



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.

~Upcoming Events~

Jan 7th: DHMC: BP & Glucose Clinic 10a-12p

Jan 9th: Painting with Lauren 10a-11:30p

Jan 28th: Tech Support with Jeffrey 11:30a-1p

January Raffle

This is our final raffle! Thank you to everyone who has participated so far! You have one last chance to win, this month the prize will be a \$25 gift card to Snax, Jessie's, and Dunks Grill! The winner will be drawn **Jan 29th!**
Goodluck!

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.

Winter Safety Tips & Reminders

- Wear multiple layers. 2-3 thin layers is actually warmer than one thick layer.
- If you use a cane, be sure to replace the rubber tip before it becomes worn smooth.
- If you have a cell phone, be sure that you bring it with you when getting your mail, shoveling, driving, etc. SO that if you fall or get into an accident, you'll have a way to call for help.
- Did you know that when it's cold your heart works double time to keep you warm? Be cautious of strenuous outdoor activity, especially if you have heart disease.
- Put up smoke and carbon monoxide detectors around your home, especially near central heating.
- Stock up your car with some winter emergency items such as blankets, flashlight, windshield scraper, first aid kit, shelf stable food (like granola bars), and water.
- For HDM recipients, make sure your driveways and walkways are clear of snow and ice for our drivers! Thank you!

~January Menu ~

Congregate meals are served Monday-Friday at noon.

Grab & go meals available upon request.

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 \$3 per meal voluntary donation is suggested but not expected</i></p>		<p>A bread and juice item available at every meal</p>	<p>¹ ALL GCSCC SITES CLOSED</p> 	<p>² Chicken Nuggets French Fries Broccoli Fruit / Milk</p>
<p>⁵ Baked Potato Bar Chili with beans Carrots Fruit / Milk</p>	<p>⁶ BBQ Meatballs Rice Peas Juice / Milk</p>	<p>⁷ Roasted Chicken Sweet Potato Mixed Veggies Fruit / Milk</p>	<p>⁸ Mac and Cheese Squash Juice / Milk</p>	<p>⁹ Tuna Noodle Casserole Corn Fruit / Milk</p>
<p>¹² Chicken Gravy Biscuit Broccoli/ Cauliflower Mix Fruit / Milk</p>	<p>¹³ Baked Ziti Garlic Roll Three Bean Salad Juice / Milk</p>	<p>¹⁴ Sausage Pepper, Onion Rice Green Beans Fruit / Milk</p>	<p>¹⁵ Rosemary Pork Sweet Potato Spinach Juice / Milk</p>	<p>¹⁶ Pizza Assorted Toppings Cabbage Carrot Mix Fruit / Milk</p>
<p>¹⁹ CLOSED FOR CIVIL RIGHTS DAY</p> 	<p>²⁰ Hot Dogs/ Beans Sweet Potato Stewed Tomato Juice / Milk</p>	<p>²¹ Baked Fish Rice Mixed Veggies Fruit / Milk</p>	<p>²² Marinated Chicken Baked Potato Peas Juice / Milk</p>	<p>²³ Chop Suey Carrots Fruit / Milk</p>
<p>²⁶ Pork Chops Baked Potato Squash Fruit / Milk</p>	<p>²⁷ Spaghetti with Meatballs Green Beans Fruit / Milk</p>	<p>²⁸ Sliced Turkey w/gravy Sweet Potato Carrots Fruit / Milk</p>	<p>²⁹ Sausage/ Veggies Rice Mixed Veggies Juice / Milk</p>	<p>³⁰ Chicken Sandwich Lettuce / Tomato Peas Fruit / Milk</p>

~ January Activities ~

Monday	Tuesday	Wednesday	Thursday	Friday
			<div>1</div> <div>ALL GCSCC SITES CLOSED</div> 	<div>2</div> <div>Chair Exercise 9a – 10a</div> <div>Walk Group w/ Pam 9:45a</div> <div>Bean Bag Toss 12:30p-1:30p</div>
<div>5</div> <div>Chair Exercise 9a – 10a</div> <div>Bingo 1:00p - 2:30p</div> 	<div>6</div> <div>Chair Exercise 9a – 10a</div> <div>Bone Builders 1p-2p</div> <div>Pokeno 1pm</div>	<div>7</div> <div>Chair Exercise 9a – 10a</div> <div>DHMC: BP & Glucose Clinic 10a-12p</div> <div>Chair Yoga w/ Adam 10:30a</div> <div>Games 1pm</div>	<div>8</div> <div>Chair Exercise 9a – 10a</div> <div>Bone Builders 1p - 2p</div> <div>Cribbage 1p</div>	<div>9</div> <div>Chair Exercise 9a – 10a</div> <div>Walk Group w/ Pam 9:45a</div> <div>Paint with Lauren 10a – 11:30a</div> <div>Bean Bag Toss 12:30p-1:30p</div>
<div>12</div> <div>Chair Exercise 9a – 10a</div> <div>Bingo 1:00p - 2:30p</div> 	<div>13</div> <div>Chair Exercise 9a – 10a</div> <div>Bone Builders 1p-2p</div> <div>Pokeno 1pm</div>	<div>14</div> <div>Chair Exercise 9a – 10a</div> <div>Chair Yoga w/ Adam 10:30a</div> <div>David Thron Piano Playing 11:30a</div> <div>Bingo 1:00p-2:30p</div> 	<div>15</div> <div>Chair Exercise 9a – 10a</div> <div>Bone Builders 1p - 2p</div> <div>Cribbage 1p</div>	<div>16</div> <div>Chair Exercise 9a – 10a</div> <div>Walk Group w/ Pam 9:45a</div> <div>Bean Bag Toss 12:30p-1:30p</div>
<div>19</div> <div>CLOSED FOR CIVIL RIGHTS DAY</div> 	<div>20</div> <div>Chair Exercise 9a – 10a</div> <div>Bone Builders 1p-2p</div> <div>Pokeno 1pm</div>	<div>21</div> <div>Chair Exercise 9a – 10a</div> <div>Chair Yoga w/ Adam 10:30a</div> <div>Games 1pm</div>	<div>22</div> <div>Chair Exercise 9a – 10a</div> <div>Bone Builders 1p - 2p</div> <div>Cribbage 1p</div>	<div>23</div>
<div>26</div> <div>Chair Exercise 9a – 10a</div> <div>Bingo 1:00p - 2:30p</div> 	<div>27</div> <div>Chair Exercise 9a – 10a</div> <div>Bone Builders 1p-2p</div> <div>Pokeno 1pm</div>	<div>28</div> <div>Chair Exercise 9a – 10a</div> <div>Chair Yoga w/ Adam 10:30a</div> <div>Tech Support w/ Jeffrey 11:30p-1p</div>	<div>29</div> <div>Chair Exercise 9a – 10a</div> <div>Bone Builders 1p - 2p</div> <div>Cribbage 1p</div> <div>Raffle Drawing!</div>	<div>30</div>