



# 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**

## 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](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 [rkozcur@gcsc.org](mailto:rkozcur@gcsc.org).

## ~Upcoming Events~

**Jan 7<sup>th</sup>:** DHMC: BP & Glucose Clinic 10a-12p

**Jan 9<sup>th</sup>:** Painting with Lauren 10a-11:30p

**Jan 28<sup>th</sup>:** 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 29<sup>th</sup>**!

Goodluck!

**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.

## 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
<i><b>Meals are provided at no cost. A \$3 per meal voluntary donation is suggested but not expected</b></i>		<b>A bread and juice item available at every meal</b>	<b>1 ALL GCSCC SITES CLOSED</b> 	<b>2</b> Chicken Nuggets French Fries Broccoli Fruit / Milk
<b>5</b> Baked Potato Bar Chili with beans Carrots Fruit / Milk	<b>6</b> BBQ Meatballs Rice Peas Juice / Milk	<b>7</b> Roasted Chicken Sweet Potato Mixed Veggies Fruit / Milk	<b>8</b> Mac and Cheese Squash Juice / Milk	<b>9</b> Tuna Noodle Casserole Corn Fruit / Milk
<b>12</b> Chicken Gravy Biscuit Broccoli/ Cauliflower Mix Fruit / Milk	<b>13</b> Baked Ziti Garlic Roll Three Bean Salad Juice / Milk	<b>14</b> Sausage Pepper, Onion Rice Green Beans Fruit / Milk	<b>15</b> Rosemary Pork Sweet Potato Spinach Juice / Milk	<b>16</b> Pizza Assorted Toppings Cabbage Carrot Mix Fruit / Milk
<b>19</b> <b>CLOSED FOR CIVIL RIGHTS DAY</b> 	<b>20</b> Hot Dogs/ Beans Sweet Potato Stewed Tomato Juice / Milk	<b>21</b> Baked Fish Rice Mixed Veggies Fruit / Milk	<b>22</b> Marinated Chicken Baked Potato Peas Juice / Milk	<b>23</b> Chop Suey Carrots Fruit / Milk
<b>26</b> Pork Chops Baked Potato Squash Fruit / Milk	<b>27</b> Spaghetti with Meatballs Green Beans Fruit / Milk	<b>28</b> Sliced Turkey w/gravy Sweet Potato Carrots Fruit / Milk	<b>29</b> Sausage/ Veggies Rice Mixed Veggies Juice / Milk	<b>30</b> Chicken Sandwich Lettuce / Tomato Peas Fruit / Milk

# ~ January Activities ~

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