August 2023

Upper Valley Senior Center, 10 Campbell Street, Lebanon, NH 03766; (603) 448-4213
Inside Dining: 12-12:45 (Monday & Wednesday). Seating & serving promptly at noon.
UVSC is a program of Grafton County Senior Citizens Council. We serve the towns of Lebanon, West Lebanon, Enfield, and Hanover. 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.

Wednesday, August 2
Hamburger/Gravy, Mashed Potatoes, Peas, Salad, Milk/Coffee
Music: Jake Kelleher 12-1

Monday, August 7
Pizza, Broccoli, Applesauce, Milk/Coffee

Wednesday, August 9
BBQ Chicken, Rice Pilaf, Mixed Vegetables, Salad, Milk/Coffee
Music: David Thron
BRING A FRIEND TO LUNCH DAY (See page 3 for more info)

Monday, August 14
Shepherd’s Pie, Zucchini, Roll, Salad, Milk/Coffee

Wednesday, August 16
Baked Fish, Scalloped Potatoes, Carrots, Salad, Milk/Coffee

Monday, August 21
Baked Potato, Broccoli, Cheese, Salad, Milk/Coffee, Dessert
NATIONAL SENIOR CITIZENS DAY CELEBRATION
Music: Upper Valley Music Center

Wednesday, August 23
Meatloaf, Mashed Potatoes, Mixed Vegetables, Salad, Milk/Coffee

Monday, August 28
Chicken & Biscuit, Green Beans, Salad, Milk/Coffee

Wednesday, August 30
Cook’s Choice, Milk/Coffee

UVSC is open from 8-3, Monday-Friday. We look forward to seeing you soon!

Did you know? Your local senior center is a program of the Grafton County Senior Citizens Council (GCSCC). Contributions from donors like you make it possible for GCSCC to provide the programs and services essential for older adults living in communities throughout Grafton County. Only half of our budget comes from state and federal government funds. The rest is from local communities and individuals who donate to GCSCC to support local senior centers. Please consider donating, either by mail (GCSCC, 10 Campbell St., Lebanon, NH 03766) or online at www.gcscc.org.

Thank you for your generosity!

It may be necessary to revise menus at times due to distributor food shortages.
OLDER INDIVIDUALS WHO ARE BLIND AND VISION IMPAIRED PROGRAM

More info: 800-581-6881 or 603-271-3537

PEER SUPPORT GROUP

GREATER LEBANON AREA

TUESDAY, AUGUST 1, 2023
1:00—2:30 PM

“Types of most common Vision Impairments”,
with Guest Speaker

Meeting topic subject to change without notice.

The meeting is in-person at: OR Call to Join Remotely by Phone:
Upper Valley Senior Center 1-551-258-6181
10 Campbell Street You will hear music.
Lebanon, NH The host will begin
The session.

Call Helen or Kappy at 603-448-4213 to reserve your spot.

These meetings are to provide information, resources and support to any vision impaired NH resident, age 55 or older.
SOLO AGING—HOW TO PLAN FOR AGING WITHOUT A FAMILY CAREGIVER

Carol was a caregiver for both her parents: Her mom had congestive heart failure and her dad had Parkinson’s disease. After they died and she turned 63, she said, “It occurred to me ... oh, my goodness, I am not married. I do not have children. Who is going to do that for me?”

Research has found that approximately 25% of Americans 65 years old and above are aging alone without a spouse, adult children or relatives to rely on for assistance and company during senior years. The majority of them are women.

This can be frightening to think about! So we start planning! We find the support of like-minded people; we think creatively; we develop a social network; and we get the paperwork in order!

Join us for a discussion of the personal and legal considerations involved in aging as a solo senior—and how to begin planning for tomorrow—today!

WHAT: Solo Aging Seminar led by Renee Harvey, Esq., Caldwell Law
WHERE/ WHEN
1-Horse Meadow Senior Center, Tuesday, September 12, 2023, 12:30-2:30 pm OR
2-Plymouth Regional Senior Center, Wednesday, November 8, 2023,
10:00 am-12:00 pm OR
3-Virtual Presentation: PRSC will be zooming their presentation, November 8, 2023, 10:00 am-12:00 pm. You must sign up to get link. OR
4-Upper Valley Senior Center, in March, 2024. Date and time TBD.

CONTACT BECKY FOSTER, MKTG & DEV SPECIALIST, AT 603-448-4897, X 120, OR bfoster@gcscc.org TO MAKE A RESERVATION FOR ANY OF THE ABOVE SESSIONS OR WITH ANY QUESTIONS.

GAMES: WEDNESDAY=BOARD GAMES! THURSDAY=CRIBBAGE WITH JAY!

BRING A FRIEND TO LUNCH!
WEDNESDAY, AUGUST 9
Bring someone that has not been here before & get a free lunch for you and for them.

SIP & SOCIALIZE!
EVERY MONDAY
FROM 9:30-11:30
COFFEE, TEA, & GOODIES!

TRANSPORTATION AVAILABLE MONDAY THROUGH FRIDAY.
24 hours notice required.
Call Helen at 603-448-4213

GCSCC OFFERS ACTIVITIES AT NO COST,ALTHOUGH DONATIONS ARE APPRECIATED!

GCSCC WEBSITE & FACEBOOK!
WWW.GCSCC.ORG
Scroll down first page for Facebook link.

SIGN UP FOR FACEBOOK UPDATES!

GAMES: WEDNESDAY=BOARD GAMES! THURSDAY=CRIBBAGE WITH JAY!

2 FOOT CLINICS AVAILABLE MONTHLY
Call Helen for reservations!
Note: Spaces fill up quickly, so call 1-2 months ahead!
448-4213
Service Provided by Lake Sunapee VNA, $30 Cost

UPPER VALLEY SENIOR CENTER
10 CAMPBELL STREET, LEBANON, NH  03766
(603) 448-4213, WWW.GCSCC.ORG
Jill Vahey, Director
Kappy Scoppettone, Outreach Worker
Jay Welenc, Home Delivered Meals Coordinator
Chris Mayer, Activities Coordinator
Open, Kitchen Coordinator
Gary Bresett, Kitchen Staff
Steve Driscoll, Transportation
John Follensbee, Transportation
Michael Ahern, Transportation
Helen Bisson, Transportation Dispatcher
## August 2023 Activities

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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<tbody>
<tr>
<td><strong>UPPER VALLEY SENIOR CENTER</strong></td>
<td>1 Chair Exercise 9-10 Adv.Ukulele: 10-11* Sight Serv. Peer Support Group 1-2:30</td>
<td>2 Chair Exercise 9-10 Music: Jake Kelleher 12 Board Games 1-2:30</td>
<td>3 Chair Exer 9-10 Needlers Club 1-2 Cribbage w/Jay 1-2:30 Int.Ukulele: 10-11*</td>
<td>4 Chair Exercise 9-10</td>
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<td>7 Chair Exercise 9-10 Sip n Social 9:30–11:30 Bingo 1-2:30 Beg.Uke: 10:30-11:30*</td>
<td>8 Chair Exercise 9-10 Adv. Ukulele: 10-11* Foot Clinic 9-2</td>
<td>9 Chair Exercise 9-10 Music: David Thron 12 Board Games 1-2:30 BRING A FRIEND TO LUNCH DAY (See p.3 for info)</td>
<td>10 Chair Exer-9-10 Needlers Club 1-2 Cribbage w/Jay 1-2:30 Int.Ukulele: 10-11*</td>
<td>11 Chair Exercise 9-10</td>
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<tr>
<td>21 Chair Exercise 9-10 Sip n Social 9:30-11:30 Bingo 1 –2:30 Beg.Uke: 10:30-11:30* NATIONAL SENIOR CITIZENS DAY Music: TBD</td>
<td>22 Chair Exercise 9-10 Adv.Ukulele: 10-11* Foot Clinic 9-2 pm</td>
<td>23 Chair Exercise 9-10 Board Games 1-2:30 ServiceLink Medicare Presentation 1-2</td>
<td>24 Chair Exer.9-10 Needlers Club 1-2 Cribbage w/Jay 1-2:30 Int.Ukulele: 10-11*</td>
<td>25 Chair Exercise 9-10</td>
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<td>28 Chair Exercise 9-10 Sip n Social 9:30-11:30 Bingo 1- 2:30 Beg.Uke: 10:30-11:30*</td>
<td>29 Chair Exercise 9-10 Adv.Ukulele: 10-11*</td>
<td>30 Chair Exercise 9-10 Board Games 1-2:30</td>
<td>31 Chair Exer 9-10 Needlers Club 1-2 Cribbage w/Jay 1-2:30 Int.Ukulele: 10-11*</td>
<td>Blue=Special Events Red = Zoom Events Black = Ongoing Events Green = Music *Contact <a href="mailto:rkoczur@gescpc.org">rkoczur@gescpc.org</a> for info on Uke classes</td>
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Blue=Special Events
Red = Zoom Events
Black = Ongoing Events
Green = Music
*Contact rkoczur@gescpc.org for info on Uke classes
Having Trouble with Increased Costs of Groceries, etc.? Over 55 and Unemployed? ENROLL IN A.B.LE.'S SENIOR COMMUNITY SERVICE EMPLOYMENT PROGRAM. Must meet eligibility criteria. Contact 603-206-4400

We need you!! For serving meals, leading a craft, decorating, keeping the library organized, answering the phone in the afternoon and for so much more! Please give Jill a call. 603-448-4213. This will be so rewarding, and you will get a free meal on the days you volunteer.

FREE GIFT CARD FOR ALL THAT ATTEND!
New to Medicare Presentation. By our ServiceLink Experts!
Every 4th Wednesday at 1:00 pm @GCSCC Admin. Office at 10 Campbell Street, Lebanon. Learn about signing up for Medicare! This is a free event for people new to Medicare. And you’ll get a gift card (Irving Gas or Walmart) for attending! Come learn about Medicare—and all its parts—and get assistance in your initial enrollment decisions. Get trusted, unbiased Medicare education to help you make Medicare choices that best meet your needs. There will be SHIP-certified presenters on Medicare eligibility, enrollment and coverage options. Sign up today by calling 603-448-1558 or emailing Allie Styczynski at astyczynski@gcscc.org. Please spread the news to your family, friends and neighbors!

GCSCC-WIDE
Zoom Book Club
Join the Discussion on:

Wednesday ~ August 16, 10:00: “WHERE ARE THE CHILDREN?”
Nancy Harmon long ago fled the heartbreak of her first marriage, the macabre deaths of her two little children and the shocking charges against her. She changed her name, dyed her hair, and left California for the windswept peace of Cape Cod. Now remarried, she has two more beloved children, and the terrible pain has begun to heal—until the morning when she looks in the backyard for her little boy and girl and finds only one red mitten. She knows that the nightmare is beginning again…

Email rkoczur@gcscc.org to get books, which are funded by Bishop’s Charitable Assistance Fund

Sign up for future Book Clubs ASAP.
Book for September: Prince Harry—SPARE
September 20, 10:00

Book for October: Mrs. Lincoln’s Dressmaker
October 18, 10:00
AUGUST IS
“MAKE A WILL” MONTH

Don’t let August, 2023, go by without taking steps to Make a Will! Here are 3 great reasons to motivate you to write your will now:
1) It’s an important legal document that everyone should have.
2) It provides peace of mind to you and your family.
3) It lets you create a legacy that lasts beyond your lifetime.

Call Becky Foster, GCSCC Marketing & Development Specialist, for more information. 603-448-4897, ext. 120, or bfoster@gcscc.org

She can send you an estate planning checklist; “Transitions” guide from Caldwell Law (which gives you the right tools and a dash of positivity, to embrace aging with security, serenity, and joy); Legacy Society information; “10 Tips for successful estate planning for older adults”; and how to get the names of estate planning attorneys in your area from the NH Bar Association, including those who participate in the “Modest Means Program”.

WE HAVE THE BEST VOLUNTEERS! THANKS TO ALL OF YOU FOR MAKING SUCH A DIFFERENCE AT UVSC. WE COULDN’T DO THIS WITHOUT YOU!

Hey, what's going on at UVSC on Monday afternoons?

Come join us for lunch and stay for a fun afternoon of Bingo with friends. Researchers around the world have found that playing Bingo has multiple health benefits for older adults. You can build social connections, increase hand-eye coordination, and maintain your cognitive abilities and focus. Just think about the concentration it takes to manage multiple boards! Lunch from 12–12:45, Bingo from 1-2:30. Every Monday.
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<thead>
<tr>
<th>MATCH SONGS WITH MOVIES—SCRAMBLERS! (ANSWERS ON PAGE 8)</th>
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<tbody>
<tr>
<td>1. Raindrops Keep Falling on My Head</td>
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<td>2. Aquarius</td>
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<td>3. If I Were a Rich Man</td>
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<td>4. On the Good Ship Lollipop</td>
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<td>5. Black Hills of Dakota</td>
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<td>6. Moon River</td>
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<td>7. My Favorite Things</td>
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<td>8. As Time Goes By</td>
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<td>9. Somewhere Over the Rainbow</td>
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<td>10. Everybody is Talkin’</td>
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<td>11. Diamonds are a Girl’s Best Friend</td>
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<td>12. Have Yourself a Merry Little Christmas</td>
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<td>13. Do Not Forsake Me, Oh My Darling</td>
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<td>14. Anything You Can Do I Can Do Better</td>
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<td>15. Getting to Know You</td>
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<td>16. I Could Have Danced All Night</td>
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<td>17. Oh, What a Beautiful Morning</td>
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<td>18. Some Enchanted Evening</td>
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<td>19. I Will Wait for You</td>
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<td>20. I Don’t Know How to Love Him</td>
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<td>21. Supercarlfiragilisticexpialidocious</td>
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<td>22. Staying Alive Saturday Night</td>
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<td>23. Money Makes the World Go Around</td>
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<td>24. (I’ve had) The Time of My Life</td>
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<td>25. Unchained Melody</td>
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<td>26. Summer Nights</td>
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<td>a. Annie Get Your Gun</td>
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<td>b. Meet Me in St. Louis</td>
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<td>c. Ghost</td>
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<td>d. Cabaret</td>
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<td>e. Fever</td>
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<td>f. Bright Eyes</td>
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<td>g. Jesus Christ Superstar</td>
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<td>h. Some Enchanted Evening-South Pacific</td>
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<tr>
<td>i. Calamity Jane</td>
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<td>j. The Wizard of Oz</td>
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<td>k. Midnight Cowboy</td>
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<td>l. Butch Cassidy &amp; the Sundance Kid</td>
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<td>m. High Noon</td>
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<td>n. Oklahoma!</td>
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<td>o. Casablanca</td>
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<td>p. The King &amp; I</td>
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<tr>
<td>q. My Fair Lady</td>
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<tr>
<td>r. The Umbrellas of Cherbourg</td>
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<tr>
<td>s. Breakfast at Tiffany’s</td>
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<td>t. The Sound of Music</td>
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<tr>
<td>u. Grease</td>
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<tr>
<td>v. Mary Poppins</td>
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<tr>
<td>w. Fiddler on the Roof</td>
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<tr>
<td>x. Dirty Dancing</td>
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<tr>
<td>y. Gentlemen Prefer Blonds</td>
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<tr>
<td>z. Hair</td>
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</tbody>
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DO YOU HAVE AN EMAIL ADDRESS? DOES UVSC HAVE IT? PLEASE SEND IT TO US AT: RKOCZUR@GCSCC.ORG

WE ARE GOING TO BE SENDING THE MONTHLY NEWSLETTERS OUT BY EMAIL GOING FORWARD. THIS WILL SAVE MONEY AND TIME! WE WILL ALSO HAVE THEM AT THE CENTER IF YOU WANT TO PICK ONE UP!
Dartmouth Health is offering some great events in September and October. If interested, please contact 603-653-3460 or agingcenter@hitchcock.org.

**In-Person at Aging Resource Center, 46 Centerra Parkway, Lebanon.**

1) Ready, Steady, Balance: How to Prevent Falls. Thursday, August 3, 10:30-12
2) Individual Tech Coaching (by Appointment). Computer, phones, photos, zoom covered as needed.

**In-Person at ARC Annex in the Upper Valley Senior Center, Lebanon.**

1) AARP Fraud Prevention: Medicare Fraud—It’s Enough to Make you Sick! Wednesday, August 9, 10-11:30

**Virtual**

1) Gentle Yoga for Older Adults. Tuesdays, August 8—September 26 (8 sessions), 11-12
2) Normal vs. Not Normal: What Does Normal Cognitive Aging Look Like? Friday, August 11, 1:30-3
3) A Matter of Balance Virtual. Mondays and Wednesdays, November 6-December 4 (9 sessions) 1-3. Contact Fall Prevention Team at 603-653-3415 to sign up.
4) Ready, Steady, Balance: How to Prevent Falls. Thursday, November 16, 10-11
5) Healthy Eating Series: Where are the Nutrients? Wednesday, August 16, 2-3
6) Healthy Eating Series: Eating to Slow Mental Decline. Wednesday, September 20, 2-3
7) What the Future Holds: Long-Term Care Discussion. Friday, October 6, 1-2:30.
9) In Case of Emergency. Thursday, November 9, 10:30-12:30
10) AARP Fraud Series: The Internet of Things—What Secrets are Being Told by Your Refrigerator? Monday, September 18, 2-3:30
11) AARP Fraud Series: Medicare Fraud—It’s Enough to Make You Sick! Monday, October 16, 2-3:30
12) Individual Tech Coaching by Zoom (by Appointment). Computer, phones, photos, zoom covered as needed.
13) Introduction to Mindfulness. Wednesday, October 4, 10-11:30
14) Autumn Drawing and Painting—Creating a Sense of Place with Composition, Color and Perspective. Mondays, October 9 through October 30 (4 sessions), 10-12.

**COMING IN SEPTEMBER**

We have over 50 craft kits (15+ different options) left over from the past 2 years! We will be offering all of them—first come, first served. They are great ideas to do with grandkids, friends, as decorations, or as gifts! You will need glue, scissors, etc. (standard stuff!) A complete inventory with photos will be in September newsletter!
**News from One of Our Own!**

Recently, in celebration of his April 23rd birthday, Ralph Bowie was flooded with cards and letters from the band members and alumni from his days as Band Director at Lebanon High School. What wonderful memories and smiles!!! And to top it all off, one member had a special trumpet cake made for him! Even the paper music was edible!!!

**Congrats, Ralph (and Donna, too)!**

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**National Senior Citizens Day, August 21**

In 1988, President Ronald Reagan proclaimed this holiday to raise awareness of issues that affect older Americans and our quality of life. Today, we are still active in our communities and continue to have a strong presence in the workforce or as volunteers helping others.

Proclamation 5847 marks August 21 as the day seniors are celebrated each year. “Throughout our history, older people have achieved much for our families, our communities, and our country. That remains true today, and gives us ample reason this year to reserve a special day in honor of the senior citizens who mean so much to our land,” Reagan proclaimed. “For all they have achieved throughout life and for all they continue to accomplish, we owe older citizens our thanks and a heartfelt salute. We can best demonstrate our gratitude and esteem by making sure that our communities are good places in which to mature and grow older — places in which older people can participate to the fullest and can find the encouragement, acceptance, assistance, and services they need to continue to lead lives of independence and dignity.”

In celebration of National Senior Citizens Day, please join us on Monday, August 21, for a free lunch and music! Hope to see you then! (and before then!!)