

Newfound Area Senior Services May 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 at 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.

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.

All GCSCC Centers will be closed on Monday, May 25, 2026 in honor of Memorial Day. In the United States this day marks a federal holiday dedicated to honoring the men and women who died while serving in the U.S. military.

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

May 2026

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


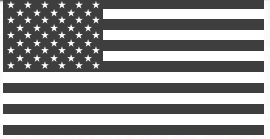
Home-delivered meals generally follow the Plymouth Regional Senior Center menu Monday thru Friday.

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.



May 10th Mother's Day- wishing all mother and mother 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				
	5 Taco Bar: Corn Tortillas, beef, onion, lettuce, tomato, black olives, salsa, sour cream, black beans, corn, milk			
	12 Pork Roast w/au gratin potatoes, vegetable medley, apple slices in applesauce, milk			
	19 Chicken pot pie w/potato, carrots, peas, gravy, crust, orange slices, milk			
 Memorial Day *** HONORING ALL WHO SERVED ***	26 Pizza- beef & pepperoni, tomato sauce, tossed salad w/dressing, 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

***May Birthdays ~ Aletha L May 8 ~ Michelle M May 12 ~ Donna L May 19 ~ Loretta S May 23 ~ Wishing everyone a great day! If you would like your name included in the monthly birthday list please let Gail know XOXO

