



UPPER VALLEY SENIOR CENTER

A location of Grafton County Senior Citizens Council, Inc, whose main office is located at 10 Campbell Street, Lebanon NH 03766, (603) 448-4897. www.gcsc.org or onfacebook. Serving the Lebanon, Hanover, Plainfield, Enfield and Etna communities.

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 are open 8 to 4 Monday - Friday

Phone 603-448-4213

Fax 603-442-9375

10 Campbell St, Lebanon, NH 03766

OUR SERVICES

Home-delivered meals; we deliver nutritious meals 5 days per week. If you or someone you know could benefit, please call the center or email Elvira at eotero@gcsc.org for information.

Congregate Meals; We offer a daily lunch Mon-Fri at 12pm. Meals are provided at no cost. A \$5 per meal voluntary donation is suggested but not expected.

ADRC; provides an invaluable service for helping individuals and their family members find resources to help them maintain independence and

stay healthy; call (866) 634-9412 or (603) 448-1558 for more information. We look forward to seeing you at our locations in Littleton (262 Cottage Street, Suite G-25) and Lebanon (10 Campbell Street). We are open Mon-Fri 8am-4pm. We can't wait to see you!

RSVP; RSVP AmeriCorps Seniors volunteers' activities focus on helping older adults (age 60+) veterans and their families, family caregivers, and adults with disabilities to age in place. More info call (877) 711-7787 or email rsvp@gcsc.org.

Transportation; our bus service is available Monday-Friday. Call (603) 448-4213 to schedule your ride within 24 hours' notice!

Virtual activities; book club and special events through GCSCC or many options through the Aging Resource Center (ARC) at Dartmouth-Hitchcock. Ask Jill for the monthly schedule or email rkoczur@gcsc.org.

Jill Vahey, Director jvahey@gcsc.org

Helen Bisson, Program Assistant

Kappy Scoppettone, Outreach Worker

Elvira Otero, Home-Delivered Meals

Coordinator

(hiring), Kitchen Coordinator, Kitchen Assistant, Activities Coordinator & Drivers

Jona Simons, Kitchen Assistant

Steve Driscoll, Neil Desmond /Drivers

When you donate to GCSCC, you make it possible for older adults and adults with disabilities living in every town in Grafton County to use our programs and services. To donate:

~ Please visit www.gcsc.org/donate



OR

~ to donate by check, please mail to GCSCC, PO Box 433, Lebanon, NH 03766

We appreciate your consideration and support!

Winter Weather Closing Information

If we are forced to close the senior center it will be announced on WMUR TV Channel 9 between 6-9AM.



Davis Thron Playing

Piano

November 25th 11:30AM

November Activities 2026

November Activities 2026				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2) Chair Exercise 9-10AM Bingo 1:00 	3) Chair Exercise 9-10AM Bone Builders 1PM Games 1PM Foot Clinic by Appt	4) Chair Exercise 9-10AM Chair Yoga/w Adam 10:30 AM Pokeno 1PM	5) Chair Exercise 9-10AM Cribbage 1 PM Bone Builders 1PM	6) Chair Exercise 9-10AM Bean Bag Toss 1PM
9) Chair Exercise 9-10AM Bingo 1:00 	10) Chair Exercise 9-10AM Bone Builders 1PM	11) CENTER CLOSED	12) Chair Exercise 9-10AM Cribbage 1 PM Bone Builders 1PM	13) Chair Exercise 9-10AM Bean Bag Toss 1PM
16) Chair Exercise 9-10AM Bingo 1PM 	17) Chair Exercise 9-10AM Bone Builders 1PM Foot Clinic by Appt	18) Chair Exercise 9-10AM Chair Yoga/w Adam 10:30 AM Pokeno 1PM Bingo 1PM 	19) Chair Exercise 9-10AM Cribbage 1 PM Bone Builders 1PM	20) Chair Exercise 9-10AM Bean Bag Toss 1PM
23) Chair Exercise 9-10AM Bingo 1PM 	24) Chair Exercise 9-10AM Bone Builders 1PM	25) Chair Exercise 9-10AM Chair Yoga/w Adam 10:30 AM Pokeno 1PM	26) CENTER CLOSED	27) CENTER CLOSED
30) Chair Exercise 9-10AM Bingo 1PM 				

November Menu 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2) Assorted Sandwiches Meat/Cheese Garbanzo Salad Assorted Fruit Milk	3) Chef's Choice French Fries Broccoli Juice Milk	4) Baked Ziti Garlic Bread Peas/Carrots/ Corn Assorted Fruit Milk	5) Beef Gravy Egg Noodles Sweet Potatoes Squash Juice Milk	6) Baked Fish Rice Pilaf Mixed Veggies Assorted Fruit Milk
9) Mac and Cheese With hot dogs Broccoli Assorted Fruit Milk	10) Roast Pork Sweet Potato Carrots Juice Milk	11) CLOSED	12) Chef's Choice French Fries Green Beans Juice Milk	13) Sweet and Sour Chicken Rice Peas Assorted Fruit Milk
16) Pork Chops Rice Green Beans Assorted Fruit Milk	17) Chef's Choice French Fries Carrots Juice Milk	18) Spaghetti w/Meat Sauce Dinner Roll Broccoli Assorted Fruit Milk	19) Taco Bar Meat, Cheese, Veggies Black Bean/Corn Salad Juice Milk	20) Chicken and Rice Casserole Squash Assorted Fruit Milk
23) Turkey in Gravy Potatoes Green Bean Casserole Squash Rolls Assorted Fruit Milk	24) Cheese Pizza Assorted Toppings Three Bean Salad Juice Milk	25) Chef's Choice French Fries Spinach Assorted Fruit Milk	26) CENTER CLOSED	27) CENTER CLOSED
30) Chef's Choice French Fries Baked Beans Brussel Sprouts Assorted Fruit Milk			Bread, Milk and Juice Available with Each Meal	

Congregate meals are served Monday-Friday at noon. Please sign in and be seated by 11:45 to allow our wait staff to pour beverages.
Home delivered meals generally follows this menu Monday thru Friday.

Meals are subject to change without notice