



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 enrich the lives of older adults and individuals with disabilities by creating opportunities for engagement, fostering healthy aging, and delivering compassionate support.

FEBRUARY

We're 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.

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.

~Upcoming Events~

Feb 12th: Telephone Museum w/ Megan 10:30a
Feb 13th: Ford Daley and Paul Music 11a-12p
Feb 18th: David Thron On Piano 11:30a

TAX PREP FOR INDIVIDUALS

By appointment only.

From 8:45 until last appointment at 2:30 on Tuesdays.



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

Lucas Husted, Kitchen Assistant

Steve Driscoll, John Follensbee,

Michael Ahern, 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:

~ 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!
From all of us at GCSCC, thank you for making a real difference.

We're hiring!

Kitchen Coordinator. Part-Time. 35 hours. Non-Exempt position.

Orders, receives, reheats, and serves meals from the Central Kitchen. Maintains the kitchen in accordance with health and sanitation codes. Directs kitchen employees and volunteers. Contact: hr@gcsc.org

Driver. Full-time (40 hours), Part-time (16 hours), and per diem positions available. Non-Exempt.

Transport passengers to medical appointments, shopping, and errands and to the Senior Center. Experience driving a bus helpful, though not required.

Valid driver license. NH DOT physical. Training provided. HS diploma or the equivalent. Contact: hr@gcsc.org

Reminder for HDM Participants

Please help out our volunteer drivers by keeping your driveways and walk ways clear of ice and snow. We want to make sure everyone can safely receive their meals. Thank you!

~February Menu ~

Congregate meals are served Monday-Friday at noon.

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
<i>Meals are provided at no cost. A \$3 per meal voluntary donation is suggested but not expected</i>		A bread and juice item available at every meal		
2 French Onion Beef Noodle Bake Cauliflower Fruit Milk	3 Cheese Tortellini with chicken and pesto Garden Vegetables Garlic Bread Juice/ Milk	4 Tex- Mex Chili Blueberry Corn Bread Cole Slaw Milk	5 Roasted Pork Baked Potato Corn Casserole Juice Milk	6 Italian Sausage Pasta Broccoli Casserole Fruit Milk
9 Pork Shepards Pie Fruit Crisp Roll Fruit Milk	10 Hawaiian Shouyu Chicken Brown Rice and Beans Roasty, Toasty Carrots and Onion Juice /Milk	11 American Chop Suey Green Beans Banana Bar Fruit Milk	12 Turkey Burger Lettuce, Tomato, Onion French Fries Peas Juice/Milk	13 Stuffed Sweet Potato with BBQ chicken and Cheese Mixed Veggies Fruit Milk
16 CLOSED FOR PRESIDENTS DAY	17 Sloppy Jo- Orzo Sweet Potato Squash Juice Milk	18 Baked Fish Rice Pilaf Broccoli Fruit Milk	19 Veggie Strata Sausage Patty Oatmeal Muffin Juice Milk	20 Chicken and Biscuit Casserole Peas/ Onions Fruit Milk
23 Hot Dog Mac and cheese Stewed Tomato Green Beans Fruit /Milk	24 Philly Cheesesteak Casserole With onions and peppers Spinach Juice / Milk	25 Cheesy Chicken and Rice Broccoli /Cauliflower Applesauce Milk	26 Pulled Pork Sandwich with WG Bun Mixed Potato Wedges Four Bean Supreme Juice /Milk	27 Ranch Medley Casserole Rolls Fruit Milk

~ February Activities ~

Monday	Tuesday	Wednesday	Thursday	Friday
2 Chair Exercise 9a - 10a Bingo 1:00p - 2:30p BINGO	3 Chair Exercise 9a - 10a Bone Builders 1p-2p Pokeno 1pm	4 Chair Exercise 9a - 10a Chair Yoga w/ Adam 10:30a	5 Chair Exercise 9a - 10a Bone Builders 1p - 2p Cribbage 1p	6 Chair Exercise 9a - 10a Walk Group w/ Pam 9:45a Bean Bag Toss 12:30p-1:30p
9 Chair Exercise 9a - 10a Bingo 1:00p - 2:30p BINGO	10 Chair Exercise 9a - 10a Bone Builders 1p-2p Pokeno 1pm	11 Chair Exercise 9a - 10a Chair Yoga w/ Adam 10:30a	12 Chair Exercise 9a - 10a Telephone Museum w/ Megan 10:30a Bone Builders 1p - 2p Cribbage 1p	13 Chair Exercise 9a - 10a Walk Group w/ Pam 9:45a Ford Daley and Paul Music 11a-12p Bean Bag Toss 12:30p-1:30p
16 CLOSED FOR PRESIDENTS DAY	17 Chair Exercise 9a - 10a Pokeno 1pm	18 Chair Exercise 9a - 10a Chair Yoga w/ Adam 10:30a David Thron On Piano 11:30a Bingo 1:00p-2:30p BINGO!	19 Chair Exercise 9a - 10a Cribbage 1p	20 Chair Exercise 9a - 10a Walk Group w/ Pam 9:45a Bean Bag Toss 12:30p-1:30p
23 Chair Exercise 9a - 10a Bingo 1:00p - 2:30p BINGO	24 Chair Exercise 9a - 10a Pokeno 1pm	25 Chair Exercise 9a - 10a Chair Yoga w/ Adam 10:30a	26 Chair Exercise 9a - 10a Cribbage 1p	37 Chair Exercise 9a - 10a Walk Group w/ Pam 9:45a Bean Bag Toss 12:30p-1:30p