

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 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

July 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



Gail Emmons-Shaw, Program Coordinator

Donna Fletcher, Program Associate

David Andruchuk, Driver

Joanne Price, 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 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.

*****July 2nd** World UFO Day – do you Believe in UFO's?

*****Friday, July 4th** **Centers Closed** in observance of Independence Day ~

*****July 22nd** 9 am Soap Making with Melanie

*****July 30th** International Day of Friendship



Thanks to your incredible generosity, we raised \$6,570 in just 24 hours during NH Gives, our most successful campaign since we began participating in 2016. Your support helps us continue providing essential programs and services across Grafton County, and we're so grateful to have you in our corner.

From all of us at GCSCC, thank you for making a real difference.



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 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.

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 and look for activities.



Independence Day! On July 4, 1776, a small group of representatives from the colonies—called the Continental Congress—adopted the Declaration of Independence ~ 249 years ago!

UFO question of the day: Of all the towns and cities in NH can you name any of the 10 that have observed UFO's in the skies over NH?

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 **OR**

~ to donate by check, please mail to GCSCC, PO Box 433, Lebanon, NH 03766

We appreciate your consideration and support!



~July 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 Salad Plate; mac & egg salads, w/ 3 bean salad, lettuce, tomato, cucumber w/garbanzo beans Milk, juice	2	3 Grab n' Go Cheeseburger on roll w/ lettuce + tomato; chips, peas, baked beans; apple slices Milk	4
7	8 Salisbury Steak w/beef gravy, au gratin potatoes, butternut squash; apple slices Milk, juice	9	10 Grab n' Go Chicken + a biscuit; roasted potatoes w/ gravy drizzle; carrots + green beans Milk	11
14	15 BBQ Chicken, Potato Salad, baked beans, cole slaw Milk, juice	16	18 Grab n' Go Baked Ziti, Tomato sauce w/ground beef + pork, Cheese; roll, 3 way vegetable mix Milk,	19
21	22 Meatloaf, mashed potatoes, gravy, asparagus Canned fruit Milk, juice	23	24 Grab n' Go Baked Pork Chop; mashed potato; green beans; fruit cocktail cup Milk	25
28	29 Pork Tenderloin; stuffing; applesauce; green beans; cottage cheese w/pineapple	30	31 Chicken Parmesan; tomato sauce; cheese on spaghetti w/ cauliflower/broccoli/mix vegetable . Milk	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

The dog days of summer begin in July and carry through until August.



Enjoy the sunshine, stop by the senior center on a Tuesday to enjoy a delicious meal and wonderful company. We look forward to seeing you!!!

July Birthdays ~

Brackley S 7/16

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

