



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 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 are 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 eltero@gcsc.org for information.

Congregate Meals; We offer a daily lunch Mon-Fri at 12pm. Meals are provided at no cost. A \$5 per meal voluntary donation is suggested but not expected.

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.

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
Steve Driscoll, Driver

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:

~ Please 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!

Special Activities This Month!

AARP Presents

Downsizing and Decluttering

September 9, 10AM

NH Wildlife Presents

BobCats

September 11, 11AM

Music this Month

Janet and Friends

September 9, 11:30AM

Davis Thron

Playing Piano

September 23, 11:30AM

~September 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 Ham Baked Potato Carrots Juice Milk	2 Chop Suey Garlic Bread Spinach Assorted Fruit Milk	3 Chef's Choice Rice Green Beans Juice Milk	4 Chicken Nuggets French Fries Peas Oranges Milk
7 Closed for Labor Day	8 Baked Fish Rice Pilaf Beets Juice Milk	9 Mac and Cheese Stewed Tomato Three Bean Salad Assorted Fruit Milk	10 Spinach Fritta w/tomato & cheese Sweet Pot FF Milk Juice	11 Chef's Choice Rice & Beans Carrots Peaches Milk
14 Hot dog/w roll Mac Salad Baked Beans Applesauce Milk	15 Chef's Choice Brown Rice Spinach Juice Milk	16 Cheese Tortellini w/red sauce Broccoli Mix Assorted Fruit Milk	17 BBQ Chicken Cole Slaw Corn Bread Juice Milk	18 Closed for Safety Day
21 Hamburger/w Bun Pasta Salad Green Beans Applesauce Milk	22 Roasted Chicken Stuffing Peas & Carrot Mix Juice	23 Baked Potato Bar Chili, Cheese, Broccoli t Sour Cream	24 Chef's Choice Baked Beans Brussels Sprouts Juice Milk	25 Roasted Pork & Gravy Red Potatoes Glazed Carrots Pineapple Milk
28 Turkey Meatballs/egg noodles Broccoli/Carrot Mix Applesauce Milk	29 Chicken Patty w/bun Lettuce/Tomato Peas Three Bean Salad Milk	30 Spaghetti/Meat Sauce Salad Assorted Veggies Fruit Milk	bread milk and juice served at every meal	

~ September Activities ~

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Chair Exercise 9a – 10a Bone Builders 1p Games 1pm foot clinic by appointment	2 pokeno 1pm	3 Chair Exercise 9a – 10 Cribbage 1p Bone Builders 1p	4 Chair Exercise 9a – 10a Pam's Walking Group 9:45a Bean Bag Toss 1p
7 chair exercise 9-10 bingo 1pm 	8 Chair Exercise 9a – 10a Bone Builders 1p Games 1pm	9 chair exercise 9-10 AARP downsize and declutter! 10am e Janet and friends! 11:30	10 Chair Exercise 9a – 10 Cribbage 1p Bone Builders 1p	11 Chair Exercise 9a – 10a Pam's Walking Group 9:45a bobcats 11am with Donna Bean Bag Toss 1p
14 chair exercise 9-10 bingo 1pm 	15 Chair Exercise 9a – 10a Bone Builders 1p foot clinic by appointment Games 1pm	Your paragraph text 16 chair exercise 9-10  bingo 1pm	17 Chair Exercise 9a – 10 Cribbage 1p Bone Builders 1p	18 Chair Exercise 9a – 10a Pam's Walking Group 9:45a Bean Bag Toss 1p
21 chair exercise 9-10 bingo 1pm 	22 Chair Exercise 9a – 10a Bone Builders 1p Games 1pm	23 Chair Exercise 9a – 10a Chair Yoga w/ Adam 10:30a pokeno 1pm	24 Chair Exercise 9a – 10 Cribbage 1p Bone Builders 1p	25 Chair Exercise 9a – 10a Pam's Walking Group 9:45a Bean Bag Toss 1p
28 chair exercise 9-10  bingo 1pm	29 Chair Exercise 9a – 10a Bone Builders 1p Games 1pm	30 Chair Exercise 9a – 10a Chair Yoga w/ Adam 10:30a pokeno 1pm		