooking Demo @10am**	**Fall Raffles** **Tickets go on Sale 11/1/26** **Drawing will be 11/23** **$1.00 Each or 6/$5** **Basket&Afghan can be viewed at front desk.**

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.

November 2026





Evening Programs

November 4th @ 4:30pm for snacks and a presentation by Frank Barrett, How the Railroad Industry built Haverhill & Newbury
November 19th @ 5pm - Jack Varin, NH Fish and Game Steward will be here to talk about the incredible story of Betty and Barney Hill
Refreshments will be available

Lunch and Learn
November 16 @ noon
Dr. Laleh will be back to talk with us about supplements



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!



11/23-12/11
Drop off 11/20
Winners drawn 12/12

It's that time of year again! We will be hosting our annual Festival of Trees. If you would like to dontate a decorated tree to this great fundraiser please contact Wanda Sawyer. All funds raised directly support Horse Meadow.



Please take a moment and help us build a tree of thankfullness ! Stop in the dining room grab a leaf, indicate what you are thankful for. Then add your leaf to the tree.

Weekly Activities

SCHEDULE

Mondays:
9:30 Chair Yoga
1:00 Drums Alive-On hold till Dec.

Tuesdays
9:00 Yarn Crafts
9:30 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 - On hold till Dec.

Thursdays
9:30 Bone Builders
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
11/12 @ 10:00 Floral with Jane
1st &3rd Friday - Painting on Porch

Entertainment

Thursdays - Music by Phyllis Vogel 11:15
First Thursday of the Month - Hymn Sing with Byron 12:30
2nd Tuesday each month - Just Ray
November 18th The BOYZ -11
Third Thursday of the Month – Dan Bixby - 10:30

Book Club - November

"The First Lady"
by James Patterson

Discussion on 11/18 @10am
Call 603-787-2539 to sign up. Virtual and In Person



Walker's Foot Care

November 19th
December 17th
Please call for an appt.
802-751-5669

One Pot Cheeseburger Pasta

·1 yellow onion
·1 Tbsp olive oil
·1/2 lb. ground beef
·2 Tbsp all-purpose flour
·1 8oz. can tomato sauce
·2 cups of beef broth
·1/2 lb. pasta shells, uncooked
·4 oz. cheddar cheese, shredded
·2 Tbsp hot dog relish
·2 green onions, sliced (optional)

1.Finely dice the onion. Add the onion, olive oil, and ground beef to a large deep skillet and sauté over medium heat until the beef is fully browned
2.Add the flour to the skillet and continue to stir and cook for one minute more.
3.Add the tomato sauce and beef broth to the skillet and stir to dissolve the flour off the bottom of the skillet.
4.Add the uncooked pasta to the skillet and stir to combine.
5.Place a lid on the skillet, turn the heat up to medium-high, and let the liquid come up to a boil. Once it reaches a boil, give it a quick stir to loosen any pasta from the bottom of the skillet, replace the lid, and turn the heat down to low. Let the pasta simmer, stirring occasionally (always replacing the lid), for about 10 minutes, or until the pasta is tender and the sauce has thickened. Turn the heat off.
6.Add the shredded cheddar to the skillet and stir until it has melted into the sauce. Stir the hot dog relish into the sauce and then top with sliced green onions. Serve hot

BREAK FAST TIME

Community Breakfast Buffet
November 14,2026
2nd Saturday in November

Open Mic
Saturday November 14th
New Time 4-6pm



Bump up fiber

Fiber helps maintain digestive health and helps us feel fuller longer. Fiber also helps control blood sugar and lowers cholesterol levels. Fruits and vegetables, whole grains, legumes, nuts, and seeds are good sources of fiber.
To bump up fiber, try this:
Slice raw vegetables for quick snacks.
Start your day with a whole-grain cereal, like oatmeal.
Top your whole grain cereal with berries, pumpkin seeds, or almonds.
Add a half-cup of beans or lentils to a salad to add texture and flavor.
Enjoy fresh fruit with a meal or as dessert.

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