



# 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](http://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**



**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](mailto: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](mailto: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](mailto:rkoczur@gcsc.org).

## Kitchen Coordinator

Part Time – 35 hours



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](mailto:hr@gcsc.org)

Jill Vahey, Director [jvahey@gcsc.org](mailto: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](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!**  
From all of us at GCSCC, thank you for making a real difference.

## ~Upcoming Events~

**Tues Dec 2<sup>nd</sup>:** Low Vision Support Group @ 1pm  
**Weds Dec 3<sup>rd</sup>:** Gift Tag Making @ 10a  
**Thurs Dec 4<sup>th</sup>:** VINS: Raptors Up Close @ 10:30a  
**Thurs Dec 11<sup>th</sup>:** Hanover 3<sup>rd</sup> Grade Singers @ 12:30p  
**Tues Dec 16<sup>th</sup>:** Gingerbread Decorating @ 9:30a  
**Thurs Dec 18<sup>th</sup>:** Upper Valley Music Center Carolers Led by Annie @ 11a  
**Dec 31<sup>st</sup>:** The Mill Band @ 11a

## December Raffle

The December raffle prize is a Lui Lui gift card!  
The winner will be drawn **Dec 24<sup>th</sup>**  
Good luck!



# ~December 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
1 Maple-Dijon Pork Mashed Potato Peas/Carrots Fruit/Milk	2 Assorted Quiche Hash Brown Stewed Tomato Juice/Milk	3 Roasted Sausage with sauce and cheese Mixed Veggies Fruit /Milk	4 Turkey/Pesto Pasta w/Spinach and Tomato Rolls Juice/ Milk	5 Cheeseburger FF Broccoli Fruit/Milk
8 Roast Chicken Baked Potato Green Beans Fruit /Milk	9 Tacos/Bean and Rice Lettuce, tomato, cheese Corn Salad Juice/Milk	10 Chicken Broccoli Alfredo Corn Bread Egg Noodles Fruit/ Milk	11 Meatball Sandwich w/Sauce & Cheese Sweet Potato FF Peas Juice/Milk	12 Hot Dogs Beans Carrots Fruit / Milk
15 Lasagna Peas Garlic Roll Fruit / Milk	16 BBQ Pork Sweet Potato Cinnamon Apples Carrots Juice/ Milk	17 Soup and Sandwich Pasta Salad w/veggies Fruit /Milk	18 Baked Ham Mac & Cheese Butternut Squash Rolls Juice/Milk	19 Cheese Tortellini Tomato Sauce Brocc/Caul. Mix Fruit /Milk
22 Sweet & Sour Chicken White Rice Cabbage/Carrots/On ion mix Fruit /Milk	23 Cheeseburger Mac Creamed Spinach Juice/Milk	24 Pizza Three Bean Salad Fruit / Milk	25 ALL GCSCC 	26 SITES CLOSED
29 Chicken Gravy over biscuit Sweet Potato Carrots Fruit /Milk	30 Chef's Choice Baked Beans Mixed Veggies Juice /Milk	31 Meatballs Roasted Broccoli Bread Fruit /Milk	<i>Meals are provided at no cost. A \$3 per meal voluntary donation is suggested but not expected</i>	<i>A bread and juice item available at every meal</i>

## ~ December Activities ~

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 Chair Exercise 9a – 10a</p> <p>Bingo 1:00p - 2:30p</p> <p><b>BINGO</b></p>	<p>2 Chair Exercise 9a – 10a Pokeno 12:45p</p> <p><b>Low Vision Support Group 1p-2:30p</b></p> <p></p>	<p>3 Chair Exercise 9a – 10a</p> <p> <b>Gift Tag Making w/ Pam 10a-11a</b></p>	<p>4 Chair Exercise 9a – 10a</p> <p><b>VINS Raptors Up Close 10:30a</b></p> <p>Dance 1:00p</p>	<p>5 Chair Exercise 9a – 10a</p> <p>Walk Group w/ Pam 9:45a</p> <p>Bean Bag Toss 12:30p-1:30p</p>
<p>8 Chair Exercise 9a – 10a</p> <p>Bingo 1:00p - 2:30p</p> <p><b>BINGO</b></p>	<p>9 Chair Exercise 9a – 10a Pokeno 12:45p</p>	<p>10 Chair Exercise 9a – 10a</p> <p>Golden Memory Game 1pm</p>	<p>11 Chair Exercise 9a – 10a</p> <p> <b>Hanover 3rd Grade Singers 12:30p</b></p>	<p>12 Chair Exercise 9a – 10a</p> <p>Walk Group w/ Pam 9:45a</p> <p>Bean Bag Toss 12:30p-1:30p</p>
<p>15 Chair Exercise 9a – 10a</p> <p>Bingo Holiday Party 1:00p - 2:30p</p> <p><b>BINGO</b></p>	<p>16 Chair Exercise 9a – 10a</p> <p> <b>Gingerbread Decorating 9:30a</b></p> <p>Pokeno 12:45p</p>	<p>17 Chair Exercise 9a – 10a</p> <p><b>David Thron Piano Playing 11:30a</b></p> <p>Bingo 1:00p-2:30p</p> <p><b>BINGO!</b></p>	<p>18 Chair Exercise 9a – 10a</p> <p><b>Upper Valley Music Center Carolers Led by Annie 11a</b></p>	<p>19 Chair Exercise 9a – 10a</p> <p>Walk Group w/ Pam 9:45a</p> <p>Bean Bag Toss 12:30p-1:30p</p>
<p>22 Chair Exercise 9a – 10a</p> <p>Bingo 1:00p - 2:30p</p> <p><b>BINGO</b></p>	<p>23 Chair Exercise 9a – 10a Pokeno 12:45p</p>	<p>24 Chair Exercise 9a – 10a</p> <p>Golden Memory Game 1pm</p>	<p>25</p> <p>26</p> <p></p>	
<p>29 Chair Exercise 9a – 10a</p> <p>Bingo 1:00p - 2:30p</p> <p><b>BINGO</b></p>	<p>30 Chair Exercise 9a – 10a Pokeno 12:45p</p>	<p>31 Chair Exercise 9a – 10a</p> <p><b>The Mill Band! 11a-1p</b></p> <p></p> <p>Golden Memory Game 1pm</p>		