

Newfound Area Senior Services June 2026



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

Open Tuesdays - 8 to 2

For More Information Call

Phone (603) 536-1204

Lunch served at noon: 15 Church Street,
Bristol, NH 03222

gshaw@gcsc.org

online: www.gcsc.org



Gail Emmons-Shaw, Program Coordinator

Donna Fletcher, Program Associate

David Andruchuk, Driver

Michelle Heath, Outreach Worker

Services

GCSCC 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.

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.

All GCSCC Centers will be closed on Friday, June 19, 2026, for Juneteenth.

June 21st - Happy Father's Day
"The older I get, the smarter my father seems to get."

- Tim Russert



Activities are every Tuesday at the Newfound Area Senior Services Center at 15 Church St, Bristol, NH.

Chair Yoga Tuesdays at 9:30

Bingo 1st Tuesday of the month at 10:15

Coffee Café Tuesdays 9 to noon

Blood Pressure Checks 1st Tuesday of the month

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!

NASS Advisory Council meets at 12:30 pm on the 1st Tuesday of each month. All are welcome to join.



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!

Newfound Area Senior Services

June 2026


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.

To help sustain our program and continue providing nutritious meals, the suggested donation is \$5 per meal. As always, all services are free of charge and donations are voluntary.

Menus are subject to change.

June 21st Father's Day- wishing all father and father figures the best day ever!

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	2. Teriyaki Chicken, rice pilaf, peas/carrots, mandarin oranges, bread, Milk			
	9. Shepherd's pie- beef burger, mixed veggies, bread, milk REMEMBER- NH GIVES			
	16. Father's Day Baked Potato Bar- chili, sour cream, broccoli, lettuce, tomato, milk			19 All GCSCC centers Closed for Juneteenth
Happy Father's Day to all Fathers and Father figures!	23. Mac & Cheese, tossed salad, fruit salad, milk			
	30. 4th of July BBQ burgers/hot dogs, roll, potato salad, carrot/raisin salad, watermelon wedge, milk			

Remember this Date: June 9 to 10, 2026 - NH Gives Grafton County Senior Citizens Council will be listed! **NH Gives** is New Hampshire's statewide celebration of giving AND you can be part of the Celebration! *Support *Donate <https://www.nhgives.org/>

***June Birthdays ~ Nanci P 6/18, Fletcher F 6/24; Louise L 6/30 ~ Wishing everyone a great day! If you would like your name included in the monthly birthday list, please let Gail know XOXO

