

Newfound Area Senior Services September 2026

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.

Open Tuesdays - 8 to 2
For More Information Call
Phone (603) 536-1204
Lunch served at noon:
15 Church Street,
Bristol, NH 03222
gshaw@gcsc.org
online: www.gcsc.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.

Congratulate Meal: Tuesdays at noon

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.

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.gcsc.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.gcsc.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!

thank you

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

Note: September 7, 2026 All GCSCC Centers Closed ~for Labor Day



Newfound Area Senior Services

September 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
	1 Pizza- cheese, pepperoni, tomato sauce, cucumber tomato salad, watermelon wedge			
7 All GCSCC Centers Closed ★★★★★ LABOR DAY ★★★★★	8. Ham Dinner, pineapple slices, sweet potato, fresh carrots, green beans			
	15. Mac & Cheese, corn on the cob(if available), tomato wedge, fruit cup			September 18- All GCSCC Centers closed for an all-agency training.
	22. Pot Roast, potato, carrots, peas, gravy, cauliflower			
	29. Cranberry chicken, mixed veggies w/lima beans, rice			

Q: Why do seniors love September?
A: Because it's the only month that understands the beauty of slowing down before winter.



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!



***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

September 22: Autumn Equinox, marking the start of fall in the Northern Hemisphere

September 22: National Voter Registration Day - bus available if needed

A HUGE shout out to Forrest Howes' Auto Repair, LLC located at 487 Main St, Plymouth, NH for all the work they do to keep the NASS bus on the road ~ Thank you!!!