

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

November 2025

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 now 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.

*****11/2/25** Daylight savings time ends - Remember to adjust your clock

*****11/11/25** Veterans Day - All GSCSS Centers are closed today - **Thank you for your Service**

*****11/13/25** World Kindness Day - stay positive, spread joy, and make the extra effort to be kind to everyone.



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.

*****11/15/25** National Philanthropy Day - Support your Senior Center in any way you can!

*****11/27/25** Thanksgiving All GSCSS Centers are closed today ~ enjoy your time with family and friends XOXO

*****11/28/25** Day after Thanksgiving All GSCSS Centers are closed today

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!



~November 2025 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	Meals are provided at no cost. A \$3 per meal voluntary donation is suggested but not expected		2	
3	4 BBQ Chicken, sweet potato, veggie and fruit Milk	5	96	7
10 All GCSCC Centers Closed Columbus Day/ Indigenous Peoples Day	11 All GCSCC Centers Closed 	12	13	14
17	18 Beef & Broccoli with veggie and roll Milk	19	20	21
24 	25 Thanksgiving Dinner with the fixings! (yum!) Milk	26	27 All GCSCC Centers Closed 	28 All GCSCC Centers Closed 

****BEFORE I DIE PROJECT** Candy Chang A global participatory public art project. This project invites all of us to reflect on mortality and to share our personal aspirations in public. **Join Us.** Blackboard located in the dining room. <https://www.candychang.com/beforeidie/>

*****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

******October Birthdays ~**

~ Donna F. 11/10 ~ 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**. 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.