



June 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!



You asked and we listened!

Please join us for our 1st breakfast!

Thursday June 11th 8-10am

Breakfast will be served on the 2nd and 4th Thursdays

Live Cooking Demo



Join us on **June 15th at 10am** as Chef Jen from ACHS rolls in with her mobile kitchen and shows us how to prepare a delicious recipe!

Director's Note:

Have you attended any of our new programs or activities? We are so pleased to be able to offer so many different opportunities. Thank you to all the people that work behind the scenes to make it all come together. We are also happy to bring new programs and activities to you. Do you have any ideas to share? We would love to hear from you!
~Lisa~

June 2026

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 Pork Chops Baked Potato Carrots Bread or Roll Fruit /Milk</p>	<p>2 Orange Chicken Rice Broccoli Bread or Roll Juice/Milk</p>	<p>3 Sausage/Cheese Pizza Peas Bread or roll Fruit Milk</p>	<p>4 Pineapple BBQ Chicken Mixed Veggies Bread or Roll Juice/Milk</p>	<p>5 Chefs Choice Summer Squash Bread or Roll Fruit /Milk</p>
<p>8 Fajitas Veggies and meat Rice Bread or Roll Fruit /Milk</p>	<p>9 Stacked Cordon Blue Mashed Potato Green Beans Bread or Roll Juice/Milk</p>	<p>10 Teriyaki Turkey Rice Broccoli Bread or Roll Fruit /Milk</p>	<p>11 Egg Salad Plate Lettuce/Tomato Cucumber Salad Bread or Roll Juice/Milk</p>	<p>12 Chef's Choice Carrots Baked Beans Bread or Roll Fruit /Milk</p>
<p>15 Chicken Cacciatore Mashed Potato Peas Bread /Roll Fruit/Milk</p>	<p>16 Assorted Sandwich Meat/Cheese Lettuce/Tomato Pasta Salad with carrots, cuke and tomato Bread or Roll Juice /Milk</p>	<p>17 Hot Dog and Beans California Blend Bread or Roll Fruit /Milk</p>	<p>18 Cheesy Chicken Casserole Rice Broccoli Bread or Roll Juice /Milk</p>	<p>19 All GCSCC locations closed for Juneteenth</p>
<p>22 Chicken Gravy Mashed Potato Beets Bread or Roll Fruit/Milk</p>	<p>23 Spaghetti with Meat Sauce Bean Salad Peas Bread or Roll Juice / Milk</p>	<p>24 Toasted Tuna Boats With cheese Broccoli Bread or Roll Fruit /Milk</p>	<p>25 Ham and Bean Casserole Cauliflower Bread or roll Juice/ Milk</p>	<p>26 Chef's Choice Roasted potato Green Beans Bread or Roll Fruit /Milk</p>
<p>29 Pesto Tortellini Summer Squash Bread or Roll Fruit / Milk</p>	<p>30 Chicken Nuggets French Fries Baked Beans Bread or Roll Juice /Milk</p>	<p><i>Milk, Juice, Coffee, Tea and Bread available at every meal</i></p>	<p>TIME FOR LUNCH</p> 	<p><i>A Heartfelt</i> </p> <p>Thanks</p> <p><i>To our volunteers!</i></p>

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.



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

Dinner will be served at 5:30.

June 10th - Baked Chicken

Presenter- Dr. Laleh-

Rewire Your Brain, Crack Your Health Code

**** (change of date) ** June 25th -**

Summer Time BBQ

Presenter -Jack Varin NH Black Bears

Suggested donation of \$5.00

**Save the dates for July's dinners , 8th and
22nd**

June



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!



Beginning on June 1, we will host a monthly trivia game. Please pick up your answer sheet from Keelei and each day look for the trivia question on our lunch board. Fill in your answers and turn you sheet in to be entered into our monthly raffle. Prizes will vary—one winner each month will be drawn.



New Group!

Do you love to paint and enjoy some company while doing so? We have a new painting group starting in July—3rd , bring your supplies and meet on the porch, refreshments will be provided.

The group will meet on the 1st and 3rd Fridays of each month!

June 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
6/4 @ 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**

Save the Date for NH Gives June 9-10.

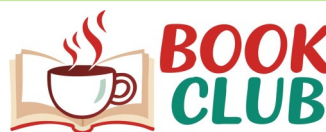
Join the excitement of NH Gives, a statewide 24-hour online giving event hosted by the New Hampshire Center for Nonprofits. Show your support for Grafton County Senior Citizens Council, Inc. (GCSCC) by making a gift during NH Gives. Every donation helps support local older adults in our communities.

How to Give: Visit nhgives.org and search for Grafton County Senior Citizens Council, Inc. Questions? Contact James Carroll at 603-448-4897

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
June—"The First Lady"
by James Patterson
Discussion on June
17th @10:00am**

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

Community Breakfast

**June 13th @9am
By Donation
Your donation
helps support Horse
Meadow**



**Open Mic
Saturday
June 13th**

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

Menu: Light dinner



Do you need some extra help with today's technology?

If so, please call the center to schedule a time to meet with Keelei.

June Special Activities

Get ready for a month full of music, learning, wellness, and community fun! Mark your calendars and join us for these exciting events:

June 2nd @ 11:00 AM - Haverhill Middle School Choir

Enjoy a lively musical performance filled with talented students!

June 3rd @ 2:00 PM - Cottage Hospital Dementia Presentation

Learn helpful information, resources, and insights during this informative community presentation focused on dementia awareness and support.

June 4th @ 11:00 AM - Eat to Defeat Parkinson's Disease

Featuring Dr. Laleh Talebian, PhD

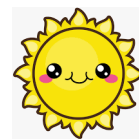
Discover how nutrition can support brain health and wellness. Dr. Laleh Talebian, PhD, is a Nutritional Healing Doctor and the founder of Dynamic Natural Advantage Wellness in Vermont. With over 20 years of experience as a molecular and cancer biologist, she brings a unique blend of scientific rigor and practical, real-world application to the field of health and wellness.

June 15th @ 10:00 AM - ACHS Mobile Kitchen

Come enjoy delicious food, community connection, and a fun culinary experience with the ACHS Mobile Kitchen!

SAVE THE DATE Summer Fundraiser - Saturday, July 25th

Join us for a full day of food, music, shopping, and community fun while supporting a great cause.



Schedule of Events:

8:00 AM - 9:00 AM ~ Pancake Breakfast, \$5 suggested donation.

9:00 AM - 4:00 PM ~ Silent Auction featuring loads of great prizes to be won.

9:00 AM - 4:00 PM ~ Crafters, Vendors, and Flea Market on the lawn.

12:00 PM - 2:00 PM ~ Grill Open for Lunch.

12:00 PM - 2:00 PM ~ Live Music - TBA

4:00 PM - 6:00 PM ~ Live Music - TBA

6:00 PM ~ Catered BBQ Chicken Dinner, \$10 per plate: Take-out available.

6:30 PM ~ Silent Auction Winners Announced.

**Bring your family and friends and enjoy a great summer day filled with good food, local vendors, live entertainment, and exciting auction prizes.
We hope to see you there!**

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!