



# January 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](http://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, Frank Hurley  
Drivers/HDM ..... Peggy Fraser  
Head Cook ..... Mark Adams  
GCSCC Kitchen Staff ..... Donna Emerson, Diane Keith,  
David Aldrich, Cassidie Lang, Joshua Kinne  
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](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!**



### We're hiring!

**Driver. 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  
**Contact [hr@gcsc.org](mailto:hr@gcsc.org) to inquire!**

**Thank you to all who helped make the festival of trees event possible we were able to raise just over \$300 for our home delivered meal program.**

**Congratulations to our winner of the candy bowl- Karen Jones!**

**Snowflakes and wintry days are ahead. Our home-delivered meals drivers thank you in advance for keeping your walkways, driveways, and steps clear of snow and ice. In the event that we are forced to close the center and cancel home-delivered meals, it will be announced on WYKR 101.3 and it will be posted on our Facebook page. Better yet, call the center at (603) 787-2539 to find out for sure.**

### A note from our director,

**Happy New Year from all of us at Horse Meadow!**  
**Thank you to everyone that made 2025 a successful year. We are so excited to start 2026 off with a celebration on January 5th. Please join us! We have so many activities planned for 2026- from monthly breakfast, new classes, weekly crafts, a penny sale, and so much more. Stay tuned.**

~Lisa

## January 2026

Monday	Tuesday	Wednesday	Thursday	Friday
A bread and juice item available at every meal			<b>1</b> All GCSCC site closed 	<b>2</b> Chicken Nuggets French Fries Broccoli Fruit / Milk
<b>5</b> Baked Potato Bar Chili with beans Carrots Fruit / Milk	<b>6</b> BBQ Meatballs Rice Peas Juice / Milk	<b>7</b> Roasted Chicken Sweet Potato Mixed Veggies Fruit / Milk	<b>8</b> Mac and Cheese Squash Juice / Milk	<b>9</b> Tuna Noodle Casserole Corn Fruit / Milk
<b>12</b> Chicken Gravy Biscuit Broccoli/ Cauliflower Mix Fruit / Milk	<b>13</b> Baked Ziti Garlic Roll Three Bean Salad Juice / Milk	<b>14</b> Sausage Pepper, Onion Rice Green Beans Fruit / Milk	<b>15</b> Rosemary Pork Sweet Potato Spinach Juice / Milk	<b>16</b> Pizza Assorted Toppings Cabbage Carrot Mix Fruit / Milk
<b>19</b> 	<b>20</b> Hot Dogs/ Beans Sweet Potato Stewed Tomato Juice / Milk	<b>21</b> Baked Fish Rice Mixed Veggies Fruit / Milk	<b>22</b> Marinated Chicken Baked Potato Peas Juice / Milk	<b>23</b> Chop Suey Carrots Fruit / Milk
<b>26</b> Pork Chops Baked Potato Squash Fruit / Milk	<b>27</b> Spaghetti with Meatballs Green Beans Fruit / Milk	<b>28</b> Sliced Turkey w/ gravy Sweet Potato Carrots Fruit / Milk	<b>29</b> Sausage/ Veggies Rice Mixed Veggies Juice / Milk	<b>30</b> Chicken Sandwich Lettuce / Tomato Peas 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.

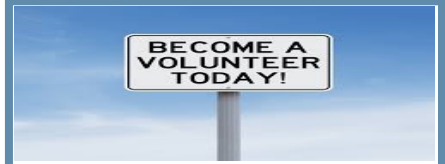
January 2026



New Year Celebration

**Monday January 5th from 9-11**

Join us for a fun and festive morning celebrating 2026. We will be serving light refreshments. Join us for some music and good company. Think about those New Year resolutions and add them to our New Year tree!



**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



### Foot Clinics

**Jan 2nd w/ Beverly Sinclair**

**Jan 15th 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!

## January 2026 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  
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  
1:00 Food Pantry  
**12/4 @ 10:00** Floral with Jane  
**2nd & 4th Thursday @ 12:30** Herbal with Elaine

### Fridays:

9:30 Chair Yoga  
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.

## Crafts

**Tuesday @9am**  
**Drop in Crafts**  
**With Beth**



## January Paint and cookies with Keelei

**Tuesday 1/13 @ 10:30am**



## Self-Care & Winter Wellness

Have a proper early night with fresh sheets and a book instead of your phone.

Do a face mask while watching your favorite comfort show.

Start a gratitude jar and drop in one happy moment each day.

Take yourself on a slow Sunday morning walk with a takeaway coffee.

Run a hot bath with Epsom salts and your best playlist.

Have a screen-free evening and light every candle you own.

Make hearty homemade soup from scratch, bonus points if it's got lentils.

Do ten minutes of gentle yoga before bed for a calmer night routine.

Try journaling under a blanket with a cuppa, brain dump and breathe.

Treat yourself to an at-home manicure or pedicure, spa vibes without the price tag.

## 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

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## GCSCC-Wide Book Club

**January - "Cloud Nine"**

by Luane Rice ~

**Discussion on January**

**15th @ 11:00am**

Call (603) 787-2539 to sign up and get a book.

Discussion is virtual or in

## Community Breakfast

**January 10th @9am**

**By Donation**

**Your donation**

**helps support**

**Horse Meadow**



## Open Mic

**Saturday**

**January 10th**

**@5:30pm for**

**some good food and great music.**

**Menu: by donation**

**Hot Dogs**

**Pizza**

**Stuffed Mushrooms**



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!!**

## 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.

**Spotify Class—come learn how to use Spotify- Monday 1/5 @1030**

**Calendars and Reminders—Monday 1/12 @1030**



## Nutrition

**Friday 1/9/25 @930am**— Join Lisa in the dining room as we learn how to make Egg and Cheese Taco's— A simple, tasty and nutritious breakfast or anytime snack.

