

SEPTEMBER 2019 **HORSE MEADOW SENIOR CENTER**



PRESSIONS

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.....Randall Burt GCSCC Kitchen Staff......Anita Mosley, Donna Emerson, Ruth Cloud, Diane Keith, Bob Angier Maintenance.....Bill Webster

ABLE.....Donna Emerson, Laurel Goodwin, Nancy Carr, Michele Avery, Bonnie Chaine, Lucia Morency

Advisory Council.....Gayla Spaulding, Sharon Briggs, Judy Bauer, Van Anderson, Doris Martel, Erica Perkins, Lois Zambon, Steven Whitney, Bill Webster, Michele Avery, Wayne Chevalier

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.

Genealogy ~ Who Do You Think You Are? Friday 9/6 @ 1:00 It's been said that a people without the knowledge of their origin and culture are like a tree without roots. Join June Davis as she helps us learn how to obtain past records and document important information. She will share tips, exchange resources, and talk shop with other people who are interested in knowing about their personal history. The Group is free. Bring a 3 ring binder to keep your information.



We are very thankful for those who give so much of their time to volunteer in many ways at the center, Also to those who deliver meals on wheels help with the yard sale or bake for events, and so much more. On September 20th @ 3:00 PM we celebrate "YOU".

The center will be closed while we serve our Volunteers and show them our appreciation!



September is National Senior Center Month! Stop in to see all we have to offer. You may be surprised!!



Commodity Foods Distribution Friday, September 20th 11:45-12:45



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.gcscc.org). Thank you for your generosity!

From our Director ~ Jessica Aiken-Hall



Can you believe fall is here already?!? There is still plenty of time to get out and enjoy beautiful weather. There is always something fun going on here at Horse Meadow, and we would love to see you! Is there an activity or program you would like to see offered here? Stop by and let us know! We are always open to new ideas. Enjoy the beautiful days ahead, and if you have a few hours to spare, come join us for lunch!

Join Erica Perkins & Guaranty Tours For a presentation of future trips. Sept. 23, from 3-7pm





Some dates to mark on your calendar: The center will be **CLOSED** on 9/2 Labor Day, 9/20 Volunteer Appreciation Dinner, and 9/27 GCSCC Safety Day

Upcoming Events: October 10th~Health Fair, October 26th~A Dance with "Comfort Country" November 2nd~Craft Fair November 16th~Penny Sale

~FUEL ASSISTANCE~

If you or someone you know is having trouble paying for heat during the winter season, the Fuel Assistance Program may be able to provide some relief. Make an appointment with Florence for more information or for help with the paperwork, 787-2539 or fthornton@gcscc.org

National New Hampshire Day on September 7 recognizes the 9th state to join the Union. The Granite State epitomizes New England in many ways. From its breathtaking landscapes to its fascinating history and people.

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



SEPTEMBER 2019



Mon	Tue	Wed	Thu	Fri
2 CLOSED For Labor Day	3 Breakfast Buffet 8:30 AM Ham & Turkey Club Potato Salad Dessert	4 Sandy James Choice Lasagna Garlic Bread Tossed Salad Carrot Cake	5 FOOD RAFFLE BBQ Chicken Roasted Potatoes Veg/Salad Dessert	6 Bacon Cheeseburger Fries Salad Dessert
9 Salisbury Steak Mashed Potato Veg/Salad Dessert	10 Breakfast Buffet 8:30 AM Pizza Bar Veg/Salad Dessert	11 Pork roast w/Sliced Apples Stuffing Veg/Salad Dessert	12 French Onion Soup Egg Salad Sandwich Salad Dessert	13 Turkey Burger Sweet Potato Fries Veg/Salad Dessert
16 American Chop Suey Garlic Bread Veg/Salad Dessert	17 Breakfast Buffet 8:30 AM Stuffed Peppers Mashed Potatoes Veg/Salad Dessert	18 50/50 RAFFLE Artichoke Chicken Rice Pilaf Veg/Salad Dessert	19 Pulled Pork on Bun- w/onions & Pickles Cole Slaw Macaroni salad Dessert	CLOSED For Volunteer Appreciation
23 Turkey Stuffing Veg/Salad Dessert	24 Breakfast Buffet 8:30 AM Chicken & Gravy w/Biscuits Mashed Potatoes Veg/Salad Dessert	25 Fish Sandwich Tater Tots Veg/Salad Dessert	26 Chef Salad Dessert	CLOSED For GCSCC Safety Day
30 Hot dogs & Beans Veg/Salad Dessert		Menu is subject to change	Find a Sticker under your plate on September 4th & you get to pick your favorite meal to be served in October!	Tenth.

A \$3.00 donation is requested for the meal & For those under 60, the requested price/donation is \$5.00. Lunch is served @ 12:00/Noon unless otherwise noted.

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.

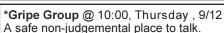
With more than 35 providers on staff, Cottage Hospital has an impressive range of services for your and your family. For more information please contact us at www.cottagehospital.org 90 Swiftwater Rd., Woodsville, NH • 603-747-9000



EXPRESSIONS

SEPTEMBER 2019

Horse Meadow Happenings...



For more info contact Florence 787-2539 or fthornton@gcscc.org

*Healthy Life Share at 10:30 on Thursday 9/12 & on 9/26 we'll have a Healthy Cooking Demo by Nutritionist Chad Proulx.

*Domestic Trauma Support Group @ 10:45, Thursdays, 9/5 & 9/19 Contact Nancy Carr or Jessica Aiken-Hall for info. 787-2539

Interfaith coffee: Tuesdays, 9/3, & 9/17 @ 9:30

No Cards with Jeannie, this month Floral with Jane, Thursday, 9/5 @ 9:30

Haircuts by Marshall Meade, licensed barber, Mondays ~ 9/16 & 9/30, starting at 1:00. Cost is \$10.00 Call for an appointment or just come on down.

"Giggles" (Adaptive Sports), another way to exercise. Bocce Ball & Adaptive Bike demonstration 9/6 @ 1:00

HMSC CHORUS Returns, Monday, Sept. 9th, @ 1:00 in Bertha's Room.



Thursdays at 9:00 ~ Please join our ART/Painting group with Barb Brown.

Remember we have Exercise Equipment available for your use as well as Bone Builder classes daily. Why spend money at the gym??

Herbal with Elaine at 12:30 on Friday 9/13

Memoir Writing Group Friday 9/13 @ 9:00

Vintage Voyagers Writing group @ 10:30 on Wednesdays.

Veterans Services this month will be on Friday, Sept. 6th, starting at 9:00 am



Foot Clinics starting at 9 am:

Monday, 9/9 & 9/16 with Susan Hanna Rose RN Friday, 9/6 with Beverly Sinclair RN (By appointment. Call the center to schedule a time 787-2539)

Massage by Donna Paye ~ Tuesday, 9/3 starting at 9:00, call and set up your appointment, 787-2539.

Sewing with Rosemary, Beginners Quilting with Jean, Ukulele and Hearts & Hands Quilters will all be on a break for the summer months and returning in October.



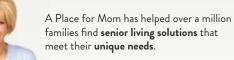


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ww.4LPi.com/careers

ACTIVITY AND ENTERTAINMENT CALENDAR						
Monday	Tuesday	Wednesday	Thursday	Friday		
2 CLOSED For Labor Day	3 9:00 ~ Nifty Needlers 9:00 ~ Massage w/Donna 9:30 ~ Interfaith Coffee 1:00 ~ RSVP Bone Builders	4 9:30 ~ RSVP Bone Builders 10:30 ~ Writer's Group 12:30 ~ Mahjongg 1:00 ~ BINGO	5 9:00 ~ Art/Painting w/Barb 9:30 ~ Floral w/Jane 10:45 ~ Dom. Trauma Sup 12:30 ~ Cribbage 1:00 ~ RSVP Bone Builders	6 9:00 Foot Clinic w/Bev 9:00 ~ Veterans Services 9:30 ~ RSVP Bone Builders 9:30 ~ Mahjongg 12:30 ~ Hand & Foot Cards 1:00 ~ Genealogy Group 1:00 ~ Bocce & Adaptive Bike		
CLOSED	Music ~ Byron Berwick	Music ~ Carl, Gloria & Friends	Music ~ Ethel Cooper	Demonstration. Music ~		
9 9:00 ~ Foot Clinic w/SHR 9:30 ~ RSVP Bone Builders 1:00 ~ HMSC Chorus	9:00 ~ Nifty Needlers 9:00 ~ Advisory Council meets 1:00 ~ RSVP Bone Builders 1:00 ~ Plastic Canvas w/Gerrie	11 9:30 ~ RSVP Bone Builders 10:30 ~ Writer's Group 12:30 ~ Mahjongg 1:00 ~ BINGO	9:00 ~ Art/Painting w/Barb 10:00 ~ Gripe Group 10:30 ~ Healthy Life Share 12:30 ~ Cribbage 1:00 ~ RSVP Bone Builders	13 9:00 ~ Memoir Writing Group 9:30 ~ RSVP Bone Builders 9:30 ~ Mahjongg 12:30 ~ Herbal w/Elaine 12:30 ~ Hand & Foot Cards		
Music ~ Joanne	Music ~ Phyllis Vogel	Music ~ Ethel Cooper	Music ~ Bob Benjamin	Music ~		
16 9:00 ~ SHR Foot Clinic 9:30 ~RSVP Bone Builders 1:00 ~ MS Support Group 1:00 ~ Haircuts by Marshall 1:00 ~ HMSC Chorus	17 9:00 ~ Nifty Needlers 9:30 ~ Interfaith Coffee 1:00 ~ RSVP Bone Builders	18 9:30 ~ RSVP Bone Builders 10:30 ~ Writer's Group 12:30 ~ Mahjongg 1:00 ~ BINGO	9:00 ~ Art/Painting w/Barb 10:45 ~ Dom. Trauma Sup 12:30 ~ Cribbage 1:00 ~ RSVP Bone Builders	CENTER CLOSED TODAY For Volunteer Appreciation Day		
Music ~ Marshall Meade	Music ~	Music ~ The BOYZ	Music ~ Ethel Cooper	thank you!		
9:30 ~ RSVP Bone Builders 1:00 ~ MS Support 1:00 ~ HMSC Chorus 3-7pm Guaranty Tours Presentation	9:00 ~ Nifty Needlers 1:00 ~ RSVP Bone Builders	25 9:30 ~ RSVP Bone Builders 10:30 ~ Writers Group 12:30 ~ Mahjongg 1:00 ~ BINGO	26 9:00 ~ Art/Painting w/Barb 12:30 ~ Cribbage 1:00 ~ RSVP Bone Builders 2:00 ~ Healthy Life Share/ Cooking Demo w/Chad Proulx	CENTER CLOSED TODAY For GCSCC Safety Day		
Music ~ Wayne Klingler	Music ~ Phyllis Vogel	Music ~ Joanne	Music ~ Bob Benjamin	OFAGER		
30 9:30 ~ RSVP Bone Builders 1:00 ~ Haircuts by Marshall 1:00 ~ HMSC Chorus	*We apologize in advance for any errors or omissions. *Activities & Music are subject to change.		"Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around."			
Music ~ Marshall Meade						

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