



# Orford Area Senior Services

617 NH 10, Orford, NH 03077

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](http://www.gcsc.org) and also on Facebook. Serving the communities of Orford and Lyme.

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

**Monday 8:30 - 1:30**

**Thursday 8:30 - 1:30**

**(and by appointment)**

## Contact Us

**(603) 787-2539**

**(603) 353-9107**

**Fax: (603) 536-2090**

**Lisa Adams, Director**

**Sue Hinchliffe, Bus Driver**

**Bill Smith, Bus Driver**

**Peter Giunta, Bus Driver**

## ~ OUR SERVICES ~

**Home-delivered meals;** we deliver nutritious meals 5 days per week. If you or someone you know could benefit, **please call (603) 787-2539 and speak to Keelei.**

**Transportation;** is available 5 days a week. **To request a ride, please call Lisa at (603) 787-2539.**

**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.

**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. For info call (877) 711-7787 or email [rsvp@gcsc.org](mailto:rsvp@gcsc.org).

**Virtual activities;** book club and special events through GCSCC or many options through the Aging Resource Center (ARC) at Dartmouth-Hitchcock. Check out the latest schedule at **[www.gcsc.org](http://www.gcsc.org)**.

Our website **[www.gcsc.org](http://www.gcsc.org)** has more information regarding these and other services that we offer!



## Upper Valley Senior Center is Hiring!

**Kitchen Coordinator—Part Time, 35 Hours. Non-Exempt Position.** Orders, receives, reheats, and serves meals from Central Kitchen. Maintains kitchen in accordance with health and sanitation codes. Directs kitchen employees, and volunteers.

**For more information or to apply, please contact [hr@gcsc.org](mailto:hr@gcsc.org).**

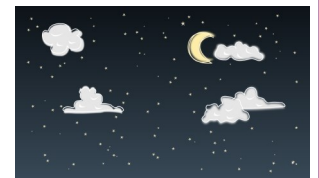
## VOLUNTEER DRIVERS NEEDED

Help us deliver a warm meal to a senior in need! It only takes an hour or two to deliver a kind greeting and nutritious meal. Take that time to make a positive impact in someone's life, you won't regret it!

**Email [ladams@gcsc.org](mailto:ladams@gcsc.org) for more information about volunteering.**

*"See, a hand sweeps stars from the August sky, as if my mother swept off the supper crumbs from the table at home.. Her apron, slipping now and then, smells of parsley and chives— The sweet scent of her long-gone garden sending me to sleep beside you tonight again."*


- Sandor Csoori





# August MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Bread Item and Juice are available at every meal</b> 				<b>1</b> Hot Dogs Beans Cole slaw Fruit Milk
<b>4</b> Chop Suey Garlic Bread Green Beans Fruit Milk	<b>5</b> Parmesan Chicken Egg Noodles Mixed Veggie Juice Milk	<b>6</b> Chef Salad Boiled Eggs Broccoli Salad Fruit Milk	<b>7</b> Pork Chops Sweet Potato Carrots Juice Milk	<b>8</b> Baked Fish French Fries Baked Beans Spinach Fruit / Milk
<b>11</b> Salisbury Steak Baked Potato Peas and Carrots Fruit Milk	<b>12</b> Spaghetti w/ meat sauce Squash Roll Juice / Milk	<b>13</b> Turkey Wrap Lettuce, Tomato, Cheese Pasta Salad Fruit Milk	<b>14</b> Marinated Chicken Red Potato Peas Juice Milk	<b>15</b> Sausage/ Pepperoni Pizza Cucumber and Tomato Salad Fruit / Milk
<b>18</b> Asst. Sandwiches Broccoli Salad Corn and Black bean Salad Fruit /Milk	<b>19</b> Mac and Cheese Stewed Tomato Green Beans Juice Milk	<b>20</b> Sausage, Pepper and onions Rice Pilaf Corn Bread Fruit / Milk	<b>21</b> Meatloaf Garlic Potato Brussel Sprouts Juice / Milk	<b>22</b> Kielbasa Stir Fry Assorted Veggie Rice Fruit / Milk
<b>25</b> Beef Stew Biscuit Green Beans Fruit / Milk	<b>26</b> Chefs Choice/ Buffet Carrot Slaw Baked Beans Fruit / Milk	<b>27</b> Ham Sweet Potato Peas/Carrots Juice / Milk	<b>28</b> Roast Pork Mashed Potato Broccoli / Roll Juice / Milk	<b>29</b> Taco Salad Cauliflower Fruit Milk

*Menu is subject to change without notice.*

Lunch, at the Orford site, **served Mondays and Thursdays at 11:30 am**; Grab n' Go is available Monday and Thursday **after congregate is served, at approximately 11:45** - call ahead (603) 353-9107 or (603) 787-2539) and we'll have it ready for you.  
**Visit Horse Meadow Senior Center for lunch, from this menu, 5 days per week.**

# What's happening at the center?

## Health/Wellness Events

**"Ask a Nurse"** is here on the first Thursday of each month. The next visit is **August 7th 11:30-12:30**. Get your blood pressure checked and ask questions!



**Foot Clinic:** **August 11th**, please call (603) 787-2539 to make your appointment. Services are offered by **Sheila Keating**. (There is a charge for this service.)

*\*Please note there will be no foot clinic in September\**

## Tech Help

If you struggle with today's technology please call us to set up a tech appointment with Keelei. If you have questions regarding your phone, tablet, or computer, she can help!



Appointments will be held at Orford Senior Center Mon & Thurs or Mon-Fri at Horse Meadow Senior Center.

## Activities

**Cribbage:** Thursday August 14th @ 10am.

Join us in some cribbage games. Don't know how to play? We'll teach you!



**Bingo:** Thursday August 28th @ 10am.

Come play a few rounds of bingo with us!



## Bus Trips!

Please call us to sign up for trips, spots are limited!

**August 13th - Trip to Horse Meadow Senior Center to see *The BOYZ***

Enjoy a day of great music, delicious food, and wonderful company! Come see *The BOYZ* perform live at HMSC.

**PICK UP:** Orford Senior Center - 10:00am **OR** Call us to schedule a pick up



**August 27th - Trip to Lebanon to shop with lunch at Upper Valley Senior Center**

Stores we will stop at include: Kohl's, Famous Footwear, The Paper Store, Barnes & Noble, HomeGoods, Old Navy, Target, BAM, and T.J. Maxx. Afterward we'll have lunch at UVSC!

**PICK UP:** Orford Senior Center - 10:00am **OR** Call us to schedule a pick up

*\*All rides are subject to change in the event of a medical appointment or emergency, in which case trips will be rescheduled. Thank you for your understanding!\**



### August Fun Facts!

Did you know the month of August is named after Augustus Caesar, the first Roman Emperor? He was the grandnephew—and later adopted son—of Julius Caesar, who ruled before him. In fact, Julius named the month of July after himself, and Augustus followed suit.



### August Astrology

People born in August are either Leos (July 23rd—August 22nd) or Virgos (August 23rd—September 22nd). These two zodiac signs, although

close together, are very different from one another. Leos often have bright and outgoing personalities and crave being the center of attention. Leo is a fire sign and is represented by a lion, symbolizing the confidence, passion, and leadership these signs often have. On the other hand, Virgo is an Earth sign that is typically represented by a maiden carrying wheat. Virgos are analytical, diligent, and perfectionists. They are always helpful and hardworking but can sometimes be overcritical or anxious.



Did you know that contributions from donors like yourself 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 funds. The rest is from local communities and individuals who donate to GCSCC to support us. **Thank you!**

To donate:

~ please visit [www.gcsc.org/donate](http://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!**

### Advanced Directive Workshop



## FILL OUT YOUR FORMS Advance Directive Workshop

Thursday, August  
7th, 2025  
11:15am-12:15  
@ Orford Area  
Senior Services

Brought to you by the  
professionals at Pemi-Baker  
Hospice & Home Health

We invite you to join us to fill out your advance directive form. Pour a cup of coffee and join us for a group workshop to walk you through the form and answer any questions.

Our social worker will be a neutral guide helping you reflect on and identify the values, beliefs and goals that shape the way you make health care decisions.



Drop in to our Ask A  
Pemi-Baker Nurse!

Congregational Church, Dartmouth  
College Hwy, Orford NH  
Phone: 603-353-9107



### GCSCC-Wide Book Club

**August** - "Run, Rose, Run" by Dolly Parton  
and James Patterson  
**Discussion August  
20th @ 10:00 am.**

**September**—"The  
Last Thing He Told  
Me" By Laura Dave  
**Discussion Septem-  
ber 17th @ 10:00 am.**

**October**—"The Women of Chateau Lafa-  
yette" by Stephanie Dray **Discussion Octo-  
ber 15th @ 10:00 am.**



**Call (603) 787-2539 to sign up  
and get a book.**

**Discussion is virtual or in person at  
HMSC.**