



November 2025



HORSE MEADOW SENIOR CENTER

EXPRESSIONS

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 develop, strengthen, and provide programs and services that support the health, dignity and independence of older adults and adults with disabilities living in our communities.

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.

UPCOMING SEMINAR!

Renee A. Harvey, Esq., Managing Attorney of Legacy Counsellors North, PLLC dba Caldwell Law, will be leading an "Estate Planning 101" seminar. We hope you will join us!

IN PERSON: Upper Valley Senior Center, Thursday, November 13, 9:45-11:45 am. Registration is required. Contact Becky Foster, 603-448-4897, ext. 120, or bfoster@gcsc.org Space is limited, so first come, first served. If you would like to get a copy of the GCSCC 2025 Estate Planning Program, please email Becky at the above email address.

A note from our director,

Did you know that November is National Gratitude month? It is a time to express thankfulness and appreciation for everything in our lives. I wanted to take a moment to let you all know just how thankful I am for you! I am so thankful to see you all each day! I am also so very thankful to my staff, and my family they are absolutely the best! Please take a moment and reflect on what you are grateful for and practice gratitude in your daily life.

~Lisa



November 2025



Monday	Tuesday	Wednesday	Thursday	Friday
3 Garlic Noodles with Beef Carrots Fruit/Milk	4 Tacos Rice and Beans Cheese, Lettuce, tomato Cole Slaw Juice/ Milk	5 Chicken and Broccoli Alfredo over noodles Applesauce Milk	6 Assorted Pizza Three Bean Salad Cole Slaw Juice/Milk	7 Pork Chops Baked Potato Cauliflower Fruit/ Milk
10 Sheet Pan Sausage and Veggies Rice Fruit /Milk	11 	12 Baked Potato Bar Broccoli, Cheese, Chili Stewed Tomato Fruit /Milk	13 Hot Dogs French Fries Carrots Juice /Milk	14 Garlic Butter Shrimp Over pasta Peas Fruit/ Milk
17 Baked Fish Rice Pilaf Beets Fruit /Milk	18 Chop Suey Garlic Bread Carrots Juice / Milk	19 Chefs Choice Mixed Veggies Rice Fruit/Milk	20 Turkey, Gravy Stuffing, Squash, Potato, Veggies Rolls Juice/Milk	21 Cheese Ravioli Rolls Peas Juice/Milk
24 Tuna Sandwich Sliced Tomato Three Bean Sal- ad Fruit/Milk	25 Ranch Chicken with Bacon, Brussels and Potato Roll Juice/Milk	26 Chili Corn Bread Pea/Carrots Fruit/Milk	27 	
		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.



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!

Orford Area Senior Center

As most know the physical location in Orford has closed as of 10/31. We still plan to offer home delivered meals, transportation and support to the communities of Orford and Lyme. We encouraged everyone to engage in all meals and activities at Horse Meadow or any one of our senior centers. We will have transportation available. Please call Lisa at 603-787-2539. We will have the bus running for our Thanksgiving meal and any other day! We hope to see you soon!



Join us as we host a traditional Thanksgiving meal with all the fixings'. Jag students will be here to serve up some Turkey, Gravy, Potato's and veggies. Salad and Soup will open at 11:00 and our meal will be served at 11:30. **Our buses will be running all morning-serving ALL our towns. Call Lisa for a pick up!**

Entertainment will be provided by our very own Dan Bixby!

We will have a 50/50 raffle with 50% of the pot to you and the other 50% will go to Home delivered meal costs. We will also have a few door prizes.

We are so very thankful for you!

VIRTUAL Learning to Look: Conversations about Art

Friday, November 21, 2025 11:00 am to 12:00 pm

Visual art can inspire and challenge us. It can also offer a focal point for rich conversations about life and ideas. Join this interactive virtual program facilitated by docents from the Hood Museum of Art to learn how to think critically about visual art in the company of your peers. Each time we will explore different works of art from the Hood Museum's collection across time and cultures. No prior experience talking about art necessary. Curiosity is the only prerequisite! This program is presented in collaboration with the Hood Museum of Art and D-H Arts Program.

November 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
11/12 @ 10:00 Pemi-Baker Nurse
11/12 @ 10 Veterans Coffee

Wednesdays:

9:30 Chair Yoga
10:00 Food Pantry
10:30 Games/Puzzles
1:00 Bingo
1:00 Drums Alive

Thursdays:

9:30 Bone Builders
10:30 Bean Bag Toss
1:00 Food Pantry
11/13 @ 12:30 Herbal with Elaine
11/13 @ 10:00 Floral with Jane

Fridays:

9:30 Chair Yoga
12:30 Mahjong

Festival of trees

Our annual event this year will run from November 17—December 5th for viewing and to purchase tickets. Winners will be drawn at 1pm on December 5th. If you would like to donate a fully decorated tree please let us know.

Bringing Green Burial to NH

Please join us for a special presentation by Lee Webster at 1030am on November 6th.

Join Lee as we explore the principles of sustainable funeral options that seek to promote climate resiliency, address funeral poverty, and create community. We'll also learn about what's happening here in the Lakes Region and White Mountains to bring sustainable burial to our area.



November 18 @10:30
Jack Varin will host a presentation on the Bobcat

Join ACHS at the Horse Meadow Senior Center on Thursday November 13 from 10-12pm 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.

Entertainment



Thursdays - Music by Phyllis Vogel 11:15
Thursday, November 6th - Hymn Sing with Byron 12:30
Wednesday, November 12th - The BOYZ @11:00
Saturday, November 8th - Open Mic - food at 5:30; music 6 - 8
Wednesday, November 19th — Wayne Klingler @11:00
Thursday November 20th - Dan Bixby @ 10:30



GCSCC-Wide Book Club
November - "The Women of Chateau Lafayette" by Stephanie Dray ~
Discussion on November 21st @11:00am
Call (603) 787-2539 to sign up and get a book.
Discussion is virtual or in person at HMSC.

Community Breakfast

November 8th
9am-11:00am
By Donation
Your donation helps support the meals program

Open Mic
Saturday
November 8th
@5:30pm for some good food and great music.
Menu:
Stuffed Mushrooms
French Bread 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. UNH Cooperative Extension donates the lovely tomatoes.

We appreciate you all!!



Movies

Tuesday and Friday at 1pm

Our featured movie this month is "Nonnas" we will be showing the movie on Monday November 10th at 1230pm.

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?

Emergency Preparedness

Join us for a presentation on Emergency Preparedness on November 12th at 11am

Nancy will talk about what we should all be doing to be prepared in and emergency. She will be bringing free starter "Go-Kit" to each attendee.



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.

Wednesday, November 19th -2pm-3pm- Eating for Blood Sugar Management Presenter: Jean M. Copeland, RDN, LD



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