

Upper Valley Senior Center

October 2025

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're open 8 to 4 Monday - Friday

Phone 603-448-4213

Fax 603-442-9375

10 Campbell St, Lebanon, NH 03766



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.

OCTOBER IS NATIONAL ESTATE PLANNING MONTH!

Since the largest benefit of **estate planning** is peace of mind, GCSCC is providing a program of options/sources to get the process going. See your Activities Coordinator or contact Becky Foster at bfoster@gcsc.org or (603) 448-4897, ext.120, to get a copy of the program options, including upcoming seminars, available materials, information from Trust & Will (online will maker), Grafton County's elder attorney listing, and Legacy Society information. We hope you will take advantage of these resources!

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
(*hiring*), 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.

~Upcoming Events~

Estate Planning 101-Virtual Seminar: Oct 15, 9:30-11:30. Registration is required.

Bear Happenings: Oct 17th at 11am. Presented by Donna from NH Fish and Game

VNH Presentation: Oct 22nd at 11:30am. Presented by Kathryn.

Halloween Costume Party: Oct 31st, wear your best Halloween costume. We will vote for the best dressed!

October Raffle

The October raffle winner will be drawn the last Thursday of the month, October 30th.

Goodluck!



~ October 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
Juice available at every meal.  Bread item available at every meal	<i>Meals are provided at no cost. A \$3 per meal voluntary donation is suggested but not expected.</i>	1 Chicken Parm Cass. Spinach Garlic Orzo Fruit / Milk	2 Rosemary Roast Pork Sweet Potato Mixed Veggies Juice /Milk	3 Turkey Burger French Fries Carrots Fruit /Milk
6 BBQ Chicken Squash Baked Potato Fruit /Milk	7 Lasagna Peas /Carrots Roll Juice /Milk	8 Crust-less Quiche Sausage Link Roasted Mix Veg Fruit /Milk	9 Hot Dogs Baked Beans Cauliflower Juice / Milk	10 Chicken Gravy Biscuit Sweet Potato Broccoli Fruit /Milk
13 ALL GCSCC SITES  CLOSED	14 Chefs Choice Mixed Veggies Baked Potato Juice / Milk	15 BBQ Meatballs Brown Rice Green Beans Fruit / Milk	16 Cheesy Stuffed Pasta Meat Sauce Rolls Peas Juice/ Milk	17 Baked Fish Rice Pilaf Carrots Fruit / Milk
20 Swedish Meatballs Egg Noodles Green Beans Fruit / Milk	21 Maple Chicken Brown Rice Brussel Sprouts Juice / Milk	22 Tuna Salad with WG Roll Lettuce and Tomato Chips Fruit / Milk	23 Parmesan Pork Sweet Potato Maple Carrots Juice / Milk	24 Assorted Sandwiches Tomato Soup Coleslaw Three Bean Salad Fruit /Milk
27 Chicken Stew Biscuits Broccoli Fruit/ Milk	28 Pork patty with Gravy Biscuits Carrots Juice/ Milk	29 Chop Suey Garlic Bread Green Beans Fruit / Milk	30 Sliced Turkey/ Gravy Mashed Potato Spinach Juice/ Milk	31 Stuffed Pepper Cass. with Rice Peas Fruit / Milk 

~ October Activities ~

Monday	Tuesday	Wednesday	Thursday	Friday
<p>We have a rowing machine available for use. Stop by and give it a try!</p>		<p>1 Chair Exercise 9a – 10a</p> <p>Golf Putt 1pm</p>	<p>2 Chair Exercise 9a - 10a</p> <p> Free Style Dance 1p</p> <p>Cribbage/Games 1:00p - 2:30p</p>	<p>3 Chair Exercise 9a – 10a</p> <p>Walk Group w/ Pam 9:45a</p> <p>Bean Bag Toss 12:30p-1:30p</p>
<p>6 Chair Exercise 9a – 10a</p> <p>Bingo 1:00p - 2:30p</p> <p></p>	<p>7 Chair Exercise 9a – 10a</p> <p>Sids Photography Class 10a-11a</p> <p>Foot Clinic (by appointment) </p>	<p>8 Chair Exercise 9a – 10a</p> <p>Golf Putt 1pm</p>	<p>9 Chair Exercise 9a - 10a</p> <p> Free Style Dance 1p</p> <p>Cribbage/Games 1:00p - 2:30p</p>	<p>10 Chair Exercise 9a – 10a</p> <p>Walk Group w/ Pam 9:45a</p> <p>Bean Bag Toss 12:30p-1:30p</p>
<p>13 All GCSCC sites closed</p> <p></p>	<p>14 Chair Exercise 9a – 10a</p> <p>Sids Photography Class 10a-11a</p> <p>Foot Clinic (by appointment) </p>	<p>15 Chair Exercise 9a – 10a</p> <p>Estate Planning 9:30a</p> <p>David Thron on Piano!</p> <p>Bingo 1:00p-2:30p</p> <p></p>	<p>16 Chair Exercise 9a - 10a</p> <p> Free Style Dance 1p</p> <p>Cribbage/Games 1:00p - 2:30p</p>	<p>17 Chair Exercise 9a – 10a</p> <p>Walk Group w/ Pam 9:45a</p> <p>Bear Happenings 11am</p> <p>Bean Bag Toss 12:30p-1:30p</p>
<p>20 Chair Exercise 9a – 10a</p> <p>Bingo 1:00p - 2:30p</p> <p></p>	<p>21 Chair Exercise 9a – 10a</p> <p>Sids Photography Class 10a-11a</p> <p>Pokeno 1:00p - 2:00p</p> <p>Foot Clinic (by appointment) </p>	<p>22 Chair Exercise 9a – 10a</p> <p>VNH Presentation 11:30a</p> <p>Golf Putt 1pm</p>	<p>23 Chair Exercise 9a - 10a</p> <p> Free Style Dance 1p</p> <p>Cribbage/Games 1:00p - 2:30p</p>	<p>24 Chair Exercise 9a – 10a</p> <p>Walk Group w/ Pam 9:45a</p> <p>Bean Bag Toss 12:30p-1:30p</p> <p>Memory Card Game 1pm</p>
<p>27 Chair Exercise 9a – 10a</p> <p>Bingo 1:00p - 2:30p</p> <p></p>	<p>28 Chair Exercise 9a – 10a</p> <p>Sids Photography Class 10a-11a</p> <p>Pokeno 1:00p - 2:00p</p> <p>Foot Clinic (by appointment) </p>	<p>29 Chair Exercise 9a – 10a</p> <p>Golf Putt 1pm</p>	<p>30 Chair Exercise 9a - 10a</p> <p> Free Style Dance 1p</p> <p>Cribbage/Games 1:00p - 2:30p</p> <p>Oct Raffle Winner Picked!</p>	<p>31 Costume Party! Chair Exercise 9a – 10a</p> <p>Walk Group w/ Pam 9:45a</p> <p>Bean Bag Toss 12:30p-1:30p</p> <p></p>