



July 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... Eva Daniels, Ann Green, Diane Kirkwood, Priscilla Lamott, Carmine Pandolfi, 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. Contact hr@gcsc.org to inquire!

Director's Note:

When the temperature climbs above 80°F, older adults need to be proactive and take precautions to avoid ailments due to excessive heat. Keep in mind the following tips when trying to stay cool.

Stay away from direct sun exposure as much as possible. If possible, plan your outdoor activities either early in the morning or when the sun starts to set.

Air conditioning is your friend in summer. Spend as much time as possible in air-conditioned spaces. If you don't have an air conditioner, go somewhere that is air-conditioned. For example, read a book at the library, walk around in indoor malls, watch that new movie at the theater, or meet your friends at the senior center. (Note: The federal Low-Income Home Energy Assistance Program (LIHEAP) helps adults 65 and older who have limited incomes cover the cost of air conditioners and utility bills. To reach your state's LIHEAP program, call 1-866-674-6327.)

Stay hydrated. Drink plenty of cool water, clear juices, and other liquids that don't contain alcohol or caffeine. Alcohol and caffeine cause you to lose water in your body by making you urinate more.

Dress appropriately. Whenever you can, try wearing loose, light-colored clothes. Avoid dark-colored clothes as they may absorb heat. Top it off with a lightweight, broad-brimmed hat and you are dressing like a pro! These simple changes will help you both stay cool and avoid sunburn.

Did someone say sunburn? Buy a broad spectrum sunscreen lotion or spray with sun protection factor (SPF) of 15 or higher. Apply the sunscreen liberally to all exposed skin. Also, bugs are abundant in summer, so spray insect repellent when going outdoors.

Cool down! Take tepid (not too cold or too hot) showers, baths, or sponge baths when you're feeling warm. Don't have the time? Then wet washcloths or towels with cool water and put them on your wrists, ankles, armpits, and neck.

~Lisa~

July 2026

Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>Milk, Juice, Coffee, Tea and Bread available at every meal</i></p>	<p><i>A Heartfelt</i> </p> <p><i>Thanks</i></p> <p><i>To our volunteers!</i></p>	<p>1 Hamburger Gravy Egg Noodles Carrots Fruit Juice & Milk</p>	<p>2 Chef's Choice Baked Potato Green Beans Juice & Milk</p>	<p>3 Closed for the 4th of July</p>
<p>6 Chicken Patty Sandwich Sweet Potato Fries, Cole Slaw, Applesauce, Milk</p>	<p>7 Egg Salad Plate Lettuce, Tomato, Cheese, Carrots Juice & Milk</p>	<p>8 Chop Suey Banana Bar Summer Squash Fruit & Milk</p>	<p>9 Breakfast 8am Hot Dog w/ Bun Baked Beans Mixed Veggies Juice & Milk</p>	<p>10 Pork Roast Baked Potato Broccoli Peaches & Milk</p>
<p>13 Chicken Spinach Bake, Rice Pilaf Green Beans Applesauce, Milk</p>	<p>14 Tuna Sandwich Corn & Bean Salad Greek Lentil Salad Juice & Milk</p>	<p>15 Pulled Pork Sweet Potato Fruit & Milk</p>	<p>16 Mac & Cheese Stewed Tomato Broccoli Juice & Milk</p>	<p>17 Beef & Gravy Mashed Potato Carrots Pears & Milk</p>
<p>20 Chef's Choice Rice Pilaf Green Beans Applesauce Milk</p>	<p>21 Shepard's Pie Carrots Juice & Milk</p>	<p>22 Chili with Beans Corn Bread Fruit & Milk</p>	<p>23 Chicken Salad on Roll Pasta Salad with Veggies Juice, Milk</p>	<p>24 Sausage Dishes Pepper & Onion Peas Fruit & Milk</p>
<p>27 Fish Sandwich French Fries Spinach Applesauce Milk</p>	<p>28 Spaghetti w/ Meat Sauce, Carrots Broccoli Juice & Milk</p>	<p>29 Taco's - Mexican Rice, Beans, Lettuce, Tomato, Onion Squash Fruit & Milk</p>	<p>30 Breakfast 8am Turkey Pot Pie Mashed Potato Green Bean Casserole, Pumpkin Muffins, Juice, Milk</p>	<p>31 Pizza Garden Salad Peas Pineapple & Milk</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.

July

Try a new recipe this summer!

Berry Chicken Salad

Ingredients

- ¼ cup olive oil mayonnaise
- 1 teaspoon sugar
- ½ teaspoon dried tarragon
- ½ cups chopped or shredded leftover chicken (about 1 breast)
- 1 cup quartered fresh strawberries or whole fresh blueberries
- ½ cup fresh or frozen peas, thawed
- ¼ cup chopped celery
- Torn salad greens or spinach

Instructions

- Whisk the first three ingredients together in a large bowl. Season with salt and pepper to taste.
- Add chicken, berries, peas, and celery, and stir well to combine.
- Scoop chicken salad over salad greens or spinach for a fresh and filling lunch.



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!



July 9th @1pm
Join us in the dining-room!
Paul and Becky Marcy will be hosting a presentation

"Mission Aviation"



Horse Meadow Monthly Dinners

We will be taking a short hiatus for the summer. Monthly Dinners will resume

August 26th at 5:30pm. See you then!

July 2026 Weekly Activities

Mondays:

9:30 Chair Yoga
1:00 Drums Alive

Tuesdays:

9:00 Yarn Crafts
9:30 Bone Builders
12:00 Discovery Bible
12:30 Drop in crafts with Beth

Wednesdays:

9:30 Chair Yoga
1:00 Bingo
1:00 Drums Alive

Thursdays:

9:30 Bone Builders
1:00 Writing Group

Fridays:

9:30 Chair Yoga
12:30 Mahjong

Monthly/Bi Weekly Activities

2nd Wed. @ 10 Pemi-Baker Nurse

2nd Wed. @10 Veterans Coffee

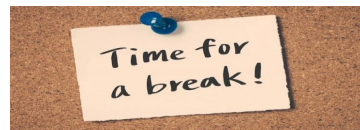
1st Thurs@ 10 Floral with Jane

2nd &4th Thurs. @ 12:30 Herbal Group

1st&3rd Fri. -Painting Group @ 11am



Horse Meadow is in need of some volunteers! Can you help out? We need servers for lunch in our dining room and Food Pantry volunteers. See Lisa



Community Breakfast & Open Mic
We will be taking the summer off for these events, see you in September!

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

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



GCSCC-Wide Book Club

July—“True Believer” by Nicholas Sparks
Discussion on July 15th @10:00am

August — “Winter Solstice” by R. Pilcher
Discussion on Aug. 19th @10:00am

September — “The Lucky One” by Nicholas Sparks

Discussion on September 16th @10:00am
Call (603) 787-2539 to sign up and get a book.
Discussion is virtual or in person at HMSC.

Nutrition Tip

Enjoy a variety of foods from each food group to help reduce the risk of developing diseases such as high blood pressure, diabetes, and heart disease. Choose foods with little to no added sugar, saturated fats, and sodium.

How Can I Lower High Blood Pressure?

By treating high blood pressure, you can help lower your risk for stroke, heart attack, heart failure and kidney disease.

These are steps you can take now:

- Reach and maintain a healthy weight.
- Eat a heart-healthy diet that includes vegetables, fruits, whole grains, low-fat dairy products, poultry, fish, legumes, non-tropical vegetable oils and nuts. Limit sodium, sweets, saturated fats, sugar sweetened beverages and red and processed meats.
- Be more physically active.
- Don't smoke and avoid secondhand smoke.
- Avoid or limit alcohol to no more than one drink per day for women or two drinks a day for men.
- Take your medication as prescribed.
- Know what your blood pressure should be and work to keep it at that level

Summer Fundraiser - Saturday, July 25th

Join us for a full day of food, music, shopping, and community fun while supporting a great cause.



Schedule of Events:

8:00 AM – 9:00 AM ~ Pancake Breakfast, \$5 suggested donation.

9:00 AM – 4:00 PM ~ Silent Auction featuring loads of great prizes to be won.

9:00 AM – 4:00 PM ~ Crafters, Vendors, and Flea Market on the lawn.

12:00 PM – 2:00 PM ~ Grill Open for Lunch.

12:00 PM – 2:00 PM ~ Live Music - TBA

4:00 PM – 6:00 PM ~ Live Music - TBA

6:00 PM ~ Catered BBQ Chicken Dinner, \$10 per plate: Take-out available.

6:30 PM ~ Silent Auction Winners Announced.

Bring your family and friends and enjoy a great summer day filled with good food, local vendors, live entertainment, and exciting auction prizes.

We hope to see you there!

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!