



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 jvahey@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

Special Events in May!

- Fri May 8th - 9:30a:** Mother's Day Tea & Scones
- Fri May 8th - 11a:** Ford & Paul Live Music
- Tue May 12th - 11a:** Evergreen Singers
- May 13th - 11:30a:** David Thron On Piano
- May 14th - 11a:** Community Chorus w/ Erin
- May 14th - 1p:** Sight Services
- May 22th & 29th - 12p:** Jr High Volunteer Social
- May 29th - 10:30a:** Planting with Visions

-TRISHAW RIDES-

If you love to be outdoors, love cycling, or simply want to try something new, schedule a trishaw ride!
Please see Pam to schedule your ride.

~May 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 Chef's Choice Assorted Veggie Baked Potato Fruit Milk</p>
<p>4 Beef Stew w/potato, carrot and onion Corn Bread Fruit Milk</p>	<p>5 Tuna Sandwich Pasta Salad Three Bean Salad Juice Milk</p>	<p>6 Baked Fish Rice Carrots Fruit Milk</p>	<p>7 Pulled Pork Sandwich Sweet Potato FF Broccoli Juice Milk</p>	<p>8 Chef's Choice Assorted Veggie Rice Fruit Milk</p>
<p>11 Sausage Strata Roasted Potato Beans Fruit Milk</p>	<p>12 Chicken Salad Wrap w/lettuce, & tomato Baked Potato Salad Juice Milk</p>	<p>13 Pork Roast Stuffing Squash Fruit Milk</p>	<p>14 Mac and Cheese w/ham Peas/Carrots Juice Milk</p>	<p>15 CLOSED GCSCC Wide Staff Meeting</p>
<p>18 Beef and Gravy Egg Noodles Brocc/Caul Mix Fruit Milk</p>	<p>19 Pizza Garden Salad Peas Juice Milk</p>	<p>20 Pasta Dishes Garlic Bread Carrots Fruit Milk</p>	<p>21 Shepard's Pie Green Beans Juice Milk</p>	<p>22 Chef's Choice Assorted Veggie Mashed Potato Fruit Milk</p>
<p>25 CLOSED FOR MEMORIAL DAY </p>	<p>26 Pesto/Cheese Tortellini Carrots Garlic bread or Rolls Juice Milk</p>	<p>27 Stir Fry w/veggies and Beans Rice Fruit Milk</p>	<p>28 Chicken Gravy w/peas & carrots Biscuits Juice Milk</p>	<p>29 Chef's Choice Assorted Veggie Rice Fruit Milk</p>

~May Activities ~

Monday	Tuesday	Wednesday	Thursday	Friday
		<p>Looking for a new way to exercise this spring?</p> <p>Try out bone builders! Tuesdays and Thursdays at 1pm.</p>		<p>1 Chair Exercise 9a – 10a</p> <p>Pam’s Walking Group 9:45a</p>
<p>4 Chair Exercise 9a – 10a</p> <p>Bingo 1:00p-2:30p</p>	<p>5 Chair Exercise 9a – 10a</p> <p>Color, Chat, and Sip, 9:30a</p> <p>Bone Builders 1p</p> <p>Pokeno 1pm</p>	<p>6 Chair Exercise 9a – 10a</p> <p>Chair Yoga w/ Adam 10:30a</p>	<p>7 Chair Exercise 9a – 10a</p> <p>Cribbage 1p</p> <p>Bone Builders 1p</p>	<p>8 Chair Exercise 9a – 10a</p> <p>Mother’s Day Tea & Scones 9:30a</p> <p>Pam’s Walking Group 9:45a</p> <p>Ford & Paul Live Music 11a-12p</p>
<p>11 Chair Exercise 9a – 10a</p> <p>Bingo 1:00p-2:30p</p>	<p>12 Chair Exercise 9a – 10a</p> <p>Evergreen Singers 11a</p> <p>Bone Builders 1p</p> <p>Pokeno 1pm</p>	<p>13 Chair Exercise 9a – 10a</p> <p>Chair Yoga w/ Adam 10:30a</p> <p>David Thron On Piano 11:30a</p>	<p>14 Chair Exercise 9a – 10a</p> <p>Community Chorus w/ Erin 11a-11:30p</p> <p>Cribbage 1p</p> <p>Bone Builders 1p</p> <p>Sight Services 1p</p>	<p>15</p> <p style="text-align: center;">CLOSED FOR GCSCC STAFF MEETING</p>
<p>18 Chair Exercise 9a – 10a</p> <p>Bingo 1:00p-2:30p</p>	<p>19 Chair Exercise 9a – 10a</p> <p>Color, Chat, and Sip, 9:30a</p> <p>Bone Builders 1p</p> <p>Pokeno 1pm</p>	<p>20 Chair Exercise 9a – 10a</p> <p>Chair Yoga w/ Adam 10:30a</p> <p>Bingo 1:00p-2:30p</p> <p style="text-align: center;">BINGO!</p>	<p>21 Chair Exercise 9a – 10a</p> <p>Cribbage 1p</p> <p>Bone Builders 1p</p>	<p>22 Chair Exercise 9a – 10a</p> <p>Pam’s Walking Group 9:45a</p> <p>Jr High Volunteer Recognition Social – 12p</p>
<p>25</p> <p style="text-align: center;">CLOSED FOR MEMORIAL DAY</p> <div style="text-align: center;">  </div>	<p>26 Chair Exercise 9a – 10a</p> <p>Color, Chat, and Sip, 9:30a</p> <p>Bone Builders 1p</p> <p>Pokeno 1pm</p>	<p>27 Chair Exercise 9a – 10a</p> <p>Chair Yoga w/ Adam 10:30a</p>	<p>28 Chair Exercise 9a – 10a</p> <p>Cribbage 1p</p> <p>Bone Builders 1p</p>	<p>29 Chair Exercise 9a – 10a</p> <p>Pam’s Walking Group 9:45a</p> <p>Planting with Visions 10:30a</p> <p>Jr High Volunteer Recognition Social – 12p</p>