



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.

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.

Save the Date for NH Gives | June 9-10.

Join the excitement of NH Gives, a statewide 24-hour online giving event hosted by the New Hampshire Center for Nonprofits. Show your support for Grafton County Senior Citizens Council, Inc. (GCSCC) by making a gift during NH Gives. Every donation helps support local older adults in our communities.



How to Give: Visit nhgives.org and search for Grafton County Senior Citizens Council, Inc. Questions? Contact James Carroll at 603-448-4897

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

You are invited to attend the 2026 Annual Meeting of the Grafton County Senior Citizens Council, Inc.

Tuesday, April 14th at 11:30am
Horse Meadow Senior Center 91 Horse Meadow Rd
North Haverhill, NH 03774

The event begins with lunch, followed by the annual business meeting. If you plan to join us for lunch, please RSVP by April 8th by contacting Lisa Adams at 603-787-2539 or ladams@gcsc.org

TAX PREP FOR INDIVIDUALS

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



~April 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
<p><i>Meals are provided at no cost. A \$5 per meal voluntary donation is suggested but not expected.</i></p>	<p>A bread and juice item available at every meal</p>	<p>1 Butter Chicken Carrots Rice Fruit Milk</p>	<p>2 Roast Pork Mixed Veggie Baked Potato Juice Milk</p>	<p>3 Chef's Choice Green Beans Fruit Milk</p>
<p>6 Hot Dogs /Beans Creamed Corn Pasta Salad Banana Bars Milk</p>	<p>7 Chicken Alfredo Beets Egg Noodles Juice Milk</p>	<p>8 Baked Ziti Peas Garlic Bread Fruit Milk</p>	<p>9 Baked Chicken Mixed Veggie Sweet Potato Juice Milk</p>	<p>10 Chef's Choice Cauliflower Fruit Milk</p>
<p>13 Sausage and Pepper Skillet Stewed Tomato Rice/Beans Fruit Crisp</p>	<p>14 Chicken and Gravy Biscuits Carrots Juice Milk</p>	<p>15 Sweet and Sour Meatballs Pinto Beans and Rice Green Beans Fruit Milk</p>	<p>16 Meatloaf Mixed Veggie Mashed Potato Juice Milk</p>	<p>17 Chef's Choice Baked Beans Fruit Milk</p>
<p>20 Chicken Nuggets Corn Sweet Potato FF Fruit Milk</p>	<p>21 Mac and Cheese with Ham Broccoli Three bean Salad</p>	<p>22 French Bread Pizza Cheese and Pepperoni Peas Fruit Milk</p>	<p>23 Turkey Burger with Bun Mixed Veggies Rice Juice Milk</p>	<p>24 Chef's Choice Carrots Fruit Milk</p>
<p>27 Lasagna Mixed Veggie Garlic Bread Juice Milk</p>	<p>28 Grilled Cheese Three Bean Salad Tomato Soup Juice Milk</p>	<p>29 Chop Suey Cabbage Garlic Bread Fruit Milk</p>	<p>30 Baked Fish Beets Rice Pilaf Fruit Milk</p>	

~ April Activities ~

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Chair Exercise 9a – 10a Indoor Volleyball 10a Chair Yoga w/ Adam 10:30a	2 Chair Exercise 9a – 10a Cribbage 1p	3 Chair Exercise 9a – 10a Pam’s Walking Group 9:45a Bean Bag Toss 1p
6 Chair Exercise 9a – 10a Bingo 1:00p-2:30p	7 Chair Exercise 9a – 10a Color, Chat, and Sip, 9:30a Bone Builders 1p Pokeno 1pm ServiceLink 1p	8 Chair Exercise 9a – 10a Indoor Volleyball 10a Chair Yoga w/ Adam 10:30a David Thron On Piano 11:30a Tech support w/ Jeremy 11:30a - 1p	9 Chair Exercise 9a – 10a Cribbage 1p	10 Chair Exercise 9a – 10a Pam’s Walking Group 9:45a Ford & Paul Live Music 11a-12p Bean Bag Toss 1p
13 Chair Exercise 9a – 10a Bingo 1:00p-2:30p	14 Chair Exercise 9a – 10a Color, Chat, and Sip, 9:30a Bone Builders 1p Pokeno 1pm	15 Chair Exercise 9a – 10a Indoor Volleyball 10a Chair Yoga w/ Adam 10:30a Bingo 1:00p-2:30p 	16 Chair Exercise 9a – 10a Cribbage 1p	17 Chair Exercise 9a – 10a Pam’s Walking Group 9:45a Bean Bag Toss 1p
20 Chair Exercise 9a – 10a Bingo 1:00p-2:30p	21 Chair Exercise 9a – 10a Color, Chat, and Sip, 9:30a Bone Builders 1p Pokeno 1pm	22 Chair Exercise 9a – 10a Indoor Volleyball 10a Chair Yoga w/ Adam 10:30a	23 Chair Exercise 9a – 10a Cribbage 1p	24 Chair Exercise 9a – 10a Pam’s Walking Group 9:45a Bean Bag Toss 1p
27 Chair Exercise 9a – 10a Bingo 1:00p-2:30p	28 Chair Exercise 9a – 10a Color, Chat, and Sip, 9:30a Bone Builders 1p Pokeno 1pm	29 Chair Exercise 9a – 10a Indoor Volleyball 10a Chair Yoga w/ Adam 10:30a Tech support w/ Jeremy 11:30a - 1p	30 Chair Exercise 9a – 10a Cribbage 1p	