



October 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 and Piermont 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, Sherri Sargent, Ed
Rajsteter, Carmine Pandolfi, Alison Bruce and Diane Kirkwood



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!

EMPLOYMENT OPPORTUNITIES



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.


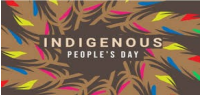
Contact hr@gcsc.org to inquire!

A note from our director,

Happy October everyone! Halloween is one of my favorite holidays and I'm so excited that the spooky season is back. I love decorating my house this time of year and making it extra festive for the holiday. If you love decorating to, stop by to one of our Halloween décor crafts this month. There are two super cute crafts to choose from and both will make your space extra festive this season!

~ Lisa

October 2025

Monday	Tuesday	Wednesday	Thursday	Friday
<p>A bread and juice item available at every meal</p>		<p>1 Chicken Parm Cass. Spinach Garlic Orzo Fruit / Milk</p>	<p>2 Rosemary Roast Pork Sweet Potato Mixed Veggies Juice /Milk</p>	<p>3 Turkey Burger French Fries Carrots Fruit /Milk</p>
<p>6 BBQ Chicken Squash Baked Potato Fruit/Milk</p>	<p>7 Lasagna Peas /Carrots Roll Juice/Milk</p>	<p>8 Crustless Quiche Sausage Link Roasted Mix Veg Fruit/Milk</p>	<p>9 Hot Dogs Baked Beans Cauliflower Juice/Milk</p>	<p>10 Chicken Gravy Biscuit Sweet Potato Broccoli Fruit/Milk</p>
<p>13 All GCSCC sites closed</p> 	<p>14 Chefs Choice Mixed Veggies Baked Potato Juice / Milk</p>	<p>15 BBQ Meatballs Brown Rice Green Beans Fruit / Milk</p>	<p>16 Cheesy Stuffed Pasta Meat Sauce Rolls, Peas Juice/ Milk</p>	<p>17 Baked Fish Rice Pilaf Carrots Fruit / Milk</p>
<p>20 Swedish Meatballs Egg Noodles Green Beans Fruit / Milk</p>	<p>21 Maple Chicken Brown Rice Brussel Sprouts Juice / Milk</p>	<p>22 Tuna Salad with WG Roll Lettuce and Toma- to Chips Fruit / Milk</p>	<p>23 Parmesan Pork Sweet Potato Maple Carrots Juice / Milk</p>	<p>24 Assorted Sand- wiches Tomato Soup Coleslaw Three Bean Salad Fruit /Milk</p>
<p>27 Chicken Stew Biscuits Broccoli Fruit/ Milk</p>	<p>28 Pork patty with Gravy Biscuits Carrots Juice/ Milk</p>	<p>29 Chop Suey Garlic Bread Green Beans Fruit / Milk</p>	<p>30 Turkey/ Gravy Mashed Potato Spinach Juice/ Milk</p>	<p>31 Stuffed Pepper Cass. with Rice Peas Fruit / 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 \$3 per meal voluntary donation is suggested but not expected. Coffee bar Monday - Friday all day.

What's up: Astronomical Happenings in September!

- **Sept. 19:** A conjunction between the Moon, Venus, and Regulus

Look East in the hours before sunrise and right by the Moon you'll see Venus and Regulus (a bright star).

- **Sept. 21:** Saturn is at opposition

Though Saturn is visible all month, during this time it'll be at it's brightest and closest!

- **Sept. 22:** The autumnal equinox

This marks the official beginning of Autumn as the sun finds itself directly above the equator.

- **All of September:** Saturn is visible

You'll be able to spot this ringed planet in the Eastern sky during the evening or the Western sky at night.



HMSC—Fall Craft Fair
October 18th—10am—2pm
Lunch will be available

Questions About Medicare?

Horse Meadow Senior Center will host an educational event regarding the changes to Medicare for 2026 **Thursday October 16 11:00a - 1:00 p.** Join Kathryn Alafat Morneault and Dan Cross for an informative chat about the changes to many of the Medicare Plans being offered in 2026 and how those changes may affect you. Kathryn and Dan will answer questions and discuss Medicare Advantage "Part C", Original Medicare with a Medicare Supplement as well as Prescription Drug Plans "Part D". We look forward to seeing you

OCTOBER IS NATIONAL ESTATE PLANNING MONTH!

Since the largest benefit of **estate planning** is peace of mind, GCSCC is providing a program of options/sources to get the process going. Contact Becky Foster at bfoster@gcsc.org or (603) 448-4897, ext.120, to get a copy of the program options, including upcoming seminars, available materials, information from Trust & Will (online will maker), Grafton County's elder attorney listing, and Legacy Society information. We hope you will take advantage of

September 2025 Ongoing Activities

Mondays:

9:30 Chair Yoga
10:30 Indoor Volley Ball
1:00 Drums Alive
2:00 Tai Chi (Virtual)

Tuesdays:

9:00 Yarn Crafts
9:30 Bone Builders
11:00 Interfaith Chat
12:00 Discovery Bible
1:00 Food Pantry

Wednesdays:

9:30 Chair Yoga
10:00 Food Pantry
10:30 Games/Puzzles
1:00 Bingo
1:00 Drums Alive
2:00 Tai Chi (Virtual)

Thursdays:

9:30 Bone Builders
10:30 Bean Bag Toss
1:00 Food Pantry

Fridays:

9:30 Chair Yoga
11:00 Cribbage
12:30 Mahjong



Movies

Tuesday and
Friday at 1pm

Our featured movie this month is "**Hocus Pocus 2**" we will be showing the movie on Tuesday October 14th at 1230pm.

Bi-weekly/Other Activities

Mondays:

10/6 @ 10:30 Candy Bar Bingo

Tuesdays:

10/7 *Crafting Fun*

Wednesdays:

10/8 @ 10:00 Pemi-Baker Nurse

Thursdays:

10/2 @ 10:00 Floral with Jane

10/10 and 10/24

@ 12:30

Herbal with Elaine

Fridays:

Special Crafts October 7th @ 12:30 Wooden Pumpkin



October 22nd @10:30 Ghost Candle Covers



Entertainment



Thursdays - Music by Phyllis Vogel 11:15

Thursday, October 2 - Hymn Sing with Byron 12:30

Wednesday, October 8th - The BOYZ @11:00

Saturday, October 11th - Open Mic - food at 5:30; music 6 - 8

Wednesday, October 15th — Wayne Klingler @11:00

Thursday October 16th— Dan Bixby @ 10:30

Community buffet breakfast



October

11th from 9am-11:00am

We will have a variety of
egg dishes, sausage, bacon,
home fries, pancakes and
more

By Donation

**Your donation helps sup-
port the meals program**



Join us
**Satur-
day**

**October 11th at
5:30pm** for some good
food and great music.

Menu:

Chicken Bites
Or Wings (while sup-
plies last)
Spicy Mac Bites
Hot Dogs

GCSCC-Wide Book Club

October - "**The Woman of Chateau Lafayette**" by Stepha-
nie Dray ~ **Discussion on October 17th @10:00am**

November - "**Six Years**" by Harlan Coben ~ **Discussion
on November 21st @10:00am**

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

Discussion is virtual or in person at HMSC.



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.

Technology classes held at the center with Keelei

Friday, October 3rd - 10:15-11:00— Drop in time for any tech-
nology questions.

Wednesday October 15th- 2:00-3:00pm-Understanding how
what you eat affects your lab report. - Virtual class presented by
Jean Copeland from the Aging Resource Center

Friday, October 24th- 10:15- 11:00- In this class you will
learn how to use Instagram



HMSC—Cookbook Club

Do you love to cook and explore new recipe's and share ideas?

Then we have just the thing for you!!

**Beginning in October we will meet once a month to swap recipes'
try new ones, discuss nutrition and sample some new food. Please
see Lisa to sign up!**

**First Meeting will be 10/3 at 9am- We will decide then what is a
good time to meet.**

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N. Haverhill, NH

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EXPRESSIONS

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No. Haverhill, NH
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