

# 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](http://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

## October 2025

**Open Tuesdays - 8 to 2**

For More Information Call

**Phone (603) 536-1204**

15 Church Street,

Bristol, NH 03222

[gshaw@gcsc.org](mailto:gshaw@gcsc.org)



**Gail Emmons-Shaw**, Program Coordinator

**Donna Fletcher**, Program Associate

**David Andruchuk**, Driver

**David Robins**, Per Diem 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](http://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

\*\*\* **October 13th ~ All GCSCC Centers Closed** in observance of Columbus Day/Indigenous Persons Day

\*\*\* **October 15th ~ Estate Planning 101-Virtual Seminar 9:30-11:30** Must preregister by October 13th.

\*\*\* **Tuesday, October 21st 11 am to 1 pm ~ Flu Vaccination Clinic** Lakes Region Visiting Nurses Association  
Please bring your insurance cards

\*\*\* **October 28th ~ Lunch time Halloween Costume Contest ~ wear your funniest, scariest, most Original costume and remember Gail loves to take pictures!**

\*\*\* **October is Estate Planning Month ~ more information on page 2**



**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;** 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](mailto: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](http://www.gcsc.org) and look for activities.

\*\*\* **October 1st ~ International Day of Older**

**Persons ~ "Empowering Elderly Voices for an Inclusive Future."** On October 1, 2025, join the international community in recognizing the invaluable role of older persons and advocating for policies that promote healthy, inclusive, and age-friendly environments. (Source: <https://sdgresources.relx.com/events/international-day-older-persons-2025>)

**Support Your Local Senior Center!!!**

**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](http://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!**



# ~October 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	1	2	3
6	7 Shepherd's Pie w/ beef; corn, mashed potatoes; roll, fruit Milk	8	9	10
13 All GCSCC Centers Closed Columbus Day/ Indigenous Peoples Day	14 Mac & Cheese w/side of meatloaf; broccoli; roll, fruit Milk	15	16	17
20	21 Hot Dogs & Beans; Roll, chips, applesauce Milk	22	23	24
27 	28 Chicken & rice casserole; butternut squash, roll, cranberry sauce Milk Party! Costumes!	29	30	31 

**\*OCTOBER IS NATIONAL ESTATE PLANNING MONTH!** Since the largest benefit of **estate planning** is peace of mind, GCSCC is providing a program of options/sources to get the process going. See your Activities Coordinator or contact Becky Foster at [bfoster@gcsc.org](mailto:bfoster@gcsc.org) or (603) 448-4897, ext.120, to get a copy of the program options, including upcoming seminars, available materials, information from Trust & Will (online will maker), Grafton County's elder attorney listing, and Legacy Society information. We hope you will take advantage of these resources!

**\*\*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 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](mailto:hr@gcsc.org)

**\*\*\*\*October Birthdays ~**

~ Carol H 10/14; Richard P 10/16; Tony M 10/25 ~ Wishing everyone a great day! If you would like your name included in the monthly birthday list please let Gail know XOXO