



DECEMBER 2018



HORSE MEADOW SENIOR CENTER

EXPRESSIONS

91 Horse Meadow Rd., No. Haverhill, NH
(603) 787-2539 FAX (603) 787-6919

Director.....Jessica Aiken-Hall
 Home Delivered Meals Coordinator.....Wanda Peters
 Activities/Volunteer Coordinator.....Wanda Sawyer
 Outreach Worker.....Florence Thornton
 Van Driver....Ron Reed Substitute Driver.....Randall Burt
 Head Cook.....Lorry McKean
 Cooks.....Donna Emerson, Tiffany Foreman, Ruth Cloud
 Substitute Cooks:Diane Keith
 Maintenance.....Bill Webster
 Dishwasher.....Ron Ramsay
 Receptionists..... Bonnie Chaine
 Activities Aide.....Nancy Carr



An Affiliate of Grafton County Senior Citizens Council, Inc.

Serving the Towns of Haverhill, Woodsville, Pike, Monroe, Bath, Benton, Piermont and Landaff.

Our Mission is to develop, strengthen, and provide programs and services that support the health, dignity and independence of older adults and adults with disabilities living in our communities.



Cribbage Tournament (fund raiser) @ HMSC
 Dec. 15th ~ 11:00am. \$10 per person or \$20 per team.
 Round Robin format. Top four teams win cash.
 Sign up/pay before Dec. 7th. Call 787-2539
 50/50 & serving Chili/\$2.00

From the Director: The colder weather is upon us as we enter the final month of 2018. December is a busy month for many of us, with things to do, and places to go. Try to remember to take time to take care of yourself during this busy time. Let us cook and serve you a hot meal as you take some time to relax and unwind with friends. It is also important to remember that the Holidays are not always a happy time for some people. Reach out to someone you think needs some extra support. If you are the one that is struggling, please know there are many listening ears and open hearts here at Horse Meadow. We are lucky to have such a gracious community here.



~ Please join us at our annual **Christmas Dinner Buffet** ~
 Served by our very own Haverhill Police Department.
 Thursday ~ December 13, 2018 ~ Appetizers at 11:30 ~
 Lunch at 12:00. After lunch stay and have some fun & laughs,
 as we have our Gift Exchange, in Bertha's room at 1:00. Bring
 a gift (\$5.00 value) and get ready to lose it, swap it or love
 it!! Remember the center will be closed on 12/24 & 12/25.
 Merry Christmas from all of us!!

Snowflakes and wintry days are ahead! Our Meals on Wheels Drivers thank you in advance for keeping your walkways, driveways & steps clear of ice & snow. You will get a frozen meal to have on hand in the event that we are forced to close the center or cancel Meals on Wheels. Center closings are announced on WYKR 101.3, WMUR and our Facebook page or PLEASE call us 603/787-2539 to make sure before you venture out. We will close when/if the Haverhill/Woodsville School District closes for weather. Be Safe!!




Sign up for a **Christmas Celebration at Indian Head**
 December 11th ~ From 11:30-4:00,
 \$38.00 per person/checks payable to HMSC
 Welcome Reception, Deluxe Holiday Buffet Luncheon,
 Entertainment by Mark Shelton, Photos with Santa, & more.
 Self Transport or carpool from Center.



Woodsville High School Band will be performing a Holiday concert for us on Thursday, December 6th at 11:00.....and also join us on Monday, December 10th at 11:00 as our very own Horse Meadow Chorus will be performing a Christmas concert.

HORSE MEADOW SENIOR CENTER
(Meals and activities are subject to change)

DECEMBER 2018

Mon	Tue	Wed	Thu	Fri
3 Open Faced Meatball Sub- Veg/Salad Dessert	4 Breakfast Buffet 8:30 AM Pork Chops Rice Veg/Salad Dessert	5 Bill Sylvester's Choice Meatloaf Mashed Potatoes/Gravy Peas with onions Ambrosia Salad Apple Crisp	6 Food Raffle Liver w/bacon/onions Potato Veg/Salad Dessert	7 Curried Turkey Rice Veg/Salad Dessert
10 Chicken Noodle Bake Veg/Salad Dessert	11 Breakfast Buffet 8:30 AM Taco Bar Salad Dessert	12 Hot Dog Bar Beans Salad Dessert	13 Christmas Meal Ham with pineapple glaze, Sweet Potato, boiled onions, peas, cran- berry salad, Cheesecake w/cherries, Rolls	14 Fish Sandwich Tater tots Veg/Salad Dessert
17 Shepherds Pie Veg/Salad Dessert	18 Breakfast Buffet 8:30 AM Roast Pork Potatoes Veg/Salad Dessert	19 50/50 Raffle Mac N' Cheese Salisbury Steak Veg/Salad Dessert	20 Chicken Nuggets Fries Veg/Salad Dessert	21 Savory Sausage Stew Corn Bread Salad Dessert
24 CLOSED 	25 CLOSED 	26 Chef's Choice Salad Dessert	27 Teriyaki Chicken Rice Veg/Salad Dessert	28 Tomato Soup Grilled Cheese Veg/Salad Dessert
31 Lasagna Roll-Up Veg/Salad Dessert				***Menu is subject to change***

Find a Sticker under your plate on December 5th & you get to pick your favorite meal to be served in January!



Please note the Center is open each day from 8 AM-3 PM.



Choosing a healthcare provider is one of the most important decisions you can make about your health and the health of your family.

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For more information please contact us at www.cottagehospital.org
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THIS SPACE IS AVAILABLE



Horse Meadow Happenings...



Free legal seminar with Elder Law Attorney Edward "Ted" Beasley who will discuss how to protect your house and lifetime of savings from a prolonged nursing-home stay, how to avoid probate, plus strategies for passing assets safely and efficiently. Learn how to protect your children's inheritance from divorce or drug dependency. Receive a copy of our latest book and our new guide, "How to Protect Your Children's Inheritance from Loss to Divorce, Creditors, Addictions, Death and other Unforeseen Life Events. Tuesday, Dec. 11th at the Horse Meadow Senior Center from 3:00 - 5:00 p.m. Please call 1-800-370-5010 to register for this FREE program.

Medicare Prescription Drug Plan. Open enrollment runs until December 7. This is the time you can make changes to your Medicare Part "D" Plan or Medicare Advantage Plan. Call Florence in the Outreach office to set up an appointment 787-2539 or email fthornton@gcsc.org

***Grief Support** Mondays at 10:30 in the Library.

For more info contact Florence 787-2539/fthornton@gcsc.org

***Cancer Survivor Support/Peer Group** at 10:45 on Thursday 12/6 ~ Contact Nancy Carr for info. 787-2539

***Domestic Trauma Support Group** @ 10:45, Thursday, 12/13 & 12/27 Contact Nancy Carr or Jessica Aiken-Hall for info. 787-2539

Vintage Voyagers Writing group @ 10:30 on Tuesdays

Interfaith coffee December 4 & 18 @ 9:30

Lets keep the UKULELE fun going. We'd like to continue on with a Peer run group practice session. Thursdays at 1:00.

Movies are back:

12/5 @ 1:00 Mamma Mia! Here we go again

12/19 @ 1:00 The Santa Clause

Line Dancing is back, starting 12/6.....Thursdays at 10:30

"**DRUMS ALIVE** " 12:30-1:30 Tuesdays

Basic Quilting with Jean 1:00 Wednesdays.

Sewing with Rosemary 10:00 Mondays

Mel Colby JP, NP (NH) will be available here at HMSC for notary services, free of charge. Wednesdays from 7AM to 11AM. Call to schedule a time 787-2539 or stop in on Wednesday!

Veterans Meeting with Krystal Letourneau, Veterans Service Officer, on the 1st Thursday of each month. No appointment necessary. Call the center for more information 787-2539

Foot Clinics:

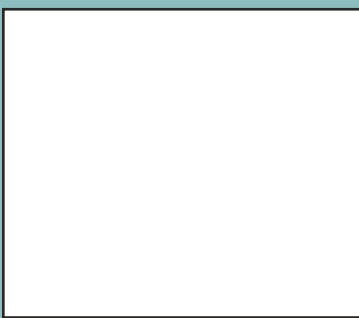
December 3rd with Susan Hanna Rose RN., from 9:00am to 12:00pm

December with Beverly Sinclair RN.

Call the center to schedule your appointment 787-2539



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 ACTIVITY AND ENTERTAINMENT CALENDAR 				
Monday	Tuesday	Wednesday	Thursday	Friday
3 9-12 Foot Clinic 9:30 ~ RSVP Bone Builders 10:00 ~ Sewing w/Rosemary 10:30 ~ Grief Support 1:00 ~ HMSC Chorus 1:00 ~ Hearts & Hands Quilts Music ~ Wayne Klingler	4 9:00 ~ Nifty Needlers 9:30 ~ Interfaith Coffee 12:30 ~ Drums Alive 12:30 ~ Plastic Canvas 1:30 ~ RSVP Bone Builders Music ~ Phyllis	5 9:30 ~ RSVP Bone Builders 10:30 ~ Writers Group 1:00 ~ BINGO 1:00 ~ Beginners Quilting 1:00 ~ MOVIE time Music ~ Carl, Gloria & Friends	6 9:00 ~ Veterans Meetings 9:00 ~ Art/Painting 10:30 ~ Line Dancing 10:45 ~ Cancer Support 12:30 Cribbage/Cards w/Jeannie 1:00 Ukulele 1:30 Bone Builder Music ~ WHS Concert	7 9:30 ~ RSVP Bone Builders 10:30 ~ Mahjongg 12:30 ~ Hand & Foot Cards Music ~
10 9:30 ~ RSVP Bone Builders 10:00 ~ Sewing w/Rosemary 10:30 ~ Grief Support 1:00 ~ HMSC Chorus 1:00 ~ Hearts & Hands Quilts Music ~ HMSC Chorus	11 9:00 ~ Massage/Donna Paye 9:00 ~ Nifty Needlers 12:30 ~ Drums Alive 12:30 ~ Plastic Canvas 1:30 ~ RSVP Bone Builders 3-5 pm Legal Seminar Music ~ Ethel Cooper	12 9:30 ~ RSVP Bone Builders 10:30 ~ Writer's Group 11:30 ~ Glasses check 1:00 ~ BINGO 1:00 ~ Beginners Quilting Music ~ Barry Hayes	13 9:00 ~ Art/Painting 9:30 ~ Floral w/Jane 10:30 ~ Line Dancing 10:45 ~ Domestic Trauma Sup. 12:30 ~ Cribbage 1:00 ~ Ukulele 1:30 ~ RSVP Bone Builders Music ~ Bob Benjamin	14 9:30 ~ RSVP Bone Builders 9:30 ~ Mahjongg 12:30 ~ Hand & Foot Cards 12:30 ~ Herbal w/Elaine Music ~
17 9:30 ~ RSVP Bone Builders 10:00 ~ Sewing w/Rosemary 10:30 ~ Grief Support 1:00 ~ Hearts & Hands Quilts 1:00 ~ HMSC Chorus 1:00 ~ MS Support Music ~ Wayne Klingler	18 9:00 ~ Nifty Needlers 9:30 ~ Interfaith Coffee 12:30 ~ Drums Alive 1:30 ~ RSVP Bone Builders Music ~ Phyllis	19 9:30 ~ RSVP Bone Builders 10:30 ~ Writer's Group 1:00 ~ BINGO 1:00 ~ Beginners Quilting 1:00 ~ MOVIE time Music ~ The BOYZ	20 9:00 ~ Art/Painting 10:30 ~ Line Dancing 12:30 ~ Cribbage 1:00 ~ Ukulele 1:30 ~ RSVP Bone Builders Music ~ Bill Pryor & Friends	21 9:30 ~ RSVP Bone Builders 9:30 ~ Mahjongg 12:30 ~ Hand & Foot Cards Music ~ Ethel Cooper
24 CLOSED 	25 CLOSED 	26 9:30 ~ RSVP Bone Builders 10:30 ~ Writers Group 1:00 ~ BINGO 1:00 ~ Beginners Quilting Music ~	27 9:00 ~ Art/Painting 10:30 ~ Line Dancing 10:45 ~ Domestic Trauma Sup. 12:30 ~ Cribbage 1:00 ~ Ukulele 1:30 ~ RSVP Bone Builders Music ~ Ethel Cooper	28 9:30 ~ RSVP Bone Builders 9:30 ~ Mahjongg 12:30 ~ Hand & Foot Cards 12:30 ~ Herbal w/Elaine Music ~ Barry Hayes
31 9:30 ~ RSVP Bone Builders 10:00 ~ Sewing w/Rosemary 10:30 ~ Grief Support 1:00 ~ Hearts & Hands Quilts 1:00 ~ HMSC Chorus Music ~ Wayne Klingler	Winter Solstice, also known as Midwinter, occurs around December 21 or 22 each year in the Northern hemisphere	"I heard a bird sing in the dark of December. A magical thing and sweet to remember. 'We are nearer to Spring than we were in September,' I heard a bird sing in the dark of December." 	*We apologize in advance for any errors or omissions. *Activities are subject to change.	

Prsrt. Std.
 U.S. Postage Paid
 Permit Number 4
 N. Haverhill, NH

OR CURRENT RESIDENT

EXPRESSIONS

Horse Meadow Senior Center
 91 Horse Meadow Road
 No. Haverhill, NH
 03774-9998