



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 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

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.

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**.

Our website **www.gcsc.org** has more information regarding these and other services that we offer!

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 **OR**

~ to donate by check, please mail to GCSCC, PO Box 433, Lebanon, NH 03766

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 for more information about volunteering.

Excerpt from "The Raven"

"...And the Raven, never flitting, still is sitting, *still* is sitting, on the pallid bust of Pallas just above my chamber door; and his eye have all the seeming of a demon's that is dreaming, and the lamp'light o'er him streaming throws his shadow on the floor, and my soul out that shadow that lies floating on the floor shall be lifted — nevermore"

Edgar Allen Poe





October MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>A \$3 voluntary donation is suggested but not expected.</p> 	<p>A bread item is available at every meal</p> <p>A juice item is available at every meal</p>	<p>1 Chicken Parm Cass. Spinach Garlic Orzo Fruit / Milk</p>	<p>2 Rosemary Roast Pork Sweet Potato Mixed Veggies Juice /Milk</p>	<p>3 Turkey Burger French Fries Carrots Fruit /Milk</p>
<p>6 BBQ Chicken Squash Baked Potato Fruit/Milk</p>	<p>7 Lasagna Peas /Carrots Roll Juice/Milk</p>	<p>8 Crustless Quiche Sausage Link Roasted Mix Veg Fruit/Milk</p>	<p>9 Hot Dogs Baked Beans Cauliflower Juice/Milk</p>	<p>10 Chicken Gravy Biscuit Sweet Potato Broccoli Fruit/Milk</p>
<p>13 All GCSCC sites closed</p> 	<p>14 Chefs Choice Mixed Veggies Baked Potato Juice / Milk</p>	<p>15 BBQ Meatballs Brown Rice Green Beans Fruit / Milk</p>	<p>16 Cheesy Stuffed Pasta Meat Sauce Rolls, Peas Juice/ Milk</p>	<p>17 Baked Fish Rice Pilaf Carrots Fruit / Milk</p>
<p>20 Swedish Meatballs Egg Noodles Green Beans Fruit / Milk</p>	<p>21 Maple Chicken Brown Rice Brussel Sprouts Juice / Milk</p>	<p>22 Tuna Salad with WG Roll Lettuce and To- mato Chips Fruit / Milk</p>	<p>23 Parmesan Pork Sweet Potato Maple Carrots Juice / Milk</p>	<p>24 Assorted Sandwiches Tomato Soup Coleslaw Three Bean Salad Fruit /Milk</p>
<p>27 Chicken Stew Biscuits Broccoli Fruit/ Milk</p>	<p>28 Pork patty with Gravy Biscuits Carrots Juice/ Milk</p>	<p>29 Chop Suey Garlic Bread Green Beans Fruit / Milk</p>	<p>30 Turkey/ Gravy Mashed Potato Spinach Juice/ Milk</p>	<p>31 Stuffed Pepper Cass. with Rice Peas Fruit / Milk</p>

Menu is subject to change without notice.

Lunch, at the Orford site, *served Mondays and Thursdays at 11:30 am;*
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 **October 2nd 11:30-12:30**. Get your blood pressure checked and ask questions!



Foot Clinic: **October 30th**, please call (603) 787-2539 to make your appointment. Services are offered by **Sheila Keating**. *(There is a charge for this service.)*

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 October 9th @ 10am.

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

Bingo: Thursday October 23rd @ 10am.
Come play a few rounds of bingo with us!



Bus Trips!

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

October 15th - Wayne Klinger at Horse Meadow Senior Center

Come listen to Wayne Klinger at Horse Meadow Senior Center. Wayne is an amazing saxophone player who always keeps the dining room jazzy! Lunch will be BBQ meatballs, brown rice, and green beans. You won't want to miss this!

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!



OCTOBER IS NATIONAL ESTATE PLANNING MONTH!

Since the largest benefit of **estate planning** is peace of mind, GCSCC is providing a program of options/sources to get the process going. Contact Becky Foster at bfoster@gcsc.org or (603) 448-4897, ext.120, to get a copy of the program options, including upcoming seminars, available materials, information from Trust & Will (online will maker), Grafton County's elder attorney listing, and Legacy Society information.

We hope you will take advantage of these resources!

An Important Announcement

Financial challenges are having negative impacts on nonprofit organizations nationwide and the Grafton County Senior Citizens Council (GCSCC) is no exception. As we plan for our upcoming fiscal year, which begins on October 1, we are identifying ways in which we can reduce expenses. We are being creative in our planning and we're prioritizing the continued provision of services for Grafton County residents who are older adults and/or adults with disabilities.

In order to have a balanced budget in FY26 and ensure financial sustainability, some operational changes are inevitable. One change we are implementing is to combine Orford Area Senior Services with the Horse Meadow Senior Center in North Haverhill. We will no longer rent a physical space in Orford, yet we will continue to provide services as we do for all Grafton County residents.

This change saves a significant amount of money that we will apply towards the provision of services. The Orford location served residents of Orford and Lyme, and we will continue to provide services for those individuals. Home-delivered meals will continue with no changes, transportation will continue with our lift-equipped buses, and all are welcome and encouraged to attend congregate meals and activities at the Horse Meadow Senior Center or any of GCSCC's senior centers in Grafton County.

GCSCC's last day at the Orford Congregational Church location will be October 31, 2025. We thank the church leadership for their years of support and for their understanding of this change, as we continue to provide essential services for older adults and adults with disabilities living in Grafton County.

Kathleen Vasconcelos, Executive Director
Grafton County Senior Citizens Council
kvasconcelos@gcsc.org

A Thank You from Our Director

Although my time as Director of Orford Area Senior Services was brief, I feel fortunate to have gotten to know many of you. I understand that many of you are saddened by the news shared above—and in some ways, I am as well. However, please know that this decision was made with the intention of ensuring that we can continue providing essential services to the Orford/Lyme area community.

I would like to extend a warm invitation to everyone who regularly joins us for lunch at the Orford Senior Center: you are more than welcome to attend lunch at the Horse Meadow Senior Center. I know many of our regulars are close friends who enjoy sharing meals together—please know that this doesn't have to end with the closing of the physical space in Orford.

Lastly, I want to express my heartfelt thanks to all the participants who have supported the center over the years. A special thank you to our volunteers for the hard work and dedication they have poured into the Orford Senior Center—it has not gone unnoticed or unappreciated.

I hope to see you all again soon, Lisa

**Thank you
to all of our
volunteers!**

**We couldn't
have done it
without
you!**

Having you volunteer
is sweeter than

PIE!

SO
grateful for
your help.



GCSCC-Wide Book Club

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.**

Discussion is virtual or in person at HMSC.