**FEBRUARY 2020**

**HORSE MEADOW SENIOR CENTER**

**EXPRESSIONS**

91 Horse Meadow Rd., No. Haverhill, NH
(603) 787-2539 FAX (603) 787-6819

Director.........................................................Jessica Kaminski
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............. Anitsa Mosley, Donna Emerson,
Ruth Cloud, Diane Keith, Peggy O'Donnell
Maintenance..................................................Bill Webster
ABLE........Donna Emerson, Nancy Carr, Michele Avery,
Bonnie Chaine, Pat Holbrook, Ed Ricard
Advisory Council: Judy Bauer, Van Anderson, Doris Martell,
Erica Perkins, Lois Zambon, Steven Whitney, Bill Webster,
Michele Avery, Wayne Chevalier, Sam Sorrentino, Alice Kidder, Sherri Sargent

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.

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**FROM OUR DIRECTOR ~ JESSICA AIKEN-HALL**

The first month of the year is already gone! How did you do with last month’s challenge of turning negative thoughts/remarks into positive ones? With long, dark, and cold days, it can be hard to find the positive. January always seems like the longest month to me...and when it’s over, it feels like spring is in sight! Positivity can help change our mood. This month, the challenge is to smile at someone. When you smile, it helps improve your mood. Especially when you don’t feel like smiling! Try it...the next time you are feeling down, smile. Even if there is no one around. My daughter tried this the other day, and said it worked great! Life isn’t always sunshine and rainbows, but a positive attitude can help change our reaction to a negative experience. Go ahead, give it a try! It’s a short month...what do you have to lose?

This was shared with me last month’s newsletter: Gracious words are a honeycomb, sweet to the soul and healing to the bones. Prov. 16:24

Kindness matters.

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**NO ACT OF KINDNESS IS EVER WASTED.**

- Apop

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**VALUES**

- Respect
- Empathy
- Sensitivity
- Compassion
- Kindness
- Honesty

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**WE ARE HERE FOR YOU!**

No matter how you feel, we are here to help.

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**VETERANS COFFEE SOCIAL HOUR**

Join us every Wednesday, February 5th, from 10:00 - 11:00 AM. We plan to have someone available with information of interest for veterans and their families. Please join us for this time of networking & camaraderie. All veterans/spouses are welcome and encouraged to join us. VSO Officer Krysta Letourneau will be available from 12:00 - 3:00 PM.

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**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. Contact the Outreach Office for more information.

---

**GRIEF SUPPORT**

If you've experienced a loss in your life you may deal with feelings you have never encountered before. A support group can provide you with information, advice and understanding from peers and experienced professionals. A group can give you an emotional connection when you feel isolated from friends and family who just don’t understand. Support groups also offer people the opportunity to release powerful emotions they may otherwise keep to themselves.

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**GENEALOGY**

Who do you think you are? Join June Davis, Wednesday, Feb 26 @ 1:00, 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 binder to keep your information.

---

**WEATHER CLOSING ANNOUNCEMENTS**

For HMSC will be made on WYKR, 101.3, on the Horse Meadow Facebook page and on WMRU TV. Our general rule is if the surrounding schools close, we usually do too. If you have any questions whether the center is open...please call, 787-2539.

For Home Delivered Meals Recipients, please use your frozen meal.

---

**DANCE with COMFORT COUNTRY**

Join us as we listen and dance to the country tunes of Comfort Country. Friday ~ March 6th from 7:00 - 9:00 PM
At Horse Meadow Senior Center
Admission is $5.00 per person – All are welcome.

---

**VALENTINE’S TEA PARTY**

Valentine’s Tea Party ~ Friday, February 14th
2:00 - 3:30 PM Please RSVP to help us better prepare.
Sign up at the center (or call)...Donations welcome!

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**WE'RE HAVING A “CABIN FEVER” A UCTION**

Saturday ~ March 21 @ 10:00
We have some furniture, some Antique/Vintage
Pieces and Collectibles, themed baskets and box lots......
and we'll also be auctioning PIES
(Please let us know if you'd be willing to make a pie for this)!!
If you have anything that you'd like to donate call 787-2539
Refreshments
will be available for purchase.

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### February 2020

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<tr>
<td><strong>Find a Sticker under your plate on February 5th &amp; you get to pick your favorite meal to be served in March</strong></td>
<td><strong>Menu is subject to change</strong></td>
<td><strong>Groundhog Day</strong></td>
<td><strong>February 2nd</strong></td>
<td><strong>Happy Valentine's Day</strong></td>
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<td>3 BBQ Chicken</td>
<td>4 Breakfast Buffet 8:30 AM</td>
<td>5 Celeste’s Choice</td>
<td>6 Roast Turkey w/Stuffing</td>
<td>7 Beef Stroganoff</td>
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<td>Roasted Sweet Potato</td>
<td>Tuna Noodle Casserole</td>
<td>Pizza Bar</td>
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<td>10 Creamed Chipped Beef</td>
<td>11 Breakfast Buffet 8:30 AM</td>
<td>12 Corn Chowder</td>
<td>13 Chicken Parmesan</td>
<td>14 Baked Fish w/Lemon Cream</td>
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<td>Over Potato</td>
<td>Baked Ziti w/Ground Beef</td>
<td>Egg Salad Sandwich</td>
<td>Stuffed Peppers,</td>
<td>Sauce,</td>
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<td>Vegetables</td>
<td>Garlic Bread</td>
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<td>Rice Pilaf</td>
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<td>Vegetables, Salad</td>
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<td>17 Chicken Marsala Pasta</td>
<td>18 Breakfast Buffet 8:30 AM</td>
<td>19 Roast Pork w/Apples</td>
<td>20 Taco Bar</td>
<td>21 Rosemary Chicken</td>
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<td>Vegetables</td>
<td>Chili w/Rice</td>
<td>Mashed Potato</td>
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<td>24 Ham &amp; Turkey Club</td>
<td>25 Breakfast Buffet 8:30 AM</td>
<td>26 Crispy Fish</td>
<td>27 Swedish Meatballs</td>
<td>28 Oven Fried Chicken</td>
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<td>Chips</td>
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<td>Rice</td>
<td>w/Pasta</td>
<td>Mac &amp; Cheese</td>
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Over 60 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.

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**Caring Hands Home Health & Hospice Care**

*Compassionate Care in the comfort of your own home*

7 Day 24 Hr Care • Flexible Hours

HOSPICE CARE | RESpite | SHOPPING | DOCTOR VISITS | MEALS

MEDICATION MANAGEMENT & MORE!

Debbie Jenkins • 603-991-7558

Over 20 Years experience in Elder Care. Specializing in Dementia, Alzheimer’s & Diabetes management.
**Horse Meadow Happenings...**

Join us for some fun **Valentines Crafting**!

Wednesday ~ February 3
1:00 - 2:30 in the craft room. Supplies provided!

**Grief Support**, is a drop-in/ongoing group that will meet the first Monday of each month @ 10:30.

*Gripe Group* @ 10:00, Thursday, 2/13 A safe non-judgemental place to talk. For more info contact Florence 787-2539 or fthornton@gcscc.org

*Healthy Life Share* at 10:30 on 2/13

*Domestic Trauma Support Group* @ 10:45, Thursday, 2/6
Contact Nancy Carr or Jessica Aiken-Hall for info. 787-2539

**Massage** by Donna Paye ~ Tuesday, 2/4 starting at 9:00, call and set up your appointment, 787-2539.

**Interfaith coffee**: Tuesdays, 2/4 & 2/18 @ 9:00

**Pastor’s lunch**: 2nd Thursday ~ 2/13

**Floral** with Jane, Thursday, 2/13 @ 9:30

**ART/Painting** group ~ Thursdays at 9:00

**Beginners Quilting** with Jean, Mondays @ 1:00

**Plastic Canvas** w/Gerrie, Tuesdays by chance @ 1:00

**“RHYME” Workshop** join Siggi Wood as she leads a writing workshop on Poetry and Rhyme. This will be on Mondays, Feb 10 & 24 at 10:00 AM

**Haircuts** by Marshall Meade, licensed barber, Mondays ~ 2/3 & 2/24, starting at 1:00. Cost is $10.00. Call for an appointment or just come on down.

**“Chair Yoga” class this month with Kelsey Root Winchester of Rising Spirit Yoga. Join her on 2/6 & 2/20 from 10:45 to 11:45. This will be by donation.**

**“Tai Chi” class with Instructor Andrew Fisher on Fridays @ 1:00.** This will be by donation.

**Drums Alive** ~ With Sherri Sargent/Haverhill Rec Tuesdays @ 12:30. This will be by donation.

**Hearts & Hands Quilters** ~ Monday 2/3 @ 1:00

**Herbal** with Elaine @ 12:30 on 2/14 & 2/28

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

**Foot Clinic starting at 9 am**: Friday, 2/7 with Beverly Sinclair RN ~ By appointment. Call the center to schedule a time 787-2539

**RightSizing** will continue on the first Friday of each month February 7th @ 10:00

**Senior Splash/Therapeutic Swim** at Evergreen Sports Center in Lisbon. Mondays from 10:15-11:00 AM. Cost is $10.00 per session.

**Veterans Coffee hour** ~ Feb 5th @ 10:00

We are starting a monthly Veterans Coffee, and need volunteers to help with this, preferably veterans. We have hopes that this could grow into something more, with speakers of interest for the veterans of our communities. We will have the help/support of our VSO Krystal Letourneau. Please contact Wanda S. @ 787-2539 if you would like more information or want to volunteer for this. ALL VETERANS are welcome as well as spouses!

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**McCoy Home Assisted Living**

*When you can’t stay at home, please come stay with us.*

24 Hour Loving Care & Supervision • Variety of Activities • Licensed Private Rooms with Private Baths

1016 John Stark Highway, Newport, NH 03773

www.AssistedLivinginNH.com • 603.543.1255

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- Backed by American Standard’s 140 years of experience
- Ultra low entry for easy entering & exiting
- Patented Quick Drain® Technology
- Lifetime Warranty on the bath AND installation, INCLUDING labor backed by American Standard
- 44 Hydrotherapy jets for an invigorating massage

Limited Time Offer! Call Today!

844-889-2321

Or visit: www.walkintubinfo.com/safety
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<th>Monday</th>
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<td>9:30 ~ RSVP Bone Builders</td>
<td>9:00 ~ Nifty Needlers</td>
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<td>9:00 ~ Art/Painting</td>
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<td>10:30 ~ Grief Support</td>
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<td>1:00 ~ Beginners Quilting</td>
<td>9:00 ~ Massage by Donna</td>
<td>12:30 ~ Mahjongg</td>
<td>10:45 ~ Chair Yoga</td>
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<td>1:00 ~ Hearts &amp; Hands Quilts</td>
<td>12:30 ~ Drums Alive</td>
<td>1:00 ~ BINGO</td>
<td>12:30 ~ Cribbage</td>
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<td>9:00 ~ Art/Painting</td>
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We apologize in advance for any errors or omissions. Activities & Music are subject to change.