



# 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.**

Lo! a ripe sheaf of many golden days .  
Gleaned by the year in autumn's harvest ways, With here and there, blood-tinted as an ember, Some crimson poppy of a late delight Atoning in its splendor for the flight . Of summer blooms and joys- This is September.



**- Hilaire Belloc**



# September MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> <b>All GCSCC</b> <b>SITES CLOSED</b> 	<b>2</b> Spaghetti w/ Meat Sauce, Broccoli Carrots/Milk Juice	<b>3</b> Sausage, Rice/ Black Beans Mixed veggies Fruit/Milk	<b>4</b> Roasted chicken Sweet Potatoes Green Beans Juice/Milk	<b>5</b> Chili, Corn Bread, Spinach Fruit/Milk
<b>8</b> Pork Shepherds Pie, Cauliflower Broccoli Milk, Fruit	<b>9</b> Mac & Cheese Stewed Tomato Carrots Juice/Milk	<b>10</b> Sloppy Jo Roasted Potato Brussel Sprouts Fruit/Milk	<b>11</b> Baked Fish Rice Pilaf Peas Juice/Milk	<b>12</b> Hot Dog Casse- role, Corn Roasted Potato Fruit/Milk
<b>15</b> Turkey Tacos Lettuce, Tomato Onion, Beans & Rice Fruit/Milk	<b>16</b> Baked Ziti w/ Pepper & Onion Pumpkin Bar Juice/Milk	<b>17</b> Tuna Sandwich Lettuce, Cuke, Tomato Pasta Salad Fruit/Milk	<b>18</b> Roasted Pork Baked Potato Carrots & Peas Juice/Milk	<b>19</b> <b>All GCSCC</b> <b>SITES CLOSED</b> Safety day for GCSCC staff
<b>22</b> Cheesy Chicken & Rice w/ Beans Mixed Veggies Fruit/Milk	<b>23</b> Turkey Meat- balls & Gravy Mashed Potato Carrots Juice/Milk	<b>24</b> Harvest Stew Cabbage Fruit Bar Milk	<b>25</b> Pancake & Sau- sage Casserole Hash Browns Warm Apple Sauce, Juice, Milk	<b>26</b> Roast Chicken Orzo Pasta w/ Tomato Broccoli Fruit/Milk
<b>29</b> Pork Patty, WG Bun, Lettuce, Tomato, Onion Carrots Fruit/Milk	<b>30</b> Chicken & Broc- coli Casserole Dinner Roll Blueberry Crisp Milk	Bread and Juice are available at every meal 		

*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 **September 4th 11:30-12:30**. Get your blood pressure checked and ask questions!



**Foot Clinic: October 13th**, 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 September 11th @ 10am.

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



**Bingo:** Thursday September 25th @ 10am.

Come play a few rounds of bingo with us!



## Bus Trips!

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

**September 17th - 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!\**

### September Fun Facts!

September is spelled with more letters than any other month. There are 9 letters, and it's also the ninth month of the year! The word September comes from the Latin word "septem", which means seven. This is because September was the seventh month on the old Roman calendar.

### Community Harvest Dinner

September 10th @ 5pm

Join us as we celebrate the beginning of Autumn. This is our first community dinner at Orford Senior Center and we can't wait! All donations from the dinner will go toward our home delivered meal program. Dinner will be served at 5pm, you won't want to miss it!



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!**

### September Astrology

Virgos (August 23rd-September 22nd) are very practical people. They are often diligent workers and excel at what they do. However they may easily get burnt out or become critical of others. In September Virgos can expect some new career opportunities and personal growth. However they may find challenges in their relationships that may require some effort to maintain balance. Libras are born between September 23rd and October 23rd. Libras are very charming socialites. They are often associated with balance and harmony. They have a good ability to see all sides of a situation and are always looking for justice and fairness which makes them excellent mediators. However they will often fall into people pleasing tendencies and avoid conflict. For Libras, September will be a month for transitions. You will see shift in your daily lifestyle and make decisions you have been postponing. But don't worry, everything will work out in your favor!



### Birthday Party!

Join us on **September 29th @ 11:30** to celebrate all the September birthdays at the center! We will sing and have a delicious desert for everyone! Make sure to bring all your friends with September birthdays.



### GCSCC-Wide Book Club

**September**—"The Last Thing He Told Me" By *Laura Dave* **Discussion September 19th @ 10:00 am.**

**October**—"The Women of Chateau Lafayette" by *Stephanie Dray* **Discussion October 17th @ 10:00 am.**

**November**—"Six Years" by *Harlan Coben* **Discussion November 21st @ 10:00 am.**



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