

MAY 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
Home Delivered Meals Assistant.....Althea Parker
Activities/Volunteer Coordinator.....Wanda Sawyer
Outreach Worker.....Florence Thornton
Van Driver....Ron Reed Substitute Driver.....Randall Burt
GCSCC Kitchen Staff.....Anita Mosley, Donna Emerson,
Ruth Cloud, Diane Keith, Bob Angier, Theresa Hannett
Maintenance.....Bill Webster
ABLE.....Donna Emerson, Laurel Goodwin, Nancy Carr,
Michele Avery, Bonnie Chaine
Advisory Council.....Gayla Spaulding, Sharon Briggs, Judy
Bauer, Van Anderson, Doris Martel, Erica Perkins, Lois Zambon, Steven Whitney, Bill Webster, Michele Avery



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.



Step Up / Stop Hunger

Meals on Wheels Walkathon
Saturday ~ May 18 8:00AM~1:00PM
Horse Meadow Senior Center
91 Horse Meadow Rd., N. Haverhill, NH

Registration @ 9:00 AM ~ Walk begins @ 10:00 AM
Choose between a 1 or 3 mile walk. Let us know if you'd like to walk by yourself, as a team, or if you'd like to sponsor someone or make a donation.
Forms are available at the center.
There will also be an after-walk BBQ, Crafters, Face Painter, and Entertainment. Please join us for this fun-filled family event!!

A DANCE BY "COMFORT COUNTRY" 5/4/19

Come listen & dance to the country tunes of Comfort Country as they perform a benefit dance for Meals on Wheels. May 4th from 7:00-9:00PM ~ \$5.00 per person At: Horse Meadow Senior Center ~ Refreshments available for purchase. Get your dancing shoes on and bring your friends!! Open to everyone!!

Horse Meadow will be closed
Monday, May 27th
in honor and remembrance of the soldiers who fought bravely and died for our freedoms!



Did you know?

Your local senior center is a program of the Grafton County Senior Citizens Council (GCSCC). Contributions from donors like you make it possible for GCSCC to provide the programs and services essential for older adults living in communities throughout Grafton County. Only half of our budget comes from state and federal government funds. The rest is from local communities and individuals who donate to GCSCC to support local senior centers. Please consider donating, either by mail (GCSCC, 10 Campbell St., Lebanon, NH 03766) or online (www.gcsc.org). Thank you for your generosity!

From the Director:

May is a busy month for us here at the Center! We have a dance, Dining for a Cause, a raffle, and an event packed day on the 18th when we host the annual Meals on Wheels Walkathon! We hope to see you at one, or all of these events. We are so lucky to have such a supportive community - we couldn't do what we do without you!

Quilts being Raffled to benefit M.O.W.
Tickets \$1.00 each or 6/\$5.00



Contact HMSC for More information



It's that time again!!!
Horse Meadow's Annual Fundraiser Yard Sale
Saturday, June 29 from 8AM - 2PM
We'll have Coffee & pastries and Lunch, available for purchase. Let us know if you'd like to volunteer Friday for Set up or Saturday for the sale. We will be accepting donations AFTER our Walkathon on May 18th.....No room until then!!



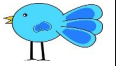
Please join us for these "Special Days"
"Mother's Day" on Thursday, May 9th.
"Memorial Day" BBQ on Thursday, May 23






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



**MAY 2019**



Mon	Tue	Wed	Thu	Fri
	<p><i>Menu is subject to change</i></p>	<p><b>1 Barbara Hudson's Choice</b> Lasagna Roll-ups Garden Salad 3 Bean Salad Garlic Bread Jell-O</p>	<p><b>2 FOOD RAFFLE</b> Tuna Wiggle Egg Noodles Salad Dessert</p>	<p><b>3</b> French Onion Soup Egg Salad Sandwich Salad Dessert</p>
<p><b>6</b> Salisbury Steak Biscuits Veg/Salad Dessert</p>	<p><b>7 Breakfast Buffet 8:30 AM</b> Taco Bar with Fixins' Cottage Cheese Salad Dessert</p>	<p><b>8</b> Chicken Pot Pie Cranberry Sauce Veg/Salad Dessert</p>	<p><b>9 "Mother's Day"</b> Shrimp Scampi Bow Tie Pasta Broccoli Tossed Salad Rolls Dessert</p> <div style="text-align: center;">  </div>	<p><b>10</b> Chef's Salad Cottage Cheese Veg/Salad Dessert</p>
<p><b>13</b> Shepherd's Pie Corn Bread Salad Dessert</p>	<p><b>14 Breakfast Buffet 8:30 AM</b> Stuffed Peppers Baked Potato Veg/Salad Dessert</p>	<p><b>15 50/50 RAFFLE</b> Roast Pork &amp; Gravy Rice Pilaf Veg/Salad Dessert</p>	<p><b>16</b> Chicken &amp; Stuffing Bake Veg/Salad Dessert</p>	<p><b>17</b> Spaghetti Pie Veg/Salad Dessert</p>
<p><b>20</b> Cabbage Stroganoff Noodles Veg/Salad Dessert</p>	<p><b>21 Breakfast Buffet 8:30 AM</b> Chef's Choice Veg/Salad Dessert</p>	<p><b>22</b> Chili Cornbread Veg/Salad Dessert</p>	<p><b>23 Memorial Day BBQ</b> Hamburgers Hotdogs Salads, Chips, Pickles Dessert</p>	<p><b>24</b> Open Faced Pork Sandwich Veg/Juice Dessert</p>
<p><b>27</b>    <b>CLOSED</b></p> <div style="text-align: center;">  </div>	<p><b>28 Breakfast Buffet 8:30 AM</b> Pulled Pork on a bun Cole Slaw Sweet Potato Fries Dessert</p>	<p><b>29</b> Turkey Potato Veg/Salad Dessert</p>	<p><b>30</b> Beans Hotdogs, Rolls Salad Dessert</p>	<p><b>31</b> Mac &amp; Cheese Chicken Nuggets Veg/Salad Dessert</p>

**Find a Sticker under your plate on May 1st & you get to pick your favorite meal to be served in June! Lunch is served @ 12:00/Noon unless otherwise noted.**



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



## Horse Meadow Happenings...



**\*Grief Support** 1st Wednesday 5/1 at 10:30 in the Library.  
For more info contact Florence 787-2539 or fthornton@gcsc.org  
**\*Healthy Lifestyle Share** at 10:30 on Thursday 5/2 ~ Contact Nancy Carr for info. 787-2539  
**\*Domestic Trauma Support Group @** 10:45, Thursday, 5/9 & 5/23 Contact Nancy Carr or Jessica Aiken-Hall for info. 787-2539



Remember Horse Meadow has a wonderful library available for your use. Come on down and check out our books and then "check" one out to read.

"New to Medicare" presentation, Monday ~ May 13th @ 10:30

**HMSC CHORUS** Mondays at 1:00

**Interfaith coffee:** Tuesdays, 5/7 & 5/21 @ 9:30

**Basic Quilting** with Jean 1:00 Wednesdays.  
**Sewing** with Rosemary 10:00 Mondays....Hand Needle Work class, date/time to be determined (cross stitch, embroidery & needle point).

**Cards** with Jeannie Friday, May 3 at 9:30  
**Floral** with Jane Thursday, May 9 at 9:30

**Haircuts** by Marshall Meade, licensed barber, Monday ~ May 6th, starting at 1:00. Cost is \$10.00 (He will be doing haircuts on the days he plays violin for us).

"Giggles" another way to exercise. Coordinated by Cyndi Wellman. For all ages & people with mobility issues. Don't let mobility issues stop you from exercising! Adaptive sports Partners of the North Country pre-

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

**Herbal** with Elaine at 12:30 on 5/10 & 5/24

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

**Vintage Voyagers** Writing group @ 10:30 on Wednesdays.

**Veterans** Meeting with Krystal Letourneau, Veterans Service Officer, on Thursday, May 2nd, starting at 9:00. No appointment necessary but call to confirm day/time. You can reach her at (603) 486-8290 for any questions you may have that require more immediate attention



**Foot Clinics:** Monday, May 6th & 20th with Susan Hanna Rose RN., from 9:00am to 12:00pm and Friday, May 3rd with Beverly Sinclair RN (By appointment. Call the center to schedule a time 787-2539)

**Massage** by Donna Paye ~ Tuesday, May 7, starting at 9:00, call and set up your appointment, 787-2539.



What is one fun way you can help **Step Up & Stop Hunger?!**

Join us at **The Little Grille's "Comida Mexicana"**






**At 55 Smith Street in Woodsville, NH**

**Monday, May 13th**

**Enjoy a delicious meal and 40% of your check will be donated to the MOW Walkathon**

**Support this Awesome & Generous Local business AND make a difference at the same time.**

**(You must bring this coupon with you!)**

 <b>ACTIVITY AND ENTERTAINMENT CALENDAR</b> 				
Monday	Tuesday	Wednesday	Thursday	Friday
	<p><i>*We apologize in advance for any errors or omissions. *Activities &amp; Music are subject to change.</i></p>	<p><b>1</b> 9:30 ~ RSVP Bone Builders 10:30 ~ Writer's Group 10:30 ~ Grief Sup. 12:30 ~ Mahjongg 1:00 ~ BINGO 1:00 ~ Ukulele 1:00 ~ Beginners Quilting</p> <p><b>Music ~ Carl, Gloria &amp; Friends</b></p>	<p><b>2</b> 9:00 ~ Art/Painting 9:00 ~ VSO Appointments 10:30 ~Healthy Lifestyle Share 12:30 ~ Cribbage 1:30 ~ RSVP Bone Builders</p> <p><b>Music ~ Ethel Cooper</b></p>	<p><b>3</b> 9:30 ~ RSVP Bone Builders 9:30 ~ Cards w/Leannie 9:30 ~ Mahjongg 12:30 ~ Hand &amp; Foot Cards</p> <p><b>Music ~</b></p>
<p><b>6</b> 9:00 ~ Foot Clinic (SHR) 9:30 ~ RSVP Bone Builders 10:00 ~ Sewing w/Rosemary 1:00 ~ Hearts &amp; Hands Quilts 1:00 ~ Chorus 1:00 ~ Haircuts by Marshall</p>	<p><b>7</b> 9:00 ~ Massage by Donna 9:00 ~ Nifty Needlers 9:30 ~ Interfaith Coffee 12:30 ~ Drums Alive 12:30 ~ Plastic Canvas 1:30 ~ RSVP Bone Builders</p>	<p><b>8</b> 9:30 ~ RSVP Bone Builders 10:30 ~ Writer's Group 11:30 ~ Glasses Check 12:30 ~ Mahjongg 1:00 ~ BINGO 1:00 ~ Ukulele 1:00 ~ Beginners Quilting</p>	<p><b>9</b> <b>Mothers Day Celebration</b> 9:00 ~ Art/Painting 9:30 ~ Floral w/Jane 10:45 ~Domestic Trauma Sup. 12:30 ~ Cribbage 1:30 ~ RSVP Bone Builders</p> 	<p><b>10</b> 9:30 ~ RSVP Bone Builders 9:30 ~ Mahjongg 12:30 ~ Hand &amp; Foot Cards 12:30 ~ Herbal w/Elaine</p>
<p><b>13</b> 9:30 ~RSVP Bone Builders 10:00 ~ Sewing w/Rosemary 10:30 ~ "NEW to Medicare" 1:00 ~ Hearts &amp; Hands Quilts 1:00 ~ Chorus</p> <p><b>Music ~ HMSC Chorus</b></p>	<p><b>14</b> 9:00 ~ Nifty Needlers 9:00 ~ Advisory Council Meeting 12:30 ~ Drums Alive 12:30 ~ Plastic Canvas 1:30 ~ RSVP Bone Builders</p> <p><b>Music ~ Phyllis Vogel</b></p>	<p><b>15</b> 9:30 ~ RSVP Bone Builders 10:30 ~ Writer's Group 12:30 ~ Mahjongg 1:00 ~ BINGO 1:00 ~ Ukulele 1:00 ~ Beginners Quilting</p> <p><b>Music ~ The BOYZ</b></p>	<p><b>16</b> 9:00 ~ Art/Painting 12:30 ~ Cribbage 1:30 ~ RSVP Bone Builders</p> <p><b>Music ~ Ethel Cooper</b></p>	<p><b>17</b> 9:30 ~ RSVP Bone Builders 9:30 ~ Mahjongg 12:30 ~ Hand &amp; Foot Cards 1:00 ~ Summer Bocce</p> <p><b>Music ~ Barry Hayes</b></p>
<p><b>20</b> 9:00 ~ Foot Clinic (SHR) 9:30 ~ RSVP Bone Builders 10:00 ~ Sewing w/Rosemary 1:00 ~ Hearts &amp; Hands Quilts 1:00 ~ Chorus 1:00 ~ MS Support Group</p> <p><b>Music ~ Wayne Klingler</b></p>	<p><b>21</b> 9:00 ~ Nifty Needlers 9:30 ~ Interfaith Coffee 12:30 ~ Drums Alive 1:30 ~ RSVP Bone Builders</p> <p><b>Music ~ Byron Berwick</b></p>	<p><b>22</b> 9:30 ~ RSVP Bone Builders 10:30 ~ Writers Group 12:30 ~ Mahjongg 1:00 ~ BINGO 1:00 ~ Ukulele 1:00 ~ Beginners Quilting</p> <p><b>Music ~</b></p>	<p><b>23</b> 9:00 ~ Art/Painting 10:45 ~ Domestic Trauma Sup 12:30 ~ Cribbage 1:30 ~ RSVP Bone Builders</p> <p><b>Music ~ Bob Benjamin</b></p>	<p><b>24</b> 9:30 ~ RSVP Bone Builders 9:30 ~ Mahjongg 12:30 ~ Hand &amp; Foot Cards 12:30 ~ Herbal w/Elaine</p> <p><b>Music ~</b></p>
<p><b>27</b></p> <p><b>CLOSED</b></p> 	<p><b>28</b> 9:00 ~ Nifty Needlers 12:30 ~ Drums Alive 1:30 ~ RSVP Bone Builders</p>	<p><b>29</b> 9:30 ~ RSVP Bone Builders 10:30 ~ Writers Group 12:30 ~ Mahjongg 1:00 ~ BINGO 1:00 ~ Ukulele 1:00 ~ Beginners Quilting</p>	<p><b>30</b> 9:00 ~ Art/Painting 12:30 ~ Cribbage 1:30 ~ RSVP Bone Builders</p>	<p><b>31</b> 9:30 ~ RSVP Bone Builders 9:30 ~ Mahjongg 12:30 ~ Hand &amp; Foot Cards 1:00 ~ Adaptive Biking</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