

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

March 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



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 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.

March 8 - Daylight Savings Time begins; remember to change your clocks

March 17 - St. Patrick's Day remember to wear your green!

March 20 - Spring Begins! Hurray!!!



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.

Ageing 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.

Last year, GCSCC provided 212,626 meals for older adults and adults with disabilities throughout Grafton County! Thanks to our team effort, we continue to serve more meals each year without putting anyone on a waiting list. We are grateful for all of our employees, volunteers, participants, and community members who make this happen. Over the past decade, the cost of living has increased by approximately 35%, and the cost of food, supplies, fuel, and wages have steadily risen, while our suggested meal donation has remained unchanged. To help sustain our program and continue providing nutritious meals, **we are adjusting the suggested donation from \$3 to \$5 per meal.** As always, all services are free of charge and donations are voluntary.

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!

~March 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
<p>2. Menu is subject to change without notice Juice is available at every meal. A bread item is available at every meal</p>	<p>3 Taco bar- tortilla shell, salsa, onion, cheese, beef, lettuce, black beans, tomatoes, sour cream, Milk</p>	<p>4</p>	<p>5</p>	<p>6</p>
<p>9 Meals are provided at no cost. A \$5 per meal voluntary donation is suggested but not expected.</p>	<p>10 Mac & cheese- macaroni, various cheeses sauce, baby burger sliders on a roll, stewed tomatoes, peaches, Milk</p>	<p>11</p>	<p>12</p>	<p>13</p>
	<p>17 Ham Dinner w/ pineapple tidbits, oven roasted potatoes, carrots & peas, bread & butter, Milk Happy St. Patrick's Day</p>	<p>18</p>	<p>19</p>	<p>20</p>
<p>23</p>	<p>24 Shepherd's pie- beef, onion, mashed potatoes, corn, cucumber & garbanzo beans salad w/dressing, Milk</p>	<p>25</p>	<p>26</p>	<p>27</p>
	<p>31. Pork Roast, green beans, applesauce, rice pilaf, bread & butter, pears, Milk</p>			

******March Birthdays** ~ Wishing everyone a great day! If you would like your name included in the monthly birthday list please let Gail know XOXO

Inclement Weather Closings are listed on **WMUR TV Channel 9** and **online at www.wmur.com**. If you don't see it or you are unsure, please call us at (603) 536-1204. This winter has already offered numerous, difficult days - the safety of our staff, volunteers and participants is paramount! Thank you for your understanding.

Reminder and Request for Bus Riders and Home-Delivered Meals Recipients
PLEASE keep walkways and driveways plowed, shoveled, sanded and safe!

“The earth laughs in flowers.”
 – Ralph Waldo Emerson

Hold the date!
Save the date! April 28, 2026 Volunteer Recognition event at lunchtime
Thank you to all the volunteers! You are appreciated.