



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 on facebook. 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're open 8 to 4 Monday - Friday

Phone 603-448-4213

Fax 603-442-9375

10 Campbell St, Lebanon, NH 03766

Jill Vahey, Director jvahey@gcsc.org

Helen Bisson, Program Assistant

Kappy Scoppettone, Outreach Worker

Pam Mudgett, Activities Coordinator

Elvira Otero, Home-Delivered Meals Coordinator

(hiring), Kitchen Coordinator

Jona Simons, Kitchen Assistant

(hiring), Kitchen Assistant

Steve Driscoll, John Follensbee,

Michael Ahern, Drivers



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.



ServiceLink is now the Aging & Disability Resource Center! Although our name has changed, we provide all the same services – including Medicare and Medicaid counseling, long-term care

options counseling, caregiver support, referrals, and much more! 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.

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:

~ If you're viewing this newsletter online, you can click the photo to the left to 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!

~Upcoming Events~

August Raffle – Watch for our month long raffle, winners will be drawn August 29th!

Book Sale - August 15th – 9am-3pm
Come check out all the books we have!



~ August Menu ~

Congregate meals are served Monday-Friday at noon.

Grab & go meals available upon request.



Please sign in and be seated by 11:50 to allow our wait staff to pour beverages.

Home-delivered meals *generally* follows this menu Monday thru Friday.

~ Menu subject to change without notice. ~

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Juice available at every meal.</p>  <p>Bread item available at every meal</p>		<p><i>Meals are provided at no cost. A \$3 per meal voluntary donation is suggested but not expected.</i></p>		<p>1 Hot Dogs Beans Cole slaw Fruit Milk</p>
<p>4 Chop Suey Garlic Bread Green Beans Fruit/Milk</p>	<p>5 Parmesan Chicken Egg Noodles Mixed Veggie Juice/Milk</p>	<p>6 Chef Salad Boiled Eggs Broccoli Salad Fruit/Milk</p>	<p>7 Pork Chops Sweet Potato Carrots Juice/Milk</p>	<p>8 Baked Fish French Fries Baked Beans Spinach Fruit / Milk</p>
<p>11 Salisbury Steak Baked Potato Peas and Carrots Fruit Milk</p>	<p>12 Spaghetti w/ meat sauce Squash Roll Juice / Milk</p>	<p>13 Turkey Wrap Lettuce, Tomato, Cheese Pasta Salad Fruit / Milk</p>	<p>14 Marinated Chicken Red Potato Peas Juice Milk</p>	<p>15 Sausage/Pepperoni Pizza Cucumber and Tomato Salad Fruit / Milk</p>
<p>18 Asst. Sandwiches Broccoli Salad Corn and Black bean Salad Fruit /Milk</p>	<p>19 Mac and Cheese Stewed Tomato Green Beans Juice Milk</p>	<p>20 Sausage, Pepper and onions Rice Pilaf Corn Bread Fruit / Milk</p>	<p>21 Meatloaf Garlic Potato Brussel Sprouts Juice / Milk</p>	<p>22 Kielbasa Stir Fry Assorted Veggie Rice Fruit / Milk</p>
<p>25 Beef Stew Biscuit Green Beans Fruit / Milk</p>	<p>26 Chefs Choice/Buffer Carrot Slaw Baked Beans Fruit / Milk</p>	<p>27 Ham Sweet Potato Peas/Carrots Juice / Milk</p>	<p>28 Roast Pork Mashed Potato Broccoli / Roll Juice / Milk</p>	<p>29 Taco Salad Cauliflower Fruit Milk</p>

~ August Activities ~

Monday	Tuesday	Wednesday	Thursday	Friday
28	29	30	31	1 Chair Exercise 9a – 10a Walk Group w/ Pam 9:45a New! Bean Bag Toss 1p-2p August raffle begins!
4 Chair Exercise 9a – 10a Crochet w/ Ann 10:00a - 11:00a Bingo 1:00p - 2:30p BINGO	5 Chair Exercise 9a – 10a Yahtzee or Pokeno 1:00p - 2:00p  Foot Clinic (by appointment)	6 Chair Exercise 9a – 10a Chair Yoga w/ Adam 11:00 Golf Putt 1pm New!	7 Chair Exercise 9a - 10a  Free Style Dance 1p Cribbage 1:00p - 2:30p	8 Chair Exercise 9a – 10a Walk Group w/ Pam 9:45a Bean Bag Toss New! 1p-2p
11 Chair Exercise 9a – 10a Crochet w/ Ann 10:00a - 11:00a Bingo 1:00p - 2:30p BINGO	12 Chair Exercise 9a – 10a  Pokeno 1:00p - 2:00p  Foot Clinic (by appointment)	13 Chair Exercise 9a – 10a Chair Yoga w/ Adam 11:00 Golf Putt 1pm New!	14 Chair Exercise 9a - 10a  Free Style Dance 1p Cribbage 1:00p - 2:30p	15 Book Sale 9a – 3pm  Chair Exercise 9a – 10a Walk Group w/ Pam 9:45a Bean Bag Toss 1p-2p New!
18 Chair Exercise 9a – 10a Crochet w/ Ann 10:00a - 11:00a Bingo 1:00p - 2:30p BINGO	19 Chair Exercise 9a – 10a Bean Bag Toss 1:00p - 2:00p  Foot Clinic (by appointment)	20 Chair Exercise 9a – 10a Chair Yoga w/ Adam 11:00 Golf Putt 1pm New! Bingo 1:00p-2:30p BINGO!	21 Chair Exercise 9a - 10a  Free Style Dance 1p Cribbage 1:00p -2:30p	22 Chair Exercise 9a – 10a Walk Group w/ Pam 9:45a Bean Bag Toss New! 1p-2p
25 Chair Exercise 9a – 10a Crochet w/ Ann 10:00a - 11:00a Bingo 1:00p - 2:30p BINGO	26 Chair Exercise 9a – 10a Golf Putt 1:00p - 2:00p  Foot Clinic (by appointment)	27 Chair Exercise 9a – 10a Chair Yoga w/ Adam 11:00  Caribbean Steel Drums 11:45a Golf Putt 1pm New!	28 Chair Exercise 9a - 10a  Free Style Dance 1p Cribbage 1:00p - 2:30p	29 Chair Exercise 9a – 10a Walk Group w/ Pam 9:45a Bean Bag Toss New! 1p-2p Raffle winners drawn!