

# Newfound Area Senior Services

A location of **Grafton County Senior Citizens Council, Inc.**, located at 10 Campbell Street, Lebanon, NH 03766, (603) 448-4897, [www.gcsc.org](http://www.gcsc.org) and on Facebook. Serving Bristol, Alexandria, Bridgewater, Hebron and Groton 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 disability

## August 2025

**Open 8 to 2 Tuesdays**  
(other times by appointment)  
**Phone (603) 744-8395**  
15 Church Street, PO Box 266  
Bristol, NH 03222  
[gshaw@gcsc.org](mailto:gshaw@gcsc.org)



**Gail Emmons-Shaw**, Program Coordinator  
**Donna Fletcher**, Program Associate  
**David Andruchuk**, Driver  
Driver  
**Michelle Heath**, Outreach Worker

**Chair Yoga** Tuesdays at 9:30

**Coffee Café** Tuesdays 9 to noon

Call for more information regarding other activities and/or events or check out our website [www.gcsc.org](http://www.gcsc.org) for more information regarding these and other services that we offer!

**Bingo** 1st Tuesday of the month at 10:15

**Blood Pressure Checks** 1st Tuesday of the month

\*\*\***Grab N Go Lunch** ~ Thursdays, at noon, in the BUCC parking lot, Call (603) 744-8395 for more information.

\*\*\* **August 4th** Crafting with Siena– spinners made from recycled cans; see Gail to sign up

\*\*\* **August 11th** At PRSC– Advanced Directives Workshop 11:30 am with Pemi-Baker Hospice & Home Health

\*\*\* **August 21st** - National Senior Citizens Day ~ NH is the nation's second-oldest state, with more than 1 in 4 residents (26.7%) aged 60 or older. (source: NH Commission on Aging)

\*\*\* **Hold the Date:** Flu Vaccination Clinic Lakes Region Visiting Nurses Association Tuesday, October 21st 11 am to 1 pm



**Home-delivered meals;** we deliver nutritious meals 5 days per week. If you or someone you know could benefit, please call the center at (603) 744-8395.

**Transportation;** Tuesday, Wednesday and Thursday. Please call (603) 744-8395 to request a ride.

**Aging and Disability Resource Center (ADRC)** formerly ServiceLink ~ helps individuals and their family members find resources to help them maintain independence and stay healthy; call (866) 634-9412 or (603) 448-1558 and ask for Joan L. to make an appointment, at NASS, on a Tuesday, or 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. More info call (877) 711-7787 or email [rsvp@gcsc.org](mailto:rsvp@gcsc.org).

**Virtual activities;** book club and special events through GCSCC or many options through the Aging Resource Center (ARC) at Dartmouth-Hitchcock. Ask for the monthly schedule or visit [www.gcsc.org](http://www.gcsc.org) and look for activities.

### August 17th - National Non-Profits Day

GCSCC/NASS is a favorite Non-Profit- Ways to support GCSCC/NASS include:

1. Provide employee volunteers.
2. Donate office supplies.
3. Co-host events and fundraisers.
4. Join the local Advisory Council or on a larger level at GCSCC.
5. Highlight GCSCC/NASS in your newsletter or on your social media.
6. Networking- make introductions

**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:

~ if you're viewing this newsletter online, you can click the photo to the left, visit [www.gcsc.org/donate](http://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!**




# ~August 2025 Menu~

Congregate meals are served at Newfound Area Senior Services on Tuesdays at noon.

Grab n' Go meals are served on Thursdays at noon (parking lot).

Home-delivered meals **generally** follow the Plymouth Regional Senior Center menu Monday thru Friday.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Menu is subject to change without notice Juice is available at every meal. A bread item is available at every meal				1 August is: Happiness Happens Month
4	5 Beef & Broccoli; au gratin potatoes; 3 bean salad; pears Milk	6	7 <b>Grab n' Go</b> Hot Dog on roll; baked beans; condiments; lettuce + tomato slices; w/hardboiled eggs Milk	8
11	12 Chicken Macaroni Salad Cranberry sauce, corn on the cob, watermelon slice; Milk	13	14 <b>Grab n' Go</b> Sweet & Sour Pork; rice w/black beans; asparagus; applesauce w/apple pieces; Milk	15
18	19 Baked Stuffed Shells (ricotta cheese), w/meatballs/beef, tossed salad w/garbanzo beans + hardboiled egg, w/dressing; Milk	20	21 <b>Grab n' Go</b> Hamburger Helper; coleslaw; green beans Milk	22
25	26 Chicken Chop Suey w/rice (brown); green beans; mandarin oranges; Milk	27	28 Beef Chop Suey w/macaroni & tomato sauce; cauliflower mix Milk	29 Meals are provided at no cost. A \$3 per meal voluntary donation is suggested but not expected.



**In need of volunteer home-delivered meal drivers!** Are you or someone you know interested in delivering meals and smiles? Possible mileage reimbursement; even 1 day per week can make a difference! Please call or speak to us for more information.

  
*Thank You Volunteers*

## "Breathe the sweetness that hovers in August." – Denise Levertov

**NASS** is seeking Driver, Per Diems. This is a non-exempt position. Driver(s) needed for transporting passengers to medical appointments, shopping and errands. Food pick-up and delivery. 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 the equivalent. Contact: [hr@gcsc.org](mailto:hr@gcsc.org)

## August Birthdays ~

Jeanne D 8/30

Wishing everyone a great day!

If you would like your name included in the monthly birthday list please let Gail know  
XOXO

