Newfound Area Senior Services
November 2026

A location of Grafton County Senior Citizens Council, Inc., located at 10 Campbell Street, Lebanon, NH 03766, (603) 448-4897, www.gcscc.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 served at noon:
15 Church Street,
Bristol, NH 03222
gshaw@gcscc.org
online: www.gcscc.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.
Congregate Meal: Tuesdays at noon
Transportation as requested and available; **1st come 1st served basis; Tuesday and Wednesday**. 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@gcscc.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.gcscc.org and look for activities.
Need durable medical equipment?
Call PRSC 603-536-1204 to see what is available.

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.gcscc.org for more information regarding these and other services that we offer!
NASS Advisory Council meets at 12:30 pm on the **2nd** 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.gcscc.org/donate OR
~ to donate by check, please mail to GCSCC, PO Box 433, Lebanon, NH 03766

We appreciate your consideration and support!
Thank you to all who have DONATED!



NASS is looking for additional Home-Delivered Meal drivers/volunteers. Check with Donna or Gail for more information and thank you!

All GCSCC Closed on November 11 in honor of Veterans Day, and November 26 & 27 for Thanksgiving.

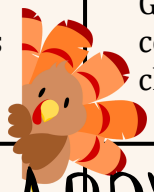
Newfound Area Senior Services

November 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.

*Menu is subject to change without notice.
*Milk, Bread and Juice are available at every meal.

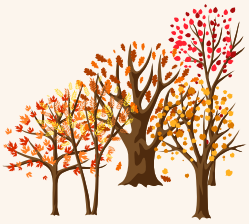
*To help sustain our program and continue providing nutritious meals, the suggested donation is $5 per meal. As always, all services are free of charge and donations are voluntary. Menus are subject to change.

Monday	Tuesday	Wednesday	Thursday	Friday
	3. Teriyaki Chicken, pasta, green beans, applesauce			
	10. PPB Pork Sliders, au gratin potatoes, cole slaw	11. All GCSCC closed in honor of Veterans Day.		
	17. Pasta, red sauce w/beef/pork, tossed salad			
	24. Turkey, stuffing, mashed potatoes, mixed veggies, gravy, cranberry sauce		26. All GCSCC Centers Closed	27. All GCSCC centers closed
			 HAPPY Thanksgiving	

Q: What do you call it when two turkeys eat food on a blanket in the park in November?
A: A peck-nic!

NEW AT NEWFOUND!

Care to Share? Show us your Hobby, Interests, Experiences, and/or Talent!!!
On Tuesdays, after chair yoga, we'll set up a display area for those who wish to share with us their hobbies, interests, experiences, and/or talents. We look forward to our own version of Show And Tell and, with that, getting to know each other better. Feel free to bring a friend along, we love to "share the love".
Please speak with Kim, Donna or Gail if you have any questions and to express your interest in participating. This should be interesting!





***November Birthdays ~ Donna F 11/10, Lillian L 11/25!
Wishing everyone a great day! If you would like your name included in the monthly birthday list, please let Gail know XOXO

Veterans Day "honors people who served in the United States Armed Forces, including service in wartime and peacetime. The date traces back to the World War I armistice on November 11, 1918. The holiday began as Armistice Day and was renamed Veterans Day in 1954." https://holidayscalendars.com



.