



MARCH 2020
HORSE MEADOW SENIOR CENTER



EXPRESSIONS

91 Horse Meadow Rd., No. Haverhill, NH
 (603) 787-2539 FAX (603) 787-6919

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..... Anita Mosley, Donna Emerson,
 Ruth Cloud, Diane Keith, Peggy O'Donnell, Kelly Vines
 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.

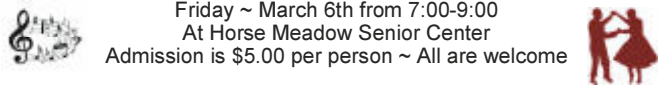
We're having a "CABIN FEVER" Auction
 Saturday ~ March 21 @ 10:00
 We have some furniture, some Antique/Vintage
 Pieces and Collectibles, themed baskets and box lots....
 and we'll also be auctioning PIES
 (Please let us know if you'd be willing to make a pie for this)!!
 If you have anything that you'd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



Join us for a traditional St. Patrick's Day Meal
 Tuesday ~ March 17th
 We'll bring back the ENVELOPE raffle for this....try your
 luck, you may win a prize....you may not. If you don't win
 the first time....TRY AGAIN!




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
 At Horse Meadow Senior Center
 Admission is \$5.00 per person ~ All are welcome



Monthly **Veteran's Coffee** Social hour on Wednes-
 day, March 11th, from 11:00 - 12:00, and stay for
 lunch. We plan to have someone from Service Link
 & Adaptive Sports to speak about services
 available. Please join us for this time of
 networking & camaraderie.
ALL Veterans/spouses **ALL** ages are welcome
 and encouraged to join us.



NEW "The Power to Change" is a 14-week group that will meet for 2
 hours every Tuesday from 10am-12pm. The goals of this group are to
 build self-esteem, understand your needs and desires, practice assertive-
 ness skills, and learn about positive, nurturing relationships. The first
 group will meet on March 24th with co-leaders Jessica Kaminski and Nan-
 cy Carr. Please call Jessica to register for this group. Limited space avail-

 From our Director ~ Jessica Aiken-Hall

The sun is shining longer each day, which is a great reminder that after
 darkness, there is always light. How did you do with last month's chal-
 lenge of smiling more? Did it help improve your mood? Carry that habit
 with you, and when you are feeling down, smile. This month, let's march
 in with a positive attitude. Turn those negative thoughts into positive pos-
 sibilities. In the dining room you will find the Wall of Kindness, where you
 can give and take positive notes. They can be as simple or complex as
 you want. Help us spread kindness as the days get brighter! "In every
 day, there are 1,440 minutes. That means we have 1,440 daily opportuni-
 ties to make a positive impact."— Les Brown

I'd also like to take a moment to remember a longtime volunteer that we
 lost last month, Jeanne McKay. Her kind, positive, and caring spirit will be
 missed by all that knew and loved her. Losing someone important to us is
 hard, and can bring back memories and pain from previous losses. Be
 gentle with yourself through these hard times, reach out for help if you
 need it, and remember to show the people you love that they matter eve-
 ry single day.

"Around the Bend Studios"
 Will be offering an **8X10 portrait FREE.** Come in on March 17th between
 10:00 and 1:00 ready to smile. These are professionally done photo-
 graphs. Dress appropriately, darker colors are best, couples should wear
 coordinating colors.

A Message from the Outreach office ~ Florence Thornton~787-2539
 Remember it's still flu season.... Cover your coughs/sneezes and wash
 hands frequently!!
Grief Support ~ Monday, March 2 at 10:30.
 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 pro-
 fessionals. 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.

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



MARCH 2020



Mon	Tue	Wed	Thu	Fri
2 Chicken Broccoli Alfredo Over pasta Salad	3 Breakfast 8:30 AM Breakfast Sandwich & Homefries Lunch @ Noon Sloppy Joe Tator Tots Vegetables & salad	4 Paul Williams Choice Pizza Bar Tossed Salad Apple Pie	5 Spaghetti & Meatballs Garlic Bread Vegetables Salad	6 Beans Hotdogs in Rolls Vegetables Salad
9 Shepherds Pie Vegetables Salad	10 Breakfast 8:30 AM Cheesy Ham & Hashbrown Cas- serole Lunch @ Noon: Sausage Ital- ian Soup, Biscuit & Salad	11 Liver w/Bacon & Onions Mashed Potato Vegetables Salad	12 Chicken Cordon Bleu Rice Pilaf Vegetables Salad	13 Tuna Pea Wiggle Potato Vegetables Salad
16 Hot Turkey Sandwich Vegetables Salad	17 Breakfast 8:30 AM Bacon, Eggs & Toast Lunch @ Noon Corned Beef Cabbage, Potato, Salad	18 Lasagna Garlic Bread Vegetables Salad	19 Reuben Sandwich Fries Salad	20 Creamed Chipped Beef Over Potato Vegetables Salad
23 Too Much of a Good Thing "Chef's Choice"	24 Breakfast 8:30 AM French Toast Casserole & Sausage Lunch @ Noon: Stuffed Cab- bage, Mashed Potato, Vegeta- bles & Salad	25 SALAD BAR	26 Chicken Marsala Pasta Vegetables Salad	27 Salisbury Steak Mashed Potato Vegetables Salad
30 Fish Sandwich Fries Salad	31 Breakfast 8:30 AM Quiche & Bacon Lunch @ Noon: Sweet & Sour Chicken, Rice, Vegetables Salad	Find a Sticker under your plate on March 4th & you get to pick your favorite meal to be served in March	Menu is subject to change	

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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Horse Meadow Happenings...



Join us for some fun **Easter Crafting**. We're making "Tussie Mussie's/Victorian floral cones" Wednesday ~ March 25 ~ 1:00 - 2:30 in the craft room. Some supplies provided, but if you have any easter/spring items or florals you want to add to yours, bring them along!

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

***Gripe Group** @ 10:00, Thursday, 3/12 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 3/12

***Domestic Trauma Support Group** @ 10:30, Thursday, 3/5 Contact Nancy Carr or Jessica Aiken-Hall for info. 787-2539

Cards with Sharon Wednesday, March 18 @ 1:00. Please sign up for this class.

Interfaith coffee: Tuesdays, 3/3, 3/17 & 3/31 @ 9:00

Pastor's lunch: 2nd Thursday ~ 3/12

Floral with Jane, Thursday, 3/5 @ 9:30

ART/Painting group ~ Thursdays at 9:00

Beginners Quilting with Jean, Mondays @ 1:00 by chance or by appointment.

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

"RHYME" Workshop join Siggie Wood as she leads a writing workshop on Poetry and Rhyme. This will be on Mondays, March 9 & 23 at 10:00 AM

Haircuts by Marshall Meade, licensed barber, Mondays ~ 3/9 & 3/23, starting at 1:00. Cost is \$10.00. Call for an appointment.

"Chair Yoga" with Kelsey Root Winchester of Rising Spirit Yoga. Join her on 3/5 & 3/19 from 10:45 to 11:45. This will be by donation.

Drums Alive ~ With Sherri Sargent/Haverhill Rec Tuesdays @ 12:30, (except the 10th class will be on Wednesday the 11th instead) This will be by donation.

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

Herbal with Elaine @ 12:30 on 3/13 & 3/27

Vintage Voyagers Writing group @ 10:30 on Wednesdays.

Foot Clinic starting at 9 am: Friday, 3/6 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 March 6 @ 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 (and lunch) ~ March 11 @ 11:00 - 12:00 ALL VETERANS are welcome as well as spouses!

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

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ACTIVITY AND ENTERTAINMENT CALENDAR				
Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 9:30 ~ RSVP Bone Builders 10:30 ~ Grief Support 1:00 ~ Beginners Quilting 1:00 ~ Hearts&Hands Quilts 1:00 ~ HMSC Chorus</p> <p>Music ~</p>	<p>3 9:00 ~ Nifty Needlers 9:00 ~ Interfaith Coffee 9:00 ~ Massage by Donna 12:30 ~ Drums Alive 1:30 ~ RSVP Bone Builders</p> <p>Music ~ Byron Berwick</p>	<p>4 9:30 ~ RSVP Bone Builders 10:30 ~ Writers Group 12:30 ~ Mahjongg 1:00 ~ BINGO</p> <p>Music ~ Carl, Gloria & Friends</p>	<p>5 9:00 ~ Art/Painting 9:30 ~ Floral w/Jane 10:30 ~ Dom. Trauma Sup. 10:45 ~ Chair Yoga 12:30 ~ Cribbage 1:30 ~ RSVP Bone Builders</p> <p>Music ~</p>	<p>6 9:00 ~ Foot Clinic w/Bev 9:30 ~ RSVP Bone Builders 9:30 ~ Mahjongg 10:00 ~ Rightsizing 12:30 ~ Hand & Foot Cards</p> <p>Music ~</p>
<p>9 9:30 ~ RSVP Bone Builders 10:00 ~ Rhyme Workshop 1:00 ~ Beginners Quilting 1:00 ~ Haircuts by Marshall 1:00 ~ HMSC Chorus</p> <p>Music ~ Marshall Meade</p>	<p>10 9:00 ~ Nifty Needlers 1:30 ~ RSVP Bone Builders</p> <p>Music ~</p>	<p>11 9:30 ~ RSVP Bone Builders 10:30 ~ Writer's Group 11:00 ~ Veterans Coffee 12:30 ~ Mahjongg 12:30 ~ Drums Alive 1:00 ~ BINGO</p> <p>Music ~</p>	<p>12 9:00 ~ Art/Painting 10:00 ~ Gripe Group 10:30 ~ Healthy Life Share 12:00 ~ Pastors Lunch 12:30 ~ Cribbage 1:30 ~ RSVP Bone Builders</p> <p>Music ~ Bob Benjamin</p>	<p>13 9:30 ~ RSVP Bone Builders 9:30 ~ Mahjongg 12:30 ~ Hand & Foot Cards 12:30 ~ Herbal w/Elaine</p> <p>Music ~</p>
<p>16 9:30 ~ RSVP Bone Builders 1:00 ~ Beginners Quilting 1:00 ~ HMSC Chorus</p> <p>Music ~</p>	<p>17 9:00 ~ Nifty Needlers 9:00 ~ Interfaith Coffee 10:00 ~ PHOTOGRAPHS 12:30 ~ Drums Alive 1:30 ~ RSVP Bone Builders</p> <p>Music ~</p>	<p>18 9:30 ~ RSVP Bone Builders 10:30 ~ Writer's Group 12:30 ~ Mahjongg 1:00 ~ BINGO 1:00 ~ Cards with Sharon</p> <p>Music ~ The BOYZ</p>	<p>19 SPRING begins today 9:00 ~ Art/Painting 10:45 ~ Chair Yoga 12:30 ~ Cribbage 1:30 ~ RSVP Bone Builders</p> 	<p>20 9:30 ~ RSVP Bone Builders 9:30 ~ Mahjongg 12:30 ~ Hand & Foot Cards</p> <p>Music ~</p>
<p>23 9:30 ~ RSVP Bone Builders 10:00 ~ Rhyme Workshop 1:00 ~ Beginners Quilting 1:00 ~ HMSC Chorus 1:00 ~ Haircuts by Marshall</p> <p>Music ~ Marshall Meade</p>	<p>24 9:00 ~ Nifty Needlers 10-12 ~ The Power to Change 12:30 ~ Drums Alive 1:30 ~ RSVP Bone Builders</p> <p>Music ~</p>	<p>25 9:30 ~ RSVP Bone Builders 10:30 ~ Writers Group 12:30 ~ Mahjongg 1:00 ~ BINGO 1:00 ~ Easter Crafting</p> <p>Music ~</p>	<p>26 9:00 ~ Art/Painting 12:30 ~ Cribbage 1:30 ~ RSVP Bone Builders</p> <p>Music ~ Bob Benjamin</p>	<p>27 9:30 ~ RSVP Bone Builders 9:30 ~ Mahjongg 12:30 ~ Hand & Foot Cards 12:30 ~ Herbal w/Elaine</p> <p>Music ~</p>
<p>30 9:30 ~ RSVP Bone Builders 1:00 ~ Beginners Quilting 1:00 ~ HMSC Chorus</p> <p>Music ~</p>	<p>31 9:00 ~ Nifty Needlers 9:00 ~ Interfaith Coffee 10-12 ~ The Power to Change 12:30 ~ Drums Alive 1:30 ~ RSVP Bone Builders</p> <p>Music ~</p>			<p>We apologize in Advance for any errors or omissions. *Activities & Music are subject to change.</p>

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OR CURRENT RESIDENT

EXPRESSIONS

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