

# 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 enrich the lives of older adults and individuals with disabilities by creating opportunities for engagement, fostering healthy aging, and delivering compassionate support.

## January 2026

**Open Tuesdays - 8 to 2**

For More Information Call

**Phone Plymouth (603) 536-1204**

**Lunch at 15 Church Street,**

Bristol, NH 03222

[gshaw@gcsc.org](mailto:gshaw@gcsc.org)



**Gail Emmons-Shaw**, Program Coordinator

**Donna Fletcher**, Program Associate

**David Andruchuk**, 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

**NOTE:** the Newfound Area Senior Services office is now located at Plymouth Regional Senior Center at 8 Depot St, Plymouth NH; the mailing address is still PO Box 266, Bristol, NH 03222 but the phone is 603-536-1204

**Lunch at noon and all other regular programs and activities are still every Tuesday** at the Newfound Area Senior Services Center at 15 Church St, Bristol, NH.

**1/1/2026 - Happy New Year 2026!** All GCSCC Centers are closed.

**1/6 - National Trivia Day** is 1/4/2026 so how about some Trivia at Lunch?

**1/13 - National Sticker Day** - Pick up your GCSCC sticker when you come in for lunch



**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) 536-1204.

**Transportation as requested and available; 1st come 1st served basis;** Tuesday, Wednesday and Thursday. Please call (603) 536-1204 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 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.

1/19/2026 - All GCSCC Centers will be closed - Civil Rights Day

**New Year thought:**

"With the new day comes new strength and new thoughts."

Eleanor Roosevelt



**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!**



# ~January 2026 Menu~

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

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  All GCSCC Centers Closed - New Years Day	2
5 Meals are provided at no cost. A \$3 per meal voluntary donation is suggested but not expected.	6 Bacon Cheeseburger, roasted potatoes, carrots & peas Apple slices Milk	7	8	9
12	13 Bake Potato Bar, chili, sour cream, grated cheese, olives, salsa & black beans, fruit Milk	14	15	16
19  All GCSCC Centers Closed - Civil Rights Day	20 Pizza, plain, cheese, pepperoni, tossed salad w/garbanzo beans, raisins, dressing; Milk	21	22	23
26  	27 Mac & Cheese w/ sausage or meatballs, green beans, garlic bread Milk	28	29	30

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\*\*\*NASS is seeking Bus Drivers - Part-Time, 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)

\*\*\*\*January Birthdays ~

Dean M 1/16 ~ Bill M 1/27 ~ Wishing everyone a great day! If you would like your name included in the monthly birthday list please let Gail know XOXO

**Reminder and Request for Bus Riders and Home-Delivered Meals Recipients**

**PLEASE** keep walkways and driveways plowed, shoveled, sanded and safe!  
Storm closings are listed on **WMUR TV Channel 9** and **online at [www.wmur.com](http://www.wmur.com)**. If you don't see it or you are unsure, please call us at (603) 536-1204. In most cases, the center follows the school closings.