



March 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 32 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, P/T 16 hrs. 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

ACHS MOBILE KITCHEN

Our wonderful chef will be back to show a new dish on March 17th at 10

Join ACHS at the Horse Meadow Senior Center as they roll in with their mobile kitchen! Enjoy hands-on cooking demos, budget-friendly recipes, and simple nutrition tips, all shared in a fun and supportive environment.

A note from the director,

March is a wonderful time of year, a season of fresh beginnings, longer days, and a little extra luck in the air! As we celebrate St. Patrick's Day and welcome the early signs of spring, we're reminded how fortunate we are to have such a vibrant and caring community here at our center. This month, we're encouraging everyone to share that good fortune by bringing a friend to join us. Whether it's a neighbor, a family member, or someone you've recently met, there's always room at the table for one more smile. If you've been thinking about inviting someone to see what we're all about, March is the perfect time. Let's spread a little luck, a lot of laughter, and continue growing the wonderful community we cherish. We're so lucky to have each and every one of you!

- Lisa

March 2026

Monday	Tuesday	Wednesday	Thursday	Friday
2 Chicken Sandwich Lettuce, Tomato Sweet Potato FF Carrots Fruit/Milk	3 Korean Ground Turkey and Rice Bowl Pinto Beans Juice/Milk	4 Spaghetti with meat sauce Green Beans Fruit / Milk	5 Turkey and Gravy Biscuits Mixed Veggie Juice/Milk	6 Glazed Roast Pork Baked Potato Broccoli Fruit /Milk
9 Chicken Parm Casserole Egg Noodles Beets Fruit /Milk	10 Baked Fish Stuffing Topping Brown Rice Assorted Veggie Juice/ Milk	11 Hearty Turkey Chilli Corn Bread Fruit/Milk	12 BBQ Pork Chops Baked Beans Peas Juice/ Milk	13 Ravioli Broccoli Garlic Toast Fruit /Milk
16 Chef's Choice Entrée Mixed Veggies Rice Fruit /Milk	17 <b style="color: green;">St. Patrick's Day Celebration Ham Cabbage/Carrots Potato Juice/Milk	18 Hot Dogs/Beans French Fries Corn Fruit / Milk	19 Mac and Cheese Peas Juice/Milk	20 Mock Chicken Pot Pie Biscuit Stewed Tomato Fruit/Milk
23 Maple Glazed Sausage Herby Lentils Cauliflower Fruit/Milk	24 Roast Chicken Sweet Potato Squash Juice/Milk	25 Chop Suey Peas and Carrots Fruit /Milk	26 Coconut Turkey with Peppers and onions Brown Rice/Beans Juice/Milk	27 Assorted Meat and cheese Sandwiches Lettuce, Tomato Chips Fruit/ Milk
30 Pork Quesadillas Rice and Beans Green Peas Fruit /Milk	31 Bacon Cheeseburger French Fries Green Beans Juice/Milk	A bread and juice item available at every meal		Sat. March 14th 

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.

March 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.

March 11th— Taco Bar with all the fixing's

March 25th—Roast Pork, Baked Potato, Veggies
Suggested donation of \$5.00

Save the dates for April 8th and April 22nd



Trivia Tuesday March 10th
at 11am

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



Last year, GCSCC provided 212,626 meals for older adults and adults with disabilities throughout Grafton County! Thanks to our team effort, we continue to serve more meals each year without putting anyone on a waiting list. We are grateful for all of our employees, volunteers, participants, and community members who make this happen. Over the past decade, the cost of living has increased by approximately 35%, and the cost of food, supplies, fuel, and wages have steadily risen, while our suggested meal donation has remained unchanged. To help sustain our program and continue providing nutritious meals, we are adjusting the suggested donation from \$3 to \$5 per meal. As always, all services are free of charge and donations are voluntary.

March 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
3/5 @ 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



Lunch and Learn

Keeping the Keys Workshop

Join us for a Keeping the Keys Workshop. This free hour-long presentation is filled with tips and resources that can help senior drivers.

Monday March 16th at 11am



**Foot Clinics
March 6 and
March 26th
By appointment—**

Call 603-787-2539

Bring a friend to lunch!

We would love for you to bring a new friend to lunch this month. All month long if you bring a new friend you will be entered into a drawing for a gift basket for you and your friend to share. Winner will be chosen on April 1st.

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 24th—**"Just Ray"—will be here to entertain at 10:30



**GCSCC-Wide Book Club
March—"One Second After"** by William Forstchen ~
Discussion on March 20th @ 11:00am

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

Community Breakfast

March 14th @9am
By Donation
Your donation helps support Horse Meadow



Open Mic Saturday March 14th @5:30pm for some good food and great music.

Menu: by donation
Chef's Choice



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!



Please join us at Horse Meadow Senior Center on **March 4th at 5:00PM**, as we welcome **Charlie Berger, DVM**. He is a graduate of Cornell University, who has enjoyed a 55-year career in both Berkeley, California and rural Vermont. As a wilderness explorer and filmmaker, he has led ecological tours to Alaska, Canada and Africa. He has been a veterinarian for dozens of major sled dog races, including many Iditarod's and Yukon Quests, for the past thirty years. Incredibly, his journey started in Brooklyn, New York, where he didn't see a tree until he was eight. He has been exploring remote wilderness areas and studying natural history ever since. An internationally known lecturer, he teaches courses on evolution, natural history and predators. In 2023, he published his memoir, *Born to Go*, available on Amazon.

We are so happy to be able to have Charlie speak at HMSC. **Come early for a light dinner at 5:00**, he will be speaking at 5:30 on *The World's Greatest Endurance Athletes: The Dogs of the Iditarod*.

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!