



# SEPTEMBER 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  
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.

### 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!



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!

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



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



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**

**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.gcsc.org](http://www.gcsc.org)). Thank you for your generosity!

### ~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 [ftornton@gcsc.org](mailto:ftornton@gcsc.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<br><br><b>CLOSED</b><br><b>For Labor Day</b>                   | 3 <b>Breakfast Buffet 8:30 AM</b><br>Ham & Turkey Club<br>Potato Salad<br>Dessert                           | 4 <b>Sandy James Choice</b><br>Lasagna<br>Garlic Bread<br>Tossed Salad<br>Carrot Cake | 5 <b>FOOD RAFFLE</b><br>BBQ Chicken<br>Roasted Potatoes<br>Veg/Salad<br>Dessert                                            | 6<br>Bacon Cheeseburger<br>Fries<br>Salad<br>Dessert                                  |
| 9<br>Salisbury Steak<br>Mashed Potato<br>Veg/Salad<br>Dessert    | 10 <b>Breakfast Buffet 8:30 AM</b><br>Pizza Bar<br>Veg/Salad<br>Dessert                                     | 11<br>Pork roast w/Sliced Apples<br>Stuffing<br>Veg/Salad<br>Dessert                  | 12<br>French Onion Soup<br>Egg Salad Sandwich<br>Salad<br>Dessert                                                          | 13<br>Turkey Burger<br>Sweet Potato Fries<br>Veg/Salad<br>Dessert                     |
| 16<br>American Chop Suey<br>Garlic Bread<br>Veg/Salad<br>Dessert | 17 <b>Breakfast Buffet 8:30 AM</b><br>Stuffed Peppers<br>Mashed Potatoes<br>Veg/Salad<br>Dessert            | 18 <b>50/50 RAFFLE</b><br>Artichoke Chicken<br>Rice Pilaf<br>Veg/Salad<br>Dessert     | 19<br>Pulled Pork on Bun-<br>w/onions & Pickles<br>Cole Slaw<br>Macaroni salad<br>Dessert                                  | 20<br><br><b>CLOSED</b><br><b>For</b><br><b>Volunteer</b><br><b>Appreciation</b>      |
| 23<br>Turkey<br>Stuffing<br>Veg/Salad<br>Dessert                 | 24 <b>Breakfast Buffet 8:30 AM</b><br>Chicken & Gravy w/Biscuits<br>Mashed Potatoes<br>Veg/Salad<br>Dessert | 25<br>Fish Sandwich<br>Tater Tots<br>Veg/Salad<br>Dessert                             | 26<br>Chef Salad<br>Dessert                                                                                                | 27<br><br><b>CLOSED</b><br><b>For</b><br><b>GCSCC Safety Day</b>                      |
| 30<br>Hot dogs & Beans<br>Veg/Salad<br>Dessert                   |                          | <i>Menu is subject<br/>to change</i>                                                  | Find a Sticker under your<br>plate on September 4th &<br>you get to pick your<br>favorite meal<br>to be served in October! |  |

**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 you and your family.

For more information please contact us at [www.cottagehospital.org](http://www.cottagehospital.org)  
90 Swiftwater Rd., Woodsville, NH • 603-747-9000

**THIS SPACE IS  
AVAILABLE**



# Horse Meadow Happenings...



**\*Gripe Group @ 10:00, Thursday, 9/12**  
A safe non-judgemental place to talk.  
For more info contact Florence 787-2539 or fthornton@gcsc.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.



*A locally owned family operated business.*  
1 Birch Street, Woodsville, NH  
**603-747-2717**  
info@rickerfh.net



**LAVOIE'S AUTOCARE CENTER**  
Automotive Repair • 24 Hr Towing  
**603-989-5871**  
635 Dartmouth College Hwy., Haverhill  
Local Automotive Services  
You Can Count On!



**Balance everything.**  
In Woodsville:  
**63 Central Street**  
**747-0477**  
**Woodsville/Walmart**  
**747-3400**  
thegarantybank.com  
Member FDIC

**Calling all Seniors!**  
When you are looking for affordable housing... you owe it to yourself to see the apartment options we have for you.  
TTY: 800-253-0191  
Phone: 603-444-1377  
homesahead.org  
info@homesahead.org





Call today to connect with a **SENIOR LIVING ADVISOR**  
INDEPENDENT LIVING • ASSISTED LIVING • MEMORY CARE



A Place for Mom has helped over a million families find senior living solutions that meet their unique needs.

*There's no cost to you!*  
**(888) 672-0689**  
We're paid by our partner communities




**WE'RE HIRING AD SALES EXECUTIVES**





- Full Time Position with Benefits
- Sales Experience Preferred
- Paid Training
- Overnight Travel Required
- Expense Reimbursement

CONTACT US AT: careers@4LPi.com  
www.4LPi.com/careers

➤ Reach the Senior Market  
**ADVERTISE HERE**

**CONTACT**

Steve Twomey to place an ad today!  
stwomey@lpiseniors.com or (800) 950-9952 x5854

| ACTIVITY AND ENTERTAINMENT CALENDAR                                                                                                                                                                 |                                                                                                                                                                                      |                                                                                                                                                                    |                                                                                                                                                                                                              |                                                                                                                                                                                                                                                                     |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Monday                                                                                                                                                                                              | Tuesday                                                                                                                                                                              | Wednesday                                                                                                                                                          | Thursday                                                                                                                                                                                                     | Friday                                                                                                                                                                                                                                                              |
| <p><b>2</b></p> <p><b>CLOSED For Labor Day</b></p>                                                                 | <p><b>3</b></p> <p>9:00 ~ Nifty Needlers<br/>9:00 ~ Massage w/Donna<br/>9:30 ~ Interfaith Coffee<br/>1:00 ~ RSVP Bone Builders</p> <p><b>Music ~ Byron Berwick</b></p>               | <p><b>4</b></p> <p>9:30 ~ RSVP Bone Builders<br/>10:30 ~ Writer's Group<br/>12:30 ~ Mahjongg<br/>1:00 ~ BINGO</p> <p><b>Music ~ Carl, Gloria &amp; Friends</b></p> | <p><b>5</b></p> <p>9:00 ~ Art/Painting w/Barb<br/>9:30 ~ Floral w/Jane<br/>10:45 ~ Dom. Trauma Sup<br/>12:30 ~ Cribbage<br/>1:00 ~ RSVP Bone Builders</p> <p><b>Music ~ Ethel Cooper</b></p>                 | <p><b>6</b></p> <p>9:00 Foot Clinic w/Bev<br/>9:00 ~ Veterans Services<br/>9:30 ~ RSVP Bone Builders<br/>9:30 ~ Mahjongg<br/>12:30 ~ Hand &amp; Foot Cards<br/>1:00 ~ Genealogy Group<br/>1:00 ~ Bocce &amp; Adaptive Bike Demonstration.</p> <p><b>Music ~</b></p> |
| <p><b>9</b></p> <p>9:00 ~ Foot Clinic w/SHR<br/>9:30 ~ RSVP Bone Builders<br/>1:00 ~ HMSC Chorus</p> <p><b>Music ~ Joanne</b></p>                                                                   | <p><b>10</b></p> <p>9:00 ~ Nifty Needlers<br/>9:00 ~ Advisory Council meets<br/>1:00 ~ RSVP Bone Builders<br/>1:00 ~ Plastic Canvas w/Gerrie</p> <p><b>Music ~ Phyllis Vogel</b></p> | <p><b>11</b></p> <p>9:30 ~ RSVP Bone Builders<br/>10:30 ~ Writer's Group<br/>12:30 ~ Mahjongg<br/>1:00 ~ BINGO</p> <p><b>Music ~ Ethel Cooper</b></p>              | <p><b>12</b></p> <p>9:00 ~ Art/Painting w/Barb<br/>10:00 ~ Gripe Group<br/>10:30 ~Healthy Life Share<br/>12:30 ~ Cribbage<br/>1:00 ~ RSVP Bone Builders</p> <p><b>Music ~ Bob Benjamin</b></p>               | <p><b>13</b></p> <p>9:00 ~ Memoir Writing Group<br/>9:30 ~ RSVP Bone Builders<br/>9:30 ~ Mahjongg<br/>12:30 ~ Herbal w/Elaine<br/>12:30 ~ Hand &amp; Foot Cards</p> <p><b>Music ~</b></p>                                                                           |
| <p><b>16</b></p> <p>9:00 ~ SHR Foot Clinic<br/>9:30 ~RSVP Bone Builders<br/>1:00 ~ MS Support Group<br/>1:00 ~ Haircuts by Marshall<br/>1:00 ~ HMSC Chorus</p> <p><b>Music ~ Marshall Meade</b></p> | <p><b>17</b></p> <p>9:00 ~ Nifty Needlers<br/>9:30 ~ Interfaith Coffee<br/>1:00 ~ RSVP Bone Builders</p> <p><b>Music ~</b></p>                                                       | <p><b>18</b></p> <p>9:30 ~ RSVP Bone Builders<br/>10:30 ~ Writer's Group<br/>12:30 ~ Mahjongg<br/>1:00 ~ BINGO</p> <p><b>Music ~ The BOYZ</b></p>                  | <p><b>19</b></p> <p>9:00 ~ Art/Painting w/Barb<br/>10:45 ~ Dom. Trauma Sup<br/>12:30 ~ Cribbage<br/>1:00 ~ RSVP Bone Builders</p> <p><b>Music ~ Ethel Cooper</b></p>                                         | <p><b>20</b></p> <p><b>CENTER CLOSED TODAY For Volunteer Appreciation Day</b></p> <p><i>thank you!</i></p>                                                                                                                                                          |
| <p><b>23</b></p> <p>9:30 ~ RSVP Bone Builders<br/>1:00 ~ MS Support<br/>1:00 ~ HMSC Chorus<br/>3-7pm Guaranty Tours Presentation</p> <p><b>Music ~ Wayne Klingler</b></p>                           | <p><b>24</b></p> <p>9:00 ~ Nifty Needlers<br/>1:00 ~ RSVP Bone Builders</p> <p><b>Music ~ Phyllis Vogel</b></p>                                                                      | <p><b>25</b></p> <p>9:30 ~ RSVP Bone Builders<br/>10:30 ~ Writers Group<br/>12:30 ~ Mahjongg<br/>1:00 ~ BINGO</p> <p><b>Music ~ Joanne</b></p>                     | <p><b>26</b></p> <p>9:00 ~ Art/Painting w/Barb<br/>12:30 ~ Cribbage<br/>1:00 ~ RSVP Bone Builders<br/>2:00 ~ Healthy Life Share/ Cooking Demo w/Chad Proulx</p> <p><b>Music ~ Bob Benjamin</b></p>           | <p><b>27</b></p> <p><b>CENTER CLOSED TODAY For GCSCC Safety Day</b></p>                                                                                                        |
| <p><b>30</b></p> <p>9:30 ~ RSVP Bone Builders<br/>1:00 ~ Haircuts by Marshall<br/>1:00 ~ HMSC Chorus</p> <p><b>Music ~ Marshall Meade</b></p>                                                       | <p><b>*We apologize in advance for any errors or omissions. *Activities &amp; Music are subject to change.</b></p>                                                                   |                                                                                                                                                                    | <p>"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."</p> |                                                                                                                                                                                                                                                                     |

Prst. 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