



August 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](http://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](mailto: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](mailto: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](http://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  
September 27th @ 5pm  
November 15th @ 5pm  
Stay tuned for more

#### Note from the Director ~

**Hello August!** As we enter the last month of summer, and we all become busy trying to fit in those last bits of summer fun. Remember to take time for yourself and practice some self care. Why not stop by the center and meet some new folks, have lunch and relax with a movie and always remember if you cant find the sunshine be the sunshine.

~ Lisa ~


**August 6th @10:30am-** Have you ever wondered about foster care. Please join us in welcoming Angela Monahan from NFI North. She will be here to give a presentation on foster care in New Hampshire, and answer any questions you may have. There is such an urgent need for foster families.

**August 13th @ 10am-** Advance Directive workshop with Pemi-Baker nurses

**August 15—Grandparents Day** Bring your grandchildren for a fun-filled morning at Horse Meadow Senior Center! Enjoy coloring, indoor games, a photo station, snacks, and a special back-to-school craft led by Keelei. Craft begins at 10:30am.

The **North Country Travel Club** invites you to our 2026 tour preview on **September 3, 2025, at 5:00PM**. The travel club visits various destinations each year and we would love for you to consider joining them! They offer day tours, local overnight trips, and longer tours overseas. The tour preview is an opportunity to learn about the destinations for next year, meet fellow travelers, and ask questions. **North Country Travel Club is not affiliated with GCSCC.**

## August 2025

Monday	Tuesday	Wednesday	Thursday	Friday
Bread Item and Juice available at every meal				<b>1</b> Hot Dogs Beans Cole slaw Fruit Milk
<b>4</b> Chop Suey Garlic Bread Green Beans Fruit Milk	<b>5</b> Parmesan Chicken Egg Noodles Mixed Veggie Juice Milk	<b>6</b> Chef Salad Boiled Eggs Broccoli Salad Fruit Milk	<b>7</b> Pork Chops Sweet Potato Carrots Juice Milk	<b>8</b> Baked Fish French Fries Baked Beans Spinach Fruit / Milk
<b>11</b> Salisbury Steak Baked Potato Peas and Carrots Fruit Milk	<b>12</b> Spaghetti w/ meat sauce Squash Roll Juice / Milk	<b>13</b> Turkey Wrap Lettuce, Tomato, Cheese Pasta Salad Fruit Milk	<b>14</b> Marinated Chicken Red Potato Peas Juice Milk	<b>15</b> Sausage/ Pepperoni Pizza Cucumber and Tomato Salad Fruit / Milk
<b>18</b> Assorted Sandwiches Broccoli Salad Corn and Black bean Salad Fruit /Milk	<b>19</b> Mac and Cheese Stewed Tomato Green Beans Juice Milk	<b>20</b> Sausage, Pepper and onions Rice Pilaf Corn Bread Fruit / Milk	<b>21</b> Meatloaf Garlic Potato Brussel Sprouts Juice / Milk	<b>22</b> Kielbasa Stir Fry Assorted Veggie Rice Fruit / Milk
<b>25</b> Beef Stew Biscuit Green Beans Fruit / Milk	<b>26</b> Chefs Choice/ Buffet Carrot Slaw Baked Beans Fruit / Milk	<b>27</b> Ham Sweet Potato Peas/Carrots Juice / Milk	<b>28</b> Roast Pork Mashed Potato Broccoli / Roll Juice / Milk	<b>29</b> Taco Salad Cauliflower Fruit 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.

### What's happening at Horse Meadow?

**August 4– National Chocolate Chip Cookie day—stop by the center for a delicious cookie!**

**August 6– National Root beer Float day—We will be having floats at lunch time today**

**August 7– National Lighthouse Day– Check out our table about some unique Lighthouse's**

**August 12– National vinyl record day—we will have a record player set up do you have a record that you would like to share??**

**August 14– National Financial awareness day—look for the table with some important information**

**August 18-22 -Poetry days—Do you have a poem to share? Bring in a poem to share. We will have a space set up to post your favorite poems.**

**August 21– National Senior Citizens Day—Surprises await!**

**August 25 -National Park Service Day—Come learn about some of our National Parks**

**August 27-11:00am—Join us in the living room as we host a virtual tour of Basque Country France**



### 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, August 8th– 10:15-11:00—** Drop in time for any technology questions.

**Friday, August 22– 10:15– 11:00—**Tik Tok Time- Would you like to know how to install and use Tik Tok on your phone or tablet? Now's the time to drop in and learn about this app.

### The Eighth Month

Poet: Catherine Pulsifer

August, the eighth month on this earthly plane,  
 When summer lingers in July's fading glow.  
 Days draw long, stretching dreams beyond hearts' rein,  
 In this realm of sun-kissed solace, we know.  
 But as the ripened harvest fills our sight,  
 A seriousness creeps into summer's air.  
 For time slips away with each passing night,  
 And autumn's promise whispers a subtle dare.

## August 2025 Ongoing Activities

### Mondays:

9:30 Chair Yoga  
10:30 Indoor Volley Ball  
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

### 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  
10:30 Bean Bag Toss  
1:00 Food Pantry

### Fridays:

9:30 Chair Yoga (newly added)  
11:00 Cribbage  
12:00 Tai Chi (Virtual)  
12:30 Mahjong

## Bi-weekly/Other Activities

### Mondays:

8/11 @ 10:30 Candy Bar Bingo

### Tuesdays:

8/5 Crafting Fun  
8/19 Crafting Fun

### Wednesdays:

8/13 @ 10:00 Veterans Coffee  
8/13 @ 10:00 Pemi-Baker Nurse

### Thursdays:

8/7 @ 10:00 Floral with Jane  
8/14 and 8/28 @ 12:30  
Herbal with Elaine

## ADRC -NEWS

*Please join us in welcoming  
Mike McIntyre  
Mike will have office hours  
here on Monday and Friday  
from 830-230 each week  
Please call to  
schedule and appointment*

## Entertainment



**Thursdays** - Music by Phyllis Vogel 11:15

**Thursday, August 7th** - Hymn Sing with Byron 12:30

**Saturday, August 9th** - Open Mic - food at 5:30; music 6 - 8

**Wednesday, August 13th** The BOYZ @ 11:00

**Thursday August 21** - Dan Bixby @ 10:30

**Tuesday, August 26th** - Bryon Blood @ 11:00

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



### Community buffet breakfast

August 9th from 9am-11:30am

We will have a variety of egg dishes, sausage, bacon, home fries, pancakes and more  
All you care to eat!

By Donation  
Suggested donation is \$3.00



Join us on **Saturday  
August 9th at 5:30pm**  
for some good food and  
great music.

### Menu:

Egg, Tuna or Chicken  
Salad Sandwich  
Hot Dogs  
Stuffed Mushrooms  
Pigs in a blanket



### Movies

Tuesday  
and Friday  
at 1pm

Our featured movie this month  
is **"The Notebook"** we will be  
showing the movie on Tuesday  
August 12th at 1230pm.



## GCSCC-Wide Book Club

**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

**October** - "The Woman of Chateau Lafayette" by Stephanie Dray  
~ Discussion on October 15th @10:00am

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



Our first community dinner was held on July 19th. Thank you to everyone that helped support this great cause. We were able to raise \$657.00. Our next dinner will be held on September 27th. Dinner is by donation, money raised will be given to our home delivered meals and transportation programs.

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