



September 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 William Smith, Peter Giunta and Peggy Fraser
Head Cook Mark Adams, Stacey Maranville
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

HELLO
September



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!

Beginning September 1st, 2025 we will be changing our free table to a consignment table. Please do not leave any items at the center without seeing Wanda or Lisa. Items will be able to be placed on the free table for a maximum of 2 weeks and then need to be picked back up. There is a 5 item limit.
Thank you for your cooperation.

Note from the Director ~

September is the month of transition from the heat of summer to the crisp cool air of Autumn. During this time of year we all become busy preparing for the winter. Take some time to visit the center and connect with friends. You could join one of our fitness classes, come for lunch and enjoy a cup of soup, take in a movie or enjoy time relaxing with a good book.

~ Lisa ~

Raffle Time!

Help us fill the shelves of our Food Pantry & be entered into a raffle.

Bring in (Unexpired) non-perishables and get a raffle ticket for each item.

Example: canned soups/fruit/meat, rice, macaroni, jams, juices, personal care items etc. Winner will be drawn on September 27th at our Community Dinner.

Need not be present to win.

September 2025

Monday	Tuesday	Wednesday	Thursday	Friday
1 	2 Spaghetti Broccoli/Carrot Juice / Milk	3 Sausage Black beans and Rice Mixed Veggies Fruit /Milk	4 Roasted Chicken Sweet Potato Green Beans Juice / Milk	5 Chilli Corn Bread Spinach Fruit / Milk
8 Pork Shepards pie Cauliflower / Broccoli Fruit / Milk	9 Mac and Cheese Stewed Tomato Carrots Juice / Milk	10 Sloppy Jo Roasted Potato Brussel Sprouts Fruit / Milk	11 Baked Fish Rice Pilaf Peas Juice / Milk	12 Hot Dog Casserole Roasted Potato Corn Fruit / Milk
15 Turkey Tacos Lettuce, Tomato, Onion Beans and Rice Fruit / Milk	16 Baked Ziti with peppers and onion Broccoli Pumpkin Bar Juice / Milk	17 Tuna Sandwich Lettuce, Tomato and Cukes Pasta Salad Fruit / Milk	18 Roasted Pork Baked Potato Carrot/Peas Juice /Milk	19 All GCSCC sites are closed for: 
22 Cheesy Chicken and Rice w/Beans Mixed Veggies Fruit / Milk	23 Turkey Meatballs and Gravy Mashed Potato Carrots Juice /Milk	24 Harvest Stew Cabbage Fruit / Milk	25 Pancake and Sausage Casserole Hash Browns Apple sauce Milk	26 Roast Chicken Orzo pasta with Tomato Broccoli Fruit / Milk
29 Pork Patty W/G Bun Lettuce, Tomato, onion Carrots Fruit /Milk	30 Chicken and Broccoli Dinner Rolls Blueberry Crisp Juice /Milk			Bread Item and Juice available at every meal

Menu is subject to change without notice.

Congregate and grab-n-go 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.

Prepare for fall by tackling home maintenance tasks, adjusting your routines, and embracing seasonal activities to fully enjoy the autumn months.

Home Maintenance Tasks

Clean Gutters: Ensure your gutters are clear of leaves and debris to prevent water damage as the rain increases in fall.

Check Heating Systems: Schedule maintenance for your furnace or heating system to ensure it's ready for colder temperatures.

Stock Up on Firewood: If you have a fireplace, order and stack firewood for cozy nights ahead.

Prepare Outdoor Spaces: Store away outdoor furniture and cushions to protect them from the elements.

Inspect Windows and Doors: Check for drafts and seal any gaps to keep your home warm and energy efficient.

Seasonal Activities

Fall Cleaning: Declutter your home and organize spaces to create a fresh start for the new season.

Decorate for Fall: Bring out autumn decorations, such as pumpkins, gourds, and cozy blankets to create a warm atmosphere.

Plan Seasonal Recipes: Start preparing hearty meals and baking seasonal treats like pumpkin pie or apple crisp.

Personal Well-being

Adjust Routines: As the days get shorter, consider adjusting your daily routines to include more self-care and relaxation.

Focus on Nutrition: Incorporate more fiber-rich foods and seasonal produce into your diet to support your health as you transition into fall.

Set Goals: Use this time to reflect on your goals for the upcoming months, whether personal, professional, or health related.

By following these tips, you can effectively prepare for fall and enjoy all the beauty and comfort the season has to offer. Embrace the changes and make the most of this cozy time of year!



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



COMMUNITY DINNER
September 27th @ 5pm

Please join us for a fundraiser dinner-We will be having a harvest themed dinner. Entertainment will be provided by Bryon Berwick.

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 Plastic Canvas
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

Thursdays:

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

Fridays:

9:30 Chair Yoga (newly added)
11:00 Cribbage
12:00 Tai Chi (Virtual)
12:30 Mahjong

Bi-weekly/Other Activities

Mondays:

9/8 @ 10:30 Candy Bar Bingo

Tuesdays:

9/9 Crafting Fun

Wednesdays:

9/10 @ 10:00 Veterans Coffee
9/10 @ 10:00 Pemi-Baker Nurse

Thursdays:

9/4 @ 10:00 Floral with Jane
9/11 and 9/25 @ 12:30
Herbal with Elaine

Fridays:

Paint and Sip September 16 at Noon



Entertainment



Thursdays - Music by Phyllis Vogel 11:15

Thursday, September 4th - Hymn Sing with Byron 12:30

Wednesday, September 10th - The BOYZ @ 11:00

Saturday, September 13th - Open Mic - food at 5:30; music 6 - 8

Wednesday, September 17—Wayne Klingler @ 11:00

Thursday September 18th— Dan Bixby @ 10:30

Tuesday, September 30th—Bryon Blood @ 11:00



Community buffet breakfast

September 13th from 9am-
11:00am

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

Your donation helps support the
meals program



Join us on **Saturday
September 13th at
5:30pm** for some good
food and great music.

Menu:

Assorted Pizza Slices

Chicken Taquito

Mini Tacos

Mac and Cheese Bites



Movies

Tuesday
and Friday
at 1pm

Our featured movie this month
is "**Hocus Pocus**" we will be
showing the movie on Tuesday
September 9th at 1230pm.

GCSCC-Wide Book Club

September- "The Last Thing He Told Me" by Laura Dave
~ Discussion on September 17th @10:00am

October - "The Woman of Chateau Lafayette" by Stephanie Dray
~ Discussion on October 15th @10:00am

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.



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, September 4th- 10:15-11:00— Drop in time for any technology
questions.

Wednesday September 17- 2:00-3:00pm-Eating Enough Protein? - Virtual
class presented by Jean Copeland from the Aging Resource Center

Friday, September 18- 10:15- 11:00- In this class you will learn the basic
functions of email and how to create one.



Presort. Std.
Permit Number 4
N. Haverhill, NH

OR CURRENT RESIDENT

EXPRESSIONS

Horse Meadow Senior Center
91 Horse Meadow Road
No. Haverhill, NH
03774-9998