



December 2025

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
Van Driver..... Ron Reed
Drivers Peter Giunta and Peggy Fraser
Head Cook Mark Adams
GCSCC Kitchen Staff Donna Emerson, Diane Keith,
David Aldrich, Cassidie Lang and Karen Hood
Advisory Council . . . Van Anderson, 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.

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
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 (20 hours) and Per-Diem. 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 Assistants. Non-Exempt position. Assist in washing dishes, and preparing/serving meals for home-delivered and congregate setting. Training provided. Must be able to lift 40+ pounds. Kitchen preparation and cooking experience preferred. HS diploma or the equivalent.

Help Us Stock the Shelves

GCSCC is hosting a countywide Food Drive to help ensure no one in our community goes hungry this season. We're collecting shelf-stable foods like soups, peanut butter, canned fruits and veggies, pasta, and cereals through the end of the year.

A note from our director,

As we enter these cold and snowy months ahead remember that the center is open every day Monday - Friday for your enjoyment. We have hot coffee, breakfast, lunch, exercise programs, reading groups, crafts and games throughout the day. Don't want to drive? Call us and one of our wonderful drivers will pick you up.

Happy Holidays!

~Lisa

December 2025

Monday	Tuesday	Wednesday	Thursday	Friday
1 Maple-Dijon Pork Mashed Potato Peas/Carrots Fruit/Milk	2 Assorted Quiche Hash Brown Stewed Tomato Juice/Milk	3 Roasted Sausage with sauce and cheese Mixed Veggies Fruit /Milk	4 Turkey/Pesto Pasta w/Spinach and Tomato Rolls Juice/ Milk	5 Cheeseburger FF Broccoli Fruit/Milk
8 Roast Chicken Baked Potato Green Beans Fruit /Milk	9 Tacos/Bean and Rice Lettuce, tomato, cheese Corn Salad Juice/Milk	10 Chicken Broccoli Alfredo Corn Bread Egg Noodles Fruit/ Milk	11 Open Faced Meatball Sandwich w/sauce and cheese Sweet Potato FF Peas Juice/Milk	12 Hot Dogs Beans Carrots Fruit / Milk
15 Lasagna Peas Garlic Roll Fruit / Milk	16 BBQ Pork Sweet Potato Cinnamon Apples Carrots Juice/ Milk	17 Soup and Sandwich Pasta Salad w/veggies Fruit /Milk	18 Baked Ham Mac and Cheese Butternut Squash Rolls Juice/Milk Holiday Meal	19 Cheese Tortellini Tomato Sauce Brocc/Caul. Mix Fruit /Milk
22 Sweet and Sour Chicken White Rice Cabbage/Carrots/ onion mix Fruit /Milk	23 Cheeseburger Mac Creamed Spinach Juice/Milk	24 Pizza Three Bean Salad Fruit / Milk	25 	26
29 Chicken Gravy over biscuit Sweet Potato Carrots Fruit /Milk	30 Chef's Choice Baked Beans Mixed Veggies Juice /Milk	31 Meatballs Roasted Broccoli Bread Fruit /Milk	A bread and juice item available at every meal	A Heartfelt  Thanks To our volunteers!

Menu is subject to change without notice.

Congregate 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.

December 2025

**VOLUNTEERS
NEEDED!**

**VOLUNTEERS
NEEDED!**

**VOLUNTEERS
NEEDED!**

Horse Meadow is in need of volunteers!

Can you help? We currently have several volunteer positions available and would love your support. **If you can spare a few hours, we're looking for help in the following areas:**

Dining room servers, front desk assistants, craft leaders, kitchen helpers, home Delivered Meals drivers and backups, activity leaders, salad bar setup, breakfast bar setup, general office support, packing home-delivered meal bags, and craft room organizer (someone with great organizational skills!)

Your time and effort make a big difference — thank you for considering joining our team!

FESTIVAL OF THE TREES

Make sure to stop by and grab your tickets for the trees. We will be drawing our winners on Monday December 8th at 10am. You may purchase tickets up until 9:30am that day— please grab a cup of coffee and a snack and join us for the drawing at 10.



Foot Clinics

Dec 5th w/ Beverly Sinclair

Dec 18th w/ Elaine Walker

Please call us for more information and to sign up for your appointment.

There is a service fee of \$40

Elaine Walker is a certified Foot Care Nurse and owner of Walker's Foot & Toenail Care LLC. . We're excited to welcome her to HMSC and be able to expand the opportunity for foot care in our area!

December 2025 Ongoing Activities

Mondays:

9:30 Chair Yoga
10:30 Indoor Volley Ball
1:00 Drums Alive

Tuesdays:

9:00 Yarn Crafts
9:30 Bone Builders
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
2nd Wed. @ 10:00 Pemi-Baker Nurse
2nd Wed. @ 10 Veterans Coffee

Thursdays:

9:30 Bone Builders
10:30 Bean Bag Toss
1:00 Food Pantry
12/4 @ 10:00 Floral with Jane
2nd & 4th Thursday @ 12:30 Herbal with Elaine

Fridays:

9:30 Chair Yoga
11:00 Cribbage
12:30 Mahjong



Transportation

Need a ride?

Don't forget we are here to help with your transportation needs. Please give us a call at 603-787-2539 to schedule your ride.



Holiday Movie Day Monday December 22 All day

*Please join us for a relaxing holiday movie marathon, hot chocolate and snacks.
Movies will begin at 9 am and go to 2pm.*



Movies

Tuesday and Friday at 1pm

RENT OUR SPACE

As this holiday season draws near, don't forget that we rent the center out for special occasions. The center is open from 8-3 daily. Do you need space in the evening to host a class or a group?

If you are interested please see Lisa.

Holiday Dinner

We will be having our annual holiday dinner on Thursday December 18 starting at 11am. We will enjoy a wonderful meal and dessert. Immediately following we will be hosting our Yankee Swap. If you would like to participate bring a wrapped gift to exchange. Please maintain a 5.00 limit. Make sure you wear your ugliest sweater for our ugly sweater contest. You may win the prize.

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

Wednesday, December 17th — Wayne Klingler @11:00

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

ALL I DO IS READ READ READ



GNOME MATTER WHAT

**GCSCC-Wide Book Club
December - "Six Years"**
by Harlan Coben ~
Discussion on December 19th @11:00am

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

Community Breakfast No Breakfast this month

By Donation
Your donation helps support the meals program



Open Mic Saturday
December 13th @5:30pm
for some good food and great music.



Menu:
**Hot Dogs-Assorted Apps
Grilled Cheese, Pizza**



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!

Woodsville Dunkin' provides donuts for our monthly Veterans Coffee.

Walmart provides produce and bakery items we can use for our salad bar and coffee bar.

Willing Hands also provides produce for our meals and salad bar. Pete & Gerry's provides eggs for our kitchen as well as to give to our participants.

Pepperidge Farms donates all the bread, rolls, and bakery items.

Grafton Country Farm for their wonderful donation of potato's.

Meraki Hair and Lash Studio, Northern Grafton County Dems, and many other private donors for your contributions to our food pantry.

We appreciate you all!!



Nutrition and Technology

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.



Check out our Facebook page daily for some fun pop up crafts