



May 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 and Cynthia Robinson
Advisory Council ... Eva Daniels, Ann Green, Diane
Kirkwood, Priscilla Lamott, Carmine Pandolfi,
Ed Rajsteter, 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 1- 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 appreciate your consideration and support!

We're hiring!

Driver. Part Time 36 hours Non-Exempt position. Transport of individuals. Experience driving a bus or commercial driving experience helpful, but not required. Valid driver's license, NH DOT physical. Training is provided. HS diploma or equivalent.
Contact hr@gcsc.org to inquire!



Please join us on **May 13th at 5:00 pm** as we welcome Vermont native and UVM graduate Tim Lewis, who built a distinguished career in broadcasting and education. Following a career as a WDEV News Director and WCAX-TV Statehouse correspondent, Tim pivoted to higher education, retiring from Northern Vermont University-Lyndon in 2023. Tim is a dedicated historian of the Mt. Washington Cog Railway and keeps busy with his work on the





Railway's historic roster. He will be sharing the history of the railway with us. Dinner will be served at 5:00 (by donation) and Tim will begin at 5:30

Director's Note:

May is a time to celebrate the spring and enjoy all the season has to offer. It is a time to enjoy the sunshine as we look forward to the promise of even warmer days. We hope you take some time to visit us at the center and enjoy all we have to offer. Why not join us for lunch or one of our dinners? Invite a friend and come on down!

Lisa

May 2026

Monday	Tuesday	Wednesday	Thursday	Friday
TIME FOR  LUNCH	<i>A Heartfelt</i>  Thanks <i>To our volunteers!</i>	Sat. May 9th 	A bread and juice item available at every meal	1 Chef's Choice Assorted Veggie Baked Potato Fruit Milk
4 Beef Stew w/potato, carrot and onion Corn Bread Fruit Milk	5 Tuna Sandwich Pasta Salad Three Bean Salad Juice Milk	6 Baked Fish Rice Carrots Fruit Milk	7 Pulled Pork Sandwich Sweet Potato FF Broccoli Juice Milk	8 Chef's Choice Assorted Veggie Rice Fruit Milk
11 Sausage Strata Roasted Potato Beans Fruit Milk	12 Chicken Salad Wrap w/lettuce, & tomato Baked Potato Salad Juice Milk	13 Pork Roast Stuffing Squash Fruit Milk	14 Mac and Cheese w/ ham Peas/Carrots Juice Milk	15 <i>All Staff Meeting GCSCC- Closed</i>
18 Beef and Gravy Egg Noodles Broc/Caul Mix Fruit Milk	19 Pizza Garden Salad Peas Juice Milk	20 Pasta Dishes Garlic Bread Carrots Fruit Milk	21 Shepard's Pie Green Beans Juice Milk	22 Chef's Choice Assorted Veggie Mashed Potato Fruit Milk
25 	26 Pesto/Cheese Tortellini Carrots Garlic bread or Rolls Juice Milk	27 Stir Fry w/veggies and Beans Rice Fruit	28 Chicken Gravy w/peas & carrots Biscuits Juice Milk	29 Chef's Choice Assorted Veggie Rice Fruit 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.

May



**Horse Meadow
Monthly Dinners
on the 2nd and 4th
Wednesday's of the
month.**

Dinner will be served at 5:30.

May 13th—Spaghetti Dinner

May 27th— Hometown Buffet

Suggested donation of \$5.00

**Save the dates for June's dinners , 10th
and 24th**



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!



**Trivia Tuesday May
12th at 11am
Join Keelei in a fun
and
exciting round of
trivia, where you
will have the chance
to win great prizes!**



Save the Date for NH Gives | June 9–10.
Join the excitement of **NH Gives**, a statewide **24-hour online giving event** hosted by the **New Hampshire Center for Nonprofits**. Show your support for **Grafton County Senior Citizens Council, Inc. (GCSCC)** by making a gift during NH Gives. Every donation helps support local older adults in our communities.
How to Give: Visit nhgives.org and search for **Grafton County Senior Citizens Council, Inc.**
Questions? Contact **James Carroll** at **603-448-4897**



May 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 Cribbage is back!!
2nd & 4th Thursday @ 12:30 Herbal with Elaine
12:30 Drop in crafts with Beth
1:00 *Senior Stretch with Eddie*
1:00 *Writing Group*

Fridays:

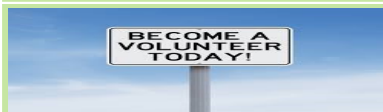
9:30 Chair Yoga
12:30 Mahjong

Monthly Activities

2nd Wed. @ 10:00 Pemi-Baker Nurse

2nd Wed. @10 Veterans Coffee

5/7 @ 10:00 Floral with Jane



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. **Could you spare an hour? See Lisa**



Voting Poll

Would you like to see a weekly breakfast ?

Grab a "Ballot" on the front desk—fill it out and drop it in the box.

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 @11:00

Second Saturday of the Month - Open Mic -food at 5:30; music 6 - 8

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

Second Tuesday of the Month —"Just Ray"—will be here to entertain at 10:30



GCSCC-Wide Book Club
May—"One Second After" by William Forstchen
Discussion on May 20th @10:00am

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

Community Breakfast



May 9th @9am
By Donation
Your donation helps support Horse Meadow



Open Mic
Saturday
May 9th

@5:30pm for some good food and great music.

Menu: Light dinner



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.



Saturday May 9th @9:00am

Along with our regular breakfast items we will have brunch items available!



NEW CLASSES AT HORSE MEADOW

Writing Group - Thursdays at 1pm

Taught by Jessie Calabric

Jessie is a life long writer with a BA in Creative Writing. Her passion for sharing memories through creative storytelling is coming to help share your family history and memories to future generations.

Senior Stretch - Thursdays at 1pm

Taught by Eddie Short

Eddie has been studying the martial arts for over 60 years. Through these practices, he has studied stretching and flexibility and cannot wait to help others gain lifetime mobility.

Please help us give them a warm welcome as they join our community. If you have an questions about these classes please don't hesitate to call us!

Do you have a talent you'd like to share?

We'd like to start hosting more classes/clubs here at the center, can you help? We are looking for volunteers who will teach new classes here at Horse Meadow. If you have an idea for a class you'd like to offer here, or maybe a one time presentation you'd like to share, please reach out to us!