



September 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..... Peter Kimball
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
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 Lisa at ladams@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 11- 2 pm, Wednesday 10 - 1 pm and Thursday 1 - 2 pm.

Durable Medical Equipment; Available Monday thru Thursday 8 - 2 pm.

Congregate Dining- available 5 days a week - 11:30 am

We're Hiring!
Kitchen Asst. PT 20 hours & PT 28 hours
Part Time Driver 36 hours
Non-Exempt position.
Other open positions listed @
www.gcsc.org
Contact hr@gcsc.org to inquire!



Did you know we have
transportation available
5 days a week from 8-3

Give us a call and we will get you
scheduled!

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!

Directors Note:

Hard to believe that it is already September, and the leaves are changing into all the beautiful colors. We are excited to be welcoming back our monthly breakfasts and dinners. We hope that you will be able to join us for these. We host these as fundraisers each month to help support our programs here at GCSCC.

Lisa

"Life starts all over again when it gets crisp in the fall."
— F. Scott Fitzgerald

September 2026

Monday	Tuesday	Wednesday	Thursday	Friday
Milk, Juice, Coffee, Tea and Bread available at every meal	1 Ham Baked Potato Carrots Juice Milk	2 Chop Suey Garlic Bread Spinach Assorted Fruit Milk	3 Chef's Choice Rice Green Beans Juice Milk	4 Chicken Nuggets French Fries Peas Oranges Milk
7  All GSCSS Site Closed	8 Baked Fish Rice Pilaf Beets Juice Milk	9 Mac and Cheese Stewed Tomato Three Bean Salad Assorted Fruit Milk	10 Spinach Frittata w/tomato and Cheese Sweet Potato FF Juice Milk	11 Chef's Choice Rice and Beans Carrots Peaches Milk
14 Hot Dog with Roll Mac Salad Baked Beans Applesauce Milk	15 Chef's Choice Brown Rice Spinach Juice Milk	16 Cheese Tortellini W/ Red Sauce Broccoli Mix Assorted Fruit Milk	17 BBQ Chicken Pieces Cole Slaw Corn Bread Juice Milk	18  All GSCSS Site Closed
21 Hamburger with Bun Pasta Salad Green Beans Applesauce, Milk	22 Roasted Chicken Stuffing Pea and Carrot Mix Juice / Milk	23 Baked Potato Bar Chilli, Cheese, Broccoli, Sour Cream Assorted Fruit Milk	24 Chef's Choice Baked Beans Brussel Sprouts Juice Milk	25 Roasted Pork & Gravy , Red Potato Glazed Carrots Pineapple Milk
28 Turkey Meatballs Egg Noodles Broccoli and Carrot Mix Applesauce, Milk	29 Chicken Patty /Bun Lettuce , Tomato Peas Three Bean Salad Juice Milk	30 Spaghetti with meat sauce, Salad Assorted Veggies Assorted Fruit Milk		Breakfast & Coffee availa- ble every day! 

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.

Apple Pie Ooey Gooey Cake

3/4 cup unsalted butter, divided
2 Granny Smith apples, peeled and diced
3 tablespoons light brown sugar
1/2 teaspoon salt, divided
1/2 teaspoon ground cinnamon
1 package yellow cake mix
4 large eggs, divided
1 teaspoon vanilla extract
3 1/2 cups confectioner's sugar
8 ounces cream cheese, softened
1 teaspoon apple pie spice
salted caramel sauce for garnish



Directions

Preheat the oven to 350 degrees F Grease a 9x13-inch baking pan. Melt 1/4 cup butter in a saucepan over medium-high heat. Add apples, brown sugar, 1/4 teaspoon salt, and cinnamon. Cook until apples soften, 5 to 7 minutes. Cool slightly. Combine cake mix, 2 eggs, remaining 1/2 cup butter, and vanilla in a bowl and mix well. Carefully fold in apples. Batter will be thick. Transfer batter into the prepared pan, and spread evenly. Combine confectioners sugar, cream cheese, remaining eggs, remaining salt, and apple pie spice in a separate bowl and mix well. Pour mixture over the top of cake batter. Bake cake in the preheated oven until a toothpick inserted near the center comes out clean, 30 to 35 minutes. Allow the cake to cool completely before serving. Serve with caramel sauce.

Thank you!

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!



Horse Meadow Monthly Dinner

Join us for a BBQ Rib
dinner at 5:00pm on
September 23, 2026

Guest Speaker Peter Tice
"Railroads of Haverhill"

September 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
12:30 Drop in crafts with Beth

Fridays:

9:30 Chair Yoga
12:30 Mahjong

Monthly/Bi Weekly Activities

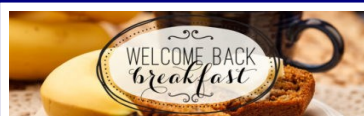
2nd Wed. @ 10 Pemi-Baker Nurse

2nd Wed. @10 Veterans Coffee

1st Thurs @ 10 Floral with Jane

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

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



Community Breakfast & Open Mic

September 12,2026

Breakfast @ 8 am

Open Mic @ 530pm

Entertainment



Thursdays - Music by Phyllis Vogel - 11:15

First Thursday of the Month - Hymn Sing with Byron - 12:30—ON HOLD

Second Wednesday of the Month - The BOYZ -11:00

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

Just Ray—Tuesday September 15th - 11:00



GCSCC-Wide Book Club

September — “The Lucky One” by Nicholas Sparks
Discussion on September 16th @10:00am

October — “One Second After” by William Forstchen

Discussion on Oct. 21st @10:00am

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

Nutrition Corner

Cut back on sodium

Eating too much sodium can raise your risk of high blood pressure, heart attack, and stroke. More than 70% of the sodium Americans consume comes from packaged and prepared foods. While sodium has many forms, 90% of the sodium we consume is from salt.

To cut back on sodium, try this:

Avoid highly processed foods that are high in sodium.

Common processed foods with high sodium include bread, pizza, and deli meats.

Read the Nutrition Facts label to find foods low in sodium or lower sodium options.

Buy unprocessed food to prepare at home.

Good options include fresh or frozen vegetables.

Flavorful Salt Alternatives

Garlic and Garlic Powder: Adds a rich, savory taste to soups, stews, roasted vegetables, and meat rubs without overpowering other flavors. Garlic also offers health benefits such as boosting immunity and lowering blood pressure

Black Pepper: A classic seasoning that pairs well with almost any savory dish. Ground black pepper or peppercorn blends can add heat and depth to soups, pastas, and roasted meats

Paprika: Provides a mild, sweet, and sometimes smoky flavor. Works well with chicken, lamb, fish, vegetables, and spice blends

Cumin: Offers an earthy, nutty, and slightly smoky taste. Ideal for lamb, beans, rice dishes, and spice mixes

Turmeric: Adds warmth and a subtle bitterness, perfect for curries, rice, roasted vegetables, and marinades. It also has anti-inflammatory properties

Onion Powder: Enhances savory dishes with a mild onion flavor, suitable for soups, sauces, and roasted vegetables



Horse Meadow is in need of some volunteers! Can you help out? We need Home Delivered Meal Drivers, Dining room attendants, Food Pantry helpers and class leaders. If you are interested or need some more information.

See Lisa

ONE OF THE
GREATEST GIFTS
YOU CAN GIVE IS
YOUR TIME

#VOLUNTEER

Special Craft



Please join us on
September 14th @ 1pm
for a
special Fall Craft
Scarecrow Spoons

Won't you consider joining our amazing team of volunteers? We are in need of kitchen support, dining room support, Meals on Wheels drivers food pantry support, office support and substitute drivers. If you have a few hours to spare please come see Lisa. "Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has."
– Margaret Mead