

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.

February 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.



2/2/26 Groundhog Day - How many more weeks until spring?

2/14/26 Valentine's Day - Did you know: "This was the season to start sowing seeds and to hope for a fertile year of crops."



SERVICES

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.

2/16/26 - All GCSCC Centers Closed - Presidents' Day "Presidents' Day in 2026 falls on **Monday, February 16, 2026**, as it's always observed on the third Monday of February, officially known as Washington's Birthday, a federal holiday honoring all U.S. presidents."

2/17/26 - Random Acts of Kindness Day - Pay it forward

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!



~February 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 |
|--|--|-----------|----------|--------|
| 2 Menu is subject to change without notice Juice is available at every meal. A bread item is available at every meal | 3 Baked Chicken, cranberry sauce, baked potato, green beans, roll w/butter Milk | 4 | 5 | 6 |
| 9 Meals are provided at no cost. A \$3 per meal voluntary donation is suggested but not expected. | 10 Spaghetti w/beef meatballs, tossed salad w/garbanzo beans & dressing, bread & butter Milk | 11 | 12 | 13 |
| 16 All GCSCC Centers Closed for President's Day  | 17 Hot dogs w/beans, rolls, condiments, corn, peaches Milk | 18 | 19 | 20 |
| 23 | 24 American chop suey - beef w/tomato sauce, veggies, bread Milk | 25 | 26 | 27 |
|  | | | | |

***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

****February Birthdays ~ Rosa A 2/11 ~ Joan M 2/11; ~ 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!

Hold the date!
April 28, 2026 Volunteer Recognition event at lunchtime