



April 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 . . Alison Bruce, 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.

Kitchen Assistant. Part-Time, 32 hours. Non-Exempt positions. Training provided. Must be able to lift 40+ pounds.

Kitchen preparation and cooking experience preferred. HS diploma or the equivalent. Contact: hr@gcsc.org

You are invited to attend the 2026 **Annual Meeting** of the Grafton County Senior Citizens Council, Inc.



Tuesday, April 14th at 11:30am
Horse Meadow Senior Center
91 Horse Meadow Rd
North Haverhill, NH 03774

The event begins with lunch, followed by the annual business meeting. If you plan to join us for lunch, please



RSVP by April 8th by contacting Lisa Adams at
603-787-2539 or ladams@gcsc.org

A note from the director,

I think Spring is officially here, now is the time to get out and enjoy the wonderful place we live in. It's also time to grab a friend and come on down to the center! We have so much to offer: games, entertainment, crafts, socialization, exercise and meals. Recently we've started a cribbage time on Tuesday, I was even able to enjoy a few games! It's so much fun to spend time with each of you. We have started offering evening activities, I hope I will see some of you there! Here's to a happy and snow free month!

Lisa

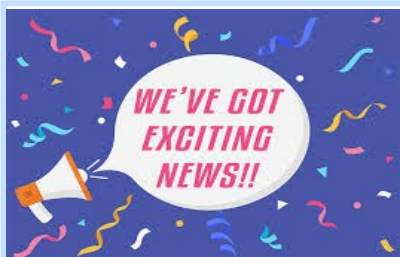
April 2026

Monday	Tuesday	Wednesday	Thursday	Friday
A bread and juice item available at every meal	<p><i>A Heartfelt</i> </p> <p><i>Thanks</i></p> <p><i>To our volunteers!</i></p>	<p>1 Butter Chicken Carrots Rice Fruit Milk</p>	<p>2 Roast Pork Mixed Veggie Baked Potato Juice Milk</p>	<p>3 Chef's Choice Green Beans Fruit Milk <u>Easter Luncheon</u></p>
<p>6 Hot Dogs /Beans Creamed Corn Pasta Salad Banana Bars Milk</p>	<p>7 Chicken Alfredo Beets Egg Noodles Juice Milk</p>	<p>8 Baked Ziti Peas Garlic Bread Fruit Milk</p>	<p>9 Baked Chicken Mixed Veggie Sweet Potato Juice Milk</p>	<p>10 Chef's Choice Cauliflower Fruit Milk</p>
<p>13 Sausage and Pepper Skillet Stewed Tomato Rice/Beans Fruit Crisp</p>	<p>14 Chicken and Gravy Biscuits Carrots Juice Milk</p>	<p>15 Sweet and Sour Meat- balls Pinto Beans and Rice Green Beans Fruit Milk</p>	<p>16 Meatloaf Mixed Veggie Mashed Potato Juice Milk</p>	<p>17 Chef's Choice Baked Beans Fruit Milk</p>
<p>20 Chicken Nuggets Corn Sweet Potato FF Fruit Milk</p>	<p>21 Mac and Cheese with Ham Broccoli Three bean Salad</p>	<p>22 French Bread Pizza Cheese and Pepperoni Peas Fruit Milk</p>	<p>23 Turkey Burger with Bun Mixed Veggies Rice Juice Milk</p>	<p>24 Chef's Choice Carrots Fruit Milk</p>
<p>27 Lasagna Mixed Veggie Garlic Bread Juice Milk</p>	<p>28 Grilled Cheese Three Bean Salad Tomato Soup Juice Milk</p>	<p>29 Chop Suey Cabbage Garlic Bread Fruit Milk</p>	<p>30 Baked Fish Beets Rice Pilaf Fruit Milk</p>	<p>Sat. April 11th</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.

April 2026



Horse Meadow is excited to announce we will be open for dinner on the 2nd and 4th Wednesday's of the month. Dinner will be served at 5:30.

April 8th—"Spring Time" Sugar on Snow dinner

April 22nd—Meatloaf, Carrots and Baked Potato

Suggested donation of \$5.00

Save the dates for May's dinners , 13th and 27th

TRIVIA

Trivia Tuesday April 7th at 11am

Join Keelei in a fun and exciting round of trivia, where you will have the chance to win great prizes!

**PLAY
TO
WIN**



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

April 2026 Ongoing Activities

Mondays:

9:30 Chair Yoga
1:00 Drums Alive

Tuesdays:

9:00 Yarn Crafts
9:30 Bone Builders
10:30 Cribbage is back!!
12:00 Discovery Bible
12:30 Drop in crafts with Beth

Wednesdays:

9:30 Chair Yoga
1:00 Bingo
1:00 Drums Alive
2nd Wed. @ 10:00 Pemi-Baker Nurse
2nd Wed. @ 10 Veterans Coffee
Will from Bankers Life - 8-3pm

Thursdays:

9:30 Bone Builders
4/2 @ 10:00 Floral with Jane
2nd & 4th Thursday @ 12:30 Herbal with Elaine
12:30 Drop in crafts with Beth

Fridays:

9:30 Chair Yoga
12:30 Mahjong

Monthly Activities

Thursday 4/9 @ 1030

Long Term Medicare Presentation

Tuesday 4/14- GCSCC Annual Meeting -See front page for details

Wednesday 4/15- 9am RBCTC- students here—come get your manicures, hair cuts or thermal styling service. No cost but donations are welcome. Transportation is available

Thursday 4/23- Advance Directives with Pemi Baker Nurses @ 10

Thursday 4/23—Relay NH- @ 11-information and resources about technology that enhances independence and accessibility for people who are Deaf, Blind, and Hard of Hearing in the areas of education, community living,



Did you know?

We offer a breakfast and coffee bar everyday!

Stop by and check it out, we offer different choices each day! Donations greatly appreciated

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

Tuesday 4/28—"Just Ray"—will be here to entertain at 10:30



**GCSCC-Wide Book Club
April -"True Believer"
by Nicholas Sparks**

**Discussion on April
17th @11:00am**

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

Community Breakfast



**April 11th @9am
By Donation
Your donation
helps support Horse
Meadow**



**Open Mic
Saturday
April 11th**

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

**Menu: Snacks only -
no dinner**



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!

We appreciate you all!!

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.



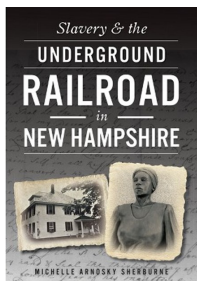
New! Evening Events at Horse Meadow!

A talk with a local author, Michelle Arnosky Sherburne, on the history of the Underground Railroad in New Hampshire.

APRIL 22 @ 5:30pm

91 Horse Meadow Rd., N. Haverhill, NH

A light meal will be served at 5:00pm. Sherburne is the publisher of the Journal Opinion, in Bradford, VT. She has freelanced for magazines and newspapers since the 1990's. She has published four books with Arcadia History Press. Finding history is her strength.



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!