

# 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

## September 2025

**Open 8 to 2 Tuesdays**  
(other times by appointment)

**Phone (603) 744-8395**

15 Church Street, PO Box 266

Bristol, NH 03222

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



**Gail Emmons-Shaw**, Program Coordinator

**Donna Fletcher**, Program Associate

**David Andruchuk**, Driver

**Position Open/hiring** 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

\*\*\* **Grab N Go Lunch** ~ Thursdays, at noon, in the BUCC parking lot, Call (603) 744-8395 for more info.

\*\*\* **Centers will be closed on September 1** in observance of Labor Day and **September 19** all Agency Safety Training Day

\*\*\* **September 9th ~ Dr.s Gagan and Phillips** of Mid-State Health will present Information on Weight Loss at 11:30; Dr.s Gagan and Phillips will be available afterwards to answer questions.

\*\*\* **September 16th** ~ Fall Card Craft Project at 10:30 am; please see Gail to sign-up

\*\*\* **September 23 ~ Personal Emergency Preparedness** at 11 am; a Volunteer through the Public Health Emergency Preparedness office of Central NH will be on site with information and to answer questions.



**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) 744-8395.

**Transportation;** Tuesday, Wednesday and Thursday. Please call (603) 744-8395 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 and ask for Joan L. to make an appointment, at NASS, on a Tuesday, or 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.



\*\*\* **September 22 nd** ~ First day of Fall

\*\*\* **Hold the Date:** Flu Vaccination Clinic Lakes Region Visiting Nurses Association **Tuesday, October 21st** 11 am to 1 pm

Please bring your insurance cards



**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!**



# ~September 2025 Menu~

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

Grab n' Go meals are served on Thursdays at noon (parking lot).

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> <b>All GCSCC Centers Closed: Labor Day</b> 	<b>2</b> <b>Pulled Pork Sliders</b> <b>Roll, baked sweet potato, corn on the cob, apple slice garnish</b> <b>Milk</b>	<b>3</b>	<b>4</b> <b>Grab n' Go</b> <b>Fish Sandwich on a roll, tartar sauce, veg. blend, chips-</b> <b>Milk</b>	<b>5</b>
<b>8</b>	<b>9</b> <b>Beef Stroganoff</b> <b>Egg noodles, veg. medley w/lima beans, bread or roll</b> <b>Milk</b>	<b>10</b>	<b>11</b> <b>Grab n' Go</b> <b>Shepherds Pie w/ beef, potato, corn; butternut squash, garlic bread</b> <b>Milk</b>	<b>12</b>
<b>15</b>	<b>16</b> <b>Baked Potato with broccoli, grated cheese; salad- tomato, lettuce, cucumber w/ hard boiled egg slice, garbanzo beans, dressing; roll, fruit; Milk</b>	<b>17</b>	<b>18</b> <b>Grab n' Go</b> <b>Roast Pork; sweet potato, green beans, applesauce w/ apple bites</b> <b>Milk</b>	<b>19</b> <b>All GCSCC Centers Closed: All Staff Training</b> 
<b>22</b>	<b>23</b> <b>Chicken Pot Pie: corn, peas, carrots, potato, chicken in chicken gravy topped with crust; roll, cranberry sauce; Milk</b>	<b>24</b>	<b>25</b> <b>Grab n' Go</b> <b>Kielbasa w/ sauerkraut, roll, corn</b> <b>Milk</b>	<b>26</b>
<b>29</b>	<b>30</b> <b>Spaghetti w/ meatball &amp; Sausage, broccoli; garlic bread, fruit; Milk</b>		Menu is subject to change without notice <b>Juice is available at every meal.</b> 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.

**NASS** is seeking Driver, 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)

## September Birthdays ~

Kim S 9/12; Cathy G 9/13; Jeff S 9/28

Wishing everyone a great day!

If you would like your name included in the monthly birthday list please let Gail know

XOXO

