



February 2026

HORSE MEADOW SENIOR CENTER



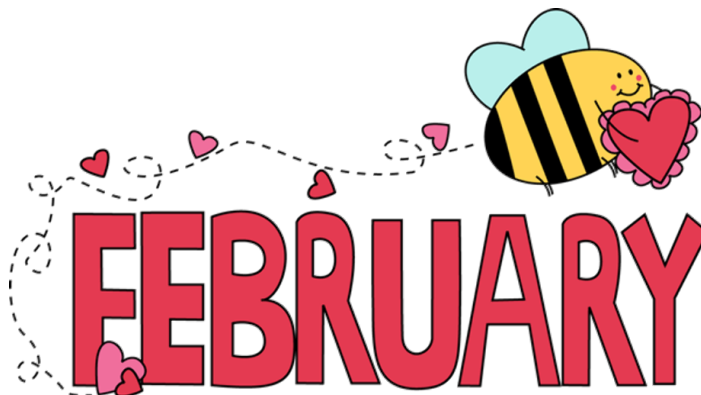
91 Horse Meadow Road, North Haverhill, NH
(603) 787-2539 FAX (603) 787-6919
Facebook - Horse Meadow Senior Center

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, Joshua Kinne and Cynthia Robinson
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!

NOW HIRING

We're hiring!

Driver. Part Time 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.



Foot Clinics

February 6th and February 26th
By appointment—Call 603-787-2539

Did you know there are only 48 more days till spring! The first official day of Spring is March 20 this year This date marks the spring equinox in the Northern Hemisphere, when day and night are nearly equal.

A note from our director,

Here we are in February already- it is a month to celebrate love in all forms and embrace the power of kindness! Kindness is a quality that fosters compassion and positive change. Acts of kindness no matter how big or how small can uplift spirits and change the course of someone's day. Kindness is practicing empathy and understanding- it is not complaining, being ungrateful or spiteful. As we navigate this world let us remember the words of Ralph Waldo Emerson "You cannot do kindness too soon as you never know how soon it will be too late." Random act of kindness day is February 17th. What can you do to make someone's day better?

~Lisa

February 2026

Monday	Tuesday	Wednesday	Thursday	Friday
A bread and juice item available at every meal	<i>A Heartfelt</i>  <i>Thanks</i> <i>To our volunteers!</i>	SAT. FEB 7TH 9 AM  Breakfast TIME		
2 French Onion Beef Noodle Bake Cauliflower Fruit Milk	3 Cheese Tortellini with chicken and pesto Garden Vegetables Garlic Bread Juice/ Milk	4 Tex- Mex Chili Blueberry Corn Bread Cole Slaw Milk	5 Roasted Pork Baked Potato Corn Casserole Juice Milk	6 Italian Sausage Pasta Broccoli Casserole Fruit Milk
9 Pork Shepards Pie Fruit Crisp Roll Fruit Milk	10 Hawaiian Shouyu Chicken Brown Rice and Beans Roasty, Toasty Carrots and Onion Juice /Milk	11 American Chop Suey Green Beans Banana Bar Fruit Milk	12 Turkey Burger Lettuce, Tomato, Onion French Fries Peas Juice/Milk	13 Stuffed Sweet Potato with BBQ chicken and Cheese Mixed Veggies Fruit Milk
16 	17 Sloppy Jo- Orzo Sweet Potato Squash Juice Milk	18 Baked Fish Rice Pilaf Broccoli Fruit Milk	19 Veggie Strata Sausage Patty Oatmeal Muffin Juice Milk	20 Chicken and Biscuit Casserole Peas/ Onions Fruit Milk
23 Hot Dog Mac and cheese Stewed Tomato Green Beans Fruit /Milk	24 Philly Cheesesteak Casserole With onions and peppers Spinach Juice / Milk	25 Cheesy Chicken and Rice Broccoli /Cauliflower Applesauce Milk	26 Pulled Pork Sand- wich with WG Bun Mixed Potato Wedges Four Bean Supreme Juice /Milk	27 Ranch Medley Casserole Rolls 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 \$3 per meal voluntary donation is suggested but not expected. Coffee bar Monday - Friday all day.

February 2026

Exciting Announcement!!

Friday Feb 13th - 11:30am

Come meet our Advisory Council! On the second Friday of every month, members of our Advisory Council will be here to serve lunch, connect with participants, and answer any questions you may have about our center. This is a great opportunity to bring a new friend, learn more about who we are, and discover what we do. We're excited to welcome them and hope you'll join us, you won't want to miss it!



BECOME A
VOLUNTEER
TODAY!

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, stop in and see Lisa.

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. Some of the things we are interested in are: sewing club, photography group, poetry/creative writing group, line dancing teachers, fitness classes, and much more! 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.

We look forward to adding some new things to our calendar.



February 2026 Ongoing Activities

Mondays:

9:30 Chair Yoga
1:00 Drums Alive

Tuesdays:

9:00 Yarn Crafts /Drop in
Craft time
9:30 Bone Builders
12:00 Discovery Bible

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
2/5 @ 10:00 Floral with
Jane
2nd & 4th Thursday @
12:30 Herbal with Elaine

Fridays:

9:30 Chair Yoga
12:30 Mahjong



February 20th is National Love your pet day

To celebrate we will be creating a love your pet "wall of fame". Please bring in a picture of your pet or story about your pet to put on the wall.

Crafts

Tuesday
@1230

Drop in Crafts
With Beth

February Paint and cookies with Keelei

Tuesday 2/17 @ 10:30am



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 February 17th**—"Just Ray"—will be here to entertain at 10:30



GCSCC-Wide Book Club
February -"Light on
Snow" by Anita Shreve ~
Discussion on February
19th @11:00am

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

Community Breakfast

February 7th
@9am



By Donation
Your donation helps
support Horse Meadow



Open Mic
Saturday
February 7th

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

Menu: by donation
Chef's Choice
Note Date Change

Thank You

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, Hatchland Farms and many other private donors for your contributions to our food pantry.

We appreciate you all!!

Vegetable and Corn Chowder

Ready In:40 minutes **Serves:**4

Ingredients

1 tablespoon **Olive Oil**
1 **Red Onion** *diced*
1 **Red Bell Pepper** *seeded and diced*
3 cloves **Garlic** *crushed*
2 cups **Potatoes** *diced*
2 tablespoons **All-purpose Flour**
2 1/2 cups **Milk**
1 1/4 cups **Chicken Broth** *low sodium*
1 cup **Broccoli Florets**
3 1/2 cups **Corn** *fresh, frozen, or canned*
1/4 teaspoon **Salt** *adjust to taste*
1/8 tablespoon **Black Pepper** *adjust to taste*
1 tablespoon **Fresh Cilantro**

Directions

1. In a large pot, over low heat: heat olive oil.
2. Add onion, bell pepper, garlic and potato; sauté for 2-3 minutes while stirring frequently.
3. Stir in flour and continue to stir for about 30 seconds, after adding all the flour.
4. Gradually stir in milk and chicken broth.
5. Add broccoli and corn.
6. Increase heat to medium-high and bring to a boil while stirring constantly
7. Once boiling point is reached, reduce heat to a simmer and continue cooking for 20 minutes or until all vegetables are tender.
8. Add salt and pepper and serve
9. Serve and garnish with cilantro.



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.



Nutrition

Eating For Healthy Blood Pressure -Virtual
Wednesday, February 18, 2-3 pm

Learn about the latest lifestyle guidelines from the American
College of Cardiology for healthy blood pressure.