



# Upper Valley Senior Center

## July

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 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 8 to 4 Monday - Friday**

**Phone 603-448-4213**

**Fax 603-442-9375**

**10 Campbell St, Lebanon, NH 03766**

**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**

**(hiring), Kitchen Assistant**

**Steve Driscoll, John Follensbee,**

**Michael Ahern, Drivers**



### 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.

**ServiceLink is now the Aging & Disability Resource Center** Although our name has changed, we provide all the same services – including Medicare and Medicaid counseling, long-term care options counseling, caregiver support, referrals, and much more! We look forward to seeing you at our locations in Littleton (262 Cottage Street, Suite G-25) and Lebanon (10 Campbell Street). We also have office hours at

**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).

**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, 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!**

**Transportation available Monday-Friday**

**Call (603) 448-4213 to schedule your ride with 24 hours notice!**

**Thanks to your incredible generosity, we raised \$6,570 in just 24 hours during NH Gives, our most successful campaign since we began participating in 2016.**

**Your support helps us continue providing essential programs and services across Grafton County, and we're so grateful to have you in our corner.**

**From all of us at GCSCC, thank you for making a real difference.**

**Come Celebrate 4<sup>th</sup> of July with us on Tuesday, July 1<sup>st</sup>.**

**Janet Hewes & Friends Band @ 11:00AM.**

**Lunch to follow /King Arthur Flour Brownies.**

**Watch for our upcoming book sale August 15<sup>th</sup>.**



# ~ July 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 waitstaff to pour beverages.*






Home-delivered meals *generally* follows this menu Monday thru Friday.

~ Menu subject to change without notice. ~



Monday	Tuesday	Wednesday	Thursday	Friday
Juice available at every meal.  Bread item available at every meal.	1 Chicken Taco's Lettuce, Tomatoes, Cheese Corn & Bean Salad Juice Milk	2 BBQ Pork Chops Baked Potato Baked Beans Brussel Sprouts Fruit Milk	3 Hamburgers Pasta Salad/Veggies Cole Slaw Juice Milk	4 Closed 
7 Chef's Choice Carrots Fruit Milk	8 Chef's Choice Broccoli Juice Milk	9 Chef's Choice Peas Fruit Milk	10 Chef's Choice Green Beans Juice Milk	11 Chef's Choice Cauliflower Fruit Milk
14 Chicken Parm Casserole Egg Noodles Cauliflower/Red Peppers Fruit Milk	15 Tuna Sandwich on WG Broccoli Salad Chips Juice Milk	16 Chop Suey Garlic Bread Green Beans Fruit Milk	17 Baked Fish Peas Rice Pineapple Milk	18 Chicken Sandwich on WG Baked Beans Carrots Oranges Milk
21 Roast Pork Sweet Potato Broccoli Applesauce  Milk	22 Sweet & Sour Meatballs Brown Rice Green Beans	23 Sausage, Pepper and Onion Mashed Potato Peas Fruit Milk	24 Mac & Cheese Spinach Stewed Tomato Juice Milk	25 Hot Dogs French Fries Carrots Fruit Milk
28 BLT's Lettuce, Tomato Roasted Sweet Potato Green Beans Fruit Milk	29 Spaghetti w/Meat Sauce Peas Rolls Juice Milk	30 Sliced Turkey/Gravy Carrots Baked Potato Fruit Milk	31 Chicken Nuggets Baked Sweet Potato Spinach Juice Milk	Meals are provided at no cost. A \$3 per meal voluntary donation is suggested but not expected.

# ~ July Activities

Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>Virtual activities;</i> 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 <a href="mailto:rkoczur@gcsc.org">rkoczur@gcsc.org</a>.</p>	<p>1 Chair Exercise 9-10 4<sup>th</sup> of July Celebration with Janet &amp; Friends Band</p> 	<p>2 Chair Exercise 9-10 Chair Yoga/Adam 11</p>	<p>3 Chair Exercise 9 - 10 Free Style Dance 1:00 Cribbage 1:00 - 2:30</p>	<p>4 <b>CLOSED</b></p> 
<p>7 Chair Exercise 9 - 10 Sip n' Socialize 9:30 - 11:30 Crochet 10:00 - 11:00 Bingo 1:00 - 2:30</p>	<p>8 Chair Exercise 9 - 10 Yahtzee/Pokeno 1:00 - 2:00 Foot Clinic (by appointment)</p> 	<p>9 Chair Exercise 9 - 10 Chair Yoga/Adam 11:00 Board Games 1:30 - 2:30</p>	<p>10 Chair Exercise 9-10</p> <p><b>NEW!</b></p>	<p>11 Chair Exercise 9-10 Walking Group 10:00-10:30</p>
<p>14 Chair Exercise 9 - 10 Sip n' Socialize 9:30 - 11:30 Crochet 10:00 - 11:00 Bingo 1:00 - 2:30</p> 	<p>15 Chair Exercise 9 - 10 Yahtzee or Pokeno 1:00 - 2:00 Foot Clinic (by appointment)</p> 	<p>16 Chair Exercise 9 - 10 Chair Yoga/Adam 11:00 David Thron on Piano 11:00 Board Games 1:30 - 2:30</p>	<p>17 Chair Exercise 9 - 10 Cribbage 1:00 - 2:30</p>	<p>18 Chair Exercise 9 - 10 Walking Group 10:00 - 10:30</p>
<p>21 Chair Exercise 9 - 10 Sip n' Socialize 9:30 - 11:30 Caption Call Phone demo 10:00 Bingo 1:00 - 2:30</p>	<p>22 Chair Exercise 9 - 10 Tibeton Bowls/Adam 10:00 Yahtzee or Pokeno Foot Clinic (by appointment)</p> 	<p>23 Chair Exercise 9 - 10 Chair Yoga/Adam 11:00 Bingo 1:00 - 2:30 Board Games 1:30 - 2:30</p> 	<p>24 Chair Exercise 9 - 10 Free Style Dance 1:00 Cribbage 1:00</p>	<p>25 Chair Exercise 9 - 10 Walking Group 10:00 - 10:30</p>
<p>28 Chair Exercise 9 - 10 Sip n' Socialize 9:30 - 11:30 Crochet 10:00 - 11:00 Bingo 1:00 - 2:30</p>	<p>29 Chair Exercise 9 - 10 Yahtzee or Pokeno 1:00 - 2:00 Foot Clinic (by appointment)</p>	<p>30 Chair Exercise 9 - 10 Chair Yoga/Adam 11:00 Board Games 1:30 - 2:30</p>	<p>31 Chair Exercise 9 - 10 Free Style Dance 1:00 Cribbage 1:00 - 2:30</p>	