



JANUARY 2019



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.....
 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.



Tuesday ~ January 15th
is National HAT Day



wear your funniest, prettiest, craziest, or whatever hat makes you happy and come have some fun with us!!

Did you make any New Year's Resolutions??

Here are just a few we can help you keep at Horse Meadow Senior Center:

1. I resolve to exercise more.....
HMSC offers exercise classes 5 days a week and we also have state of the art exercise equipment available.
2. I resolve to learn something new.....
HMSC offers Cribbage, Mahjonn, Floral arranging, Card making, Writers Group, OSHER, Arts Alliance & more.
3. I resolve to eat better.....
We offer a delicious breakfast buffet every Tuesday at 8:30 AM and a full lunch M-F at noon.

Looking for something rewarding to do with your time?? Think about starting the new year as a volunteer here at Horse Meadow Senior Center. You'll meet some fantastic people and have fun too! We may also have opportunities through the Operation ABLE Senior Employment Program. Must be at least 55, a NH resident and be income eligible. If interested contact Jessica or Wanda S. 787-2539

2019
Happy New Year

From the Director:

Welcome 2019! If you set resolutions, consider making one to join us at least weekly! If there is an activity you always thought about attending, or a group that caught your interest, now is the time to give it a try. Don't have time to stay for lunch? Stop in for a cup of coffee and conversation. If winter gets you down, Horse Meadow is a great place to make friends, and become connected. Stop by, and say "Hi."
I hope to see you soon.




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!!

Just a reminder:

We will be closed on January 1st ~ Happy New Year!!
And January 21st, for Civil Rights Day.

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

JANUARY 2019

Mon	Tue	Wed	Thu	Fri
	1 CLOSED 	2 Joan Kinney's Choice Chicken & Dumplings Peas Pumpkin Bread Ambrosia Salad Apple Crisp	3 Food Raffle Hamburgers Tater Tots Veg/Salad Dessert	4 Turkey Stuffing Veg/Salad Dessert
7 Pizza Veg/Salad Dessert	8 Breakfast Buffet 8:30 AM Chipped Beef Veg/Salad Dessert	9 Chicken Bacon Ziti Combread Salad Dessert	10 Ham Salad Sandwich Cheddar Broccoli Soup Juice Dessert	11 Chop Suey Veg/Salad Dessert
14 Chicken Sandwich Chips Veg/Salad Dessert	15 Breakfast Buffet 8:30 AM Tuna Noodle Casserole Veg/Salad Dessert	16 50/50 Raffle Pot Roast Mashed Potato w/Gravy Veg/Salad Dessert	17 Chef's Salad Cottage Cheese Dessert	18 Potato Bar Salad Dessert
21 CLOSED Civil Rights Day 	22 Breakfast Buffet 8:30 AM Hot Dogs Beans Veg/Salad Dessert	23 Ham Sweet Potato Veg/Salad Dessert	24 Veggie Lasagna Garlic Bread Tossed Salad Dessert	25 Baked Fish w/dill sauce Potato Veg/Salad Dessert
28 Kielbasa Dogs Potato Salad Dessert	29 Beef Stroganoff Noodles Veg/Salad Dessert	30 BBQ Chicken Pan Browns Veg/Salad Dessert	31 Chef's Choice Veg/Salad Dessert	***Menu is subject to change***

Find a Sticker under your plate on January 2nd & you get to pick your favorite meal to be served in February!



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



Horse Meadow Happenings...



***Grief Support** 1st Wednesday 1/2 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
1/3 ~ Contact Nancy Carr for info. 787-2539

***Domestic Trauma Support Group** @ 10:45, Thursday, 1/10 &
1/24 Contact Nancy Carr or Jessica Aiken-Hall for info. 787-
2539

HMSC CHORUS will be taking a break and will resume practicing
February 4th at 1:00

Interfaith coffee January 15 @ 9:30

Basic Quilting with Jean 1:00 Wednesdays.

Sewing with Rosemary 10:00 Mondays

HMSC delivers well balanced hot meals daily and frozen meals
for the week-ends. If you are home bound, or know of some-
one who is, or if you're just out of the hospital and would like
to have **Home Delivered Meals** please contact Wanda Peters
at 787-2539 to get this set up.

Lets keep the **UKULELE** fun going. Peer run group practice
session. Wednesdays 1:00-1:45

Line Dancing is back, Thursdays at 10:30

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

Vintage Voyagers Writing group @ 10:30 on Tuesdays

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 a Thursday of each month. No appointment nec-
essary but call to confirm, you can reach her at (603) 486-
8290 for any questions you may have that require more imme-
diate attention

Foot Clinics: January 7th with Susan Hanna Rose RN., from
9:00am to 12:00pm

January with Beverly Sinclair RN. Call the center to schedule
your appointment 787-2539

Massage by Donna Paye ~Call for date/time

				
Monday	Tuesday	Wednesday	Thursday	Friday
<p>*We apologize in advance for any errors or omissions. *Activities are subject to change.</p>	<p>1 CLOSED</p> 	<p>2 9:30 ~ RSVP Bone Builders 10:30 ~ Grief Support 10:30 ~ Writers Group 12:30 ~ Mahjongg 1:00 ~ BINGO 1:00 ~ Ukulele 1:00 ~ Beginners Quilting Music ~ Carl, Gloria & Friends</p>	<p>3 9:00 ~ Art/Painting 10:30 ~ Line Dancing 10:45 ~ Cancer Support 12:30 ~ Cribbage 12:30 ~ Cards w/Jeanne 1:30 ~ RSVP Bone Builders Music ~ Ethel Cooper</p>	<p>4 9:30 ~ RSVP Bone Builders 10:30 ~ Mahjongg 12:30 ~ Hand & Foot Cards Music ~</p>
<p>7 9:00 ~ Foot Clinic by appt. 9:30 ~ RSVP Bone Builders 10:00 ~ Sewing w/Rosemary 1:00 ~ Hearts & Hands Quilts Music~</p>	<p>8 9:00 ~ Nifty Needlers 12:30 ~ Drums Alive 12:30 ~ Plastic Canvas 1:30 ~ RSVP Bone Builders Music ~ Phyllis</p>	<p>9 9:30 ~ RSVP Bone Builders 10:30 ~ Writer's Group 12:30 ~ Mahjongg 11:30 ~ Glasses check 1:00 ~ BINGO 1:00 ~ Ukulele 1:00 ~ Beginners Quilting Music ~</p>	<p>10 9:00 ~ Art/Painting 9:30 ~ Floral w/Jane 10:30 ~ Line Dancing 10:45 ~ Domestic Trauma Sup. 12:30 ~ Cribbage 1:30 ~ RSVP Bone Builders Music ~ Bob Benjamin</p>	<p>11 9:30 ~ RSVP Bone Builders 9:30 ~ Mahjongg 12:30 ~ Hand & Foot Cards 12:30 ~ Herbal w/Elaine Music ~</p>
<p>14 9:30 ~RSVP Bone Builders 10:00 ~ Sewing w/Rosemary 1:00 ~ Hearts & Hands Quilts Music ~ Wayne Klingler</p>	<p>15 9:00 ~ Nifty Needlers 9:30 ~ Interfaith Coffee 12:30 ~ Drums Alive 12:30 ~ Plastic Canvas w/Gerrie 1:30 ~ RSVP Bone Builders Music ~</p>	<p>16 9:30 ~ RSVP Bone Builders 10:30 ~ Writer's Group 12:30 ~ Mahjongg 1:00 ~ BINGO 1:00 ~ Ukulele 1:00 ~ Beginners Quilting Music ~ The BOYZ</p>	<p>17 9:00 ~ Art/Painting 10:30 ~ Line Dancing 12:30 ~ Cribbage 1:30 ~ RSVP Bone Builders Music ~ Ethel Cooper</p>	<p>18 9:30 ~ RSVP Bone Builders 9:30 ~ Mahjongg 12:30 ~ Hand & Foot Cards Music ~</p>
<p>21 CLOSED CIVIL RIGHTS DAY</p> 	<p>22 9:00 ~ Nifty Needlers 12:30 ~ Drums Alive 1:30 ~ RSVP Bone builders Music ~ Phyllis</p>	<p>23 9:30~RSVP Bone Builders 10:30 ~ Writers Group 12:30 ~ Mahjongg 1:00 ~ BINGO 1:00 ~ Ukulele 1:00 ~ Beginners Quilting Music ~</p>	<p>24 9:00 ~ Art/Painting 10:30 ~ Line Dancing 10:45 ~ Domestic Trauma Sup. 12:30 ~ Cribbage 1:30 ~ RSVP Bone Builders Music ~Bob Benjamin</p>	<p>25 9:30 ~ RSVP Bone Builders 9:30 ~ Mahjongg 12:30 ~ Hand & Foot Cards 12:30 ~ Herbal w/Elaine Music ~</p>
<p>28 9:30 ~ RSVP Bone Builders 10:00 ~ Sewing w/Rosemary 1:00 ~ Hearts & Hands Quilts Music ~ Wayne Klingler</p>	<p>29 9:00 ~ Nifty Needlers 12:30 ~ Drums Alive 1:30 ~ RSVP Bone Builders Music ~</p>	<p>30 9:30~RSVP Bone Builders 10:30 ~ Writers Group 12:30 ~ Mahjongg 1:00 ~ BINGO 1:00 ~ Ukulele 1:00 ~ Beginners Quilting Music ~</p>	<p>31 9:00 ~ Art/Painting 10:30 ~ Line Dancing 12:30 ~ Cribbage 1:30 ~ RSVP Bone Builders Music ~ Ethel Cooper</p>	

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