



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're open 8 to 4 Monday - Friday

Phone 603-448-4213

Fax 603-442-9375

10 Campbell St, Lebanon, NH 03766

Jill Vahey, Director
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Helen Bisson, Program Assistant

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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 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 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.

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~

Janet & Friends Band – **Sep 9th @11am**
Discussing Caregiving Options with Michelle Distefano – **Sep 16th @ 11am**
How to Make Homemade, Non-Toxic Cleaning Products – **Sep 23rd @10am**

September Raffle

The September raffle is a \$50 gift card to the Baited Hook! We'll be drawing the winner Sep 25th and you won't want to miss it!



~ September 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
1 All GCSCC SITES CLOSED 	2 Spaghetti w/ Meat Sauce, Broccoli Carrots/Milk Juice	3 Sausage, Rice/ Black Beans Mixed veggies Fruit/Milk	4 Roasted chicken Sweet Potatoes Green Beans Juice/Milk	5 Chili, Corn Bread, Spinach Fruit/Milk
8 Pork Shepherds Pie, Cauliflower Broccoli Milk, Fruit	9 Mac & Cheese Stewed Tomato Carrots Juice/Milk	10 Sloppy Jo Roasted Potato Brussel Sprouts Fruit/Milk	11 Baked Fish Rice Pilaf Peas Juice/Milk	12 Hot Dog Casserole, Corn Roasted Potato Fruit/Milk
15 Turkey Tacos Lettuce, Tomato Onion, Beans & Rice Fruit/Milk	16 Baked Ziti w/ Pepper & Onion Pumpkin Bar Juice/Milk	17 Tuna Sandwich Lettuce, Cuke, Tomato Pasta Salad Fruit/Milk	18 Roasted Pork Baked Potato Carrots & Peas Juice/Milk	19 All GCSCC SITES CLOSED Staff In-Service Day
22 Cheesy Chicken & Rice w/ Beans Mixed Veggies Fruit/Milk	23 Turkey Meatballs & Gravy Mashed Potato Carrots Juice/Milk	24 Harvest Stew Cabbage Fruit Bar Milk	25 Pancake & Sausage Casserole Hash Browns Warm Apple Sauce, Juice, Milk	26 Roast Chicken Orzo Pasta w/ Tomato Broccoli Fruit/Milk
29 Pork Patty, WG Bun, Lettuce, Tomato, Onion Carrots Fruit/Milk	30 Chicken & Broccoli Casserole Dinner Roll Blueberry Crisp Milk	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>

~ September Activities ~

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>All GCSCC SITES CLOSED</p> <p><i>HAPPY Labor Day</i></p>	<p>2</p> <p>Chair Exercise 9a – 10a</p> <p>Pokeno 1:00p - 2:00p</p> <p> Foot Clinic (by appointment)</p>	<p>3</p> <p>Chair Exercise 9a – 10a</p> <p>Chair Yoga w/ Adam 11:00</p> <p>Golf Putt 1pm</p>	<p>4</p> <p>Chair Exercise 9a - 10a</p> <p> Free Style Dance 1p</p> <p>Cribbage/Games 1:00p - 2:30p</p>	<p>5</p> <p>Chair Exercise 9a – 10a</p> <p>Walk Group w/ Pam 9:45a</p> <p>Bean Bag Toss 12:30p-1:30p</p>
<p>8</p> <p>Chair Exercise 9a – 10a</p> <p>Bingo 1:00p - 2:30p</p> <p>BINGO</p>	<p>9</p> <p>Chair Exercise 9a – 10a</p> <p>Janet & Friends Band 11a </p> <p>Foot Clinic (by appointment) </p>	<p>10</p> <p>Chair Exercise 9a – 10a</p> <p>Chair Yoga w/ Adam 11:00</p> <p>Golf Putt 1pm</p>	<p>11</p> <p>Chair Exercise 9a - 10a</p> <p> Free Style Dance 1p</p> <p>Cribbage/Games 1:00p - 2:30p</p>	<p>12</p> <p>Chair Exercise 9a – 10a</p> <p>Walk Group w/ Pam 9:45a</p> <p>Bean Bag Toss 12:30p-1:30p</p>
<p>15</p> <p>Chair Exercise 9a – 10a</p> <p>Bingo 1:00p - 2:30p</p> <p>BINGO</p>	<p>16</p> <p>Chair Exercise 9a – 10a</p> <p>Caregiving Options w/ Michelle Distefano 11a</p> <p> Foot Clinic (by appointment)</p>	<p>17</p> <p>Chair Exercise 9a – 10a</p> <p>Chair Yoga w/ Adam 11:00</p> <p>Bingo 1:00p-2:30p</p> <p>BINGO!</p>	<p>18</p> <p>Chair Exercise 9a - 10a</p> <p> Free Style Dance 1p</p> <p>Cribbage/Games 1:00p - 2:30p</p>	<p>19</p> <p>All GCSCC SITES CLOSED</p>
<p>22</p> <p>Chair Exercise 9a – 10a</p> <p>Bingo 1:00p - 2:30p</p> <p>BINGO</p>	<p>23</p> <p>Chair Exercise 9a – 10a</p> <p>Non-Toxic Cleaning Products 10a </p> <p>Pokeno 1:00p - 2:00p</p> <p> Foot Clinic (by appointment)</p>	<p>24</p> <p>Chair Exercise 9a – 10a</p> <p>Chair Yoga w/ Adam 11:00</p> <p>Golf Putt 1pm</p>	<p>25</p> <p>Chair Exercise 9a - 10a</p> <p> Free Style Dance 1p</p> <p>Cribbage/Games 1:00p - 2:30p</p> <p>Sep Raffle Winner Picked!</p>	<p>26</p> <p>Chair Exercise 9a – 10a</p> <p>Walk Group w/ Pam 9:45a</p> <p>Bean Bag Toss 12:30p-1:30p</p>
<p>29</p> <p>Chair Exercise 9a – 10a</p> <p>Bingo 1:00p - 2:30p</p> <p>BINGO</p>	<p>30</p> <p>Chair Exercise 9a – 10a</p> <p>Pokeno 1:00p - 2:00p</p> <p> Foot Clinic (by appointment)</p>		<p>We now have a rowing machine available for use. Stop by and give it a try! New!</p>	