



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.

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 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, 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.

Special Activities in August!

Tues, August 4th: Sight Services – 1pm

Weds, August 5th: Genesis Ice Cream Social – 12:30 pm

Fri, August 7th: Ford and Paul Live Music 11am

Weds, August 12th: David Thron On Piano 11:30am

Fri, August 14th: Quilling with Lauren 10:30am

Weds, August 19th: James Duffy Live Music 11am

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

Driver. Full-time (40 hours), Part-time (16 hours and 24 hours), and per-dem positions available. Non-Exempt. Driver needed for transporting passengers to medical appointments, shopping and errands. Experience driving a bus, or commercial driving experience helpful, but not required. Valid driver's license, NH DOT physical. Training is provided. HS diploma or the equivalent. Contact: hr@gcsc.org

Keep moving. Keep smiling. Keep strong.

Join Bone Builders every Tuesday and Thursday at 1 PM!

-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.



~August 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
3 Beef and Broccoli Egg noodles Applesauce Milk	4 Pulled pork Sandwich Fries Green beans Juice Milk	5 Marry Me Chicken Sweet Potato Peas Fruit /Milk	6 Tuna Salad Plate Lettuce, Tomato, Cukes Three bean Salad Juice /Milk	7 Sausage, Pepper, Onion Rice Carrots Oranges Milk
10 BBQ pork chops Sweet Potato Spinach Applesauce Milk	11 Taco Tuesday Lettuce, tomato, cheese Rice and Beans Corn Juice Milk	12 Creamy Garlic Chicken Baked Potato Carrots Fruit /Milk	13 Spaghetti w/Sauce Broccoli Garlic Bread Juice Milk	14 Hot Dogs Baked Beans Peas Peaches Milk
17 Turkey Gravy Mashed Potato Green Bean Cass. Applesauce Milk	18 Pizza Assorted Toppings Garden Salad Juice Milk	19 Chicken Salad Plate Pasta Salad Pumpkin Bread Fruit Milk	20 Slow Cooker Pork with Apples Rice Baked Beans Peas Juice /Milk	21 Chef's Choice Assorted Baked Potato Carrots Pears Milk
24 Cheese Ravioli Garlic Bread Peas/Carrots Applesauce Milk	25 Turkey Burger w/cheese WG Bun, Three Bean Salad, Lettuce, Tomato, Creamed Spinach Juice /Milk	26 Orange Chicken Rice Pilaf Broccoli Fruit Milk	27 Mac and cheese with Ham Garden Salad Banana Bread Juice /Milk	28 Baked Fish Sweet Potato FF Green Beans Pineapple Milk
31 Chicken Gravy Biscuit Carrot/Peas Applesauce Milk	A bread and juice item is available at every meal			

~August Activities ~

Monday	Tuesday	Wednesday	Thursday	Friday
3 Chair Exercise 9a – 10a Bingo 1:00p-2:30p	4 Chair Exercise 9a – 10a Sight Services – 1p Bone Builders 1p Games 1pm	5 Chair Exercise 9a – 10a Genesis Ice Cream Social – 12:30p Chair Yoga w/ Adam 10:30a	6 Chair Exercise 9a – 10a Cribbage 1p Bone Builders 1p	7 Chair Exercise 9a – 10a Pam's Walking Group 9:45a Ford & Paul Live Music 11a-12p Bean Bag Toss 1p
10 Chair Exercise 9a – 10a Bingo 1:00p-2:30p	11 Chair Exercise 9a – 10a Bone Builders 1p Games 1pm  Foot Clinic by Appt	12 Chair Exercise 9a – 10a Chair Yoga w/ Adam 10:30a David Thron On Piano 11:30a	13 Chair Exercise 9a – 10a Cribbage 1p Bone Builders 1p	14 Chair Exercise 9a – 10a Pam's Walking Group 9:45a Quilling with Lauren – 10:30a Bean Bag Toss 1p
17 Chair Exercise 9a – 10a Bingo 1:00p-2:30p	18 Chair Exercise 9a – 10a Bone Builders 1p Games 1pm	19 Chair Exercise 9a – 10a Chair Yoga w/ Adam 10:30a Music by James Duffy – 11a Bingo 1:00p-2:30p 	20 Chair Exercise 9a – 10a Cribbage 1p Bone Builders 1p	21 Chair Exercise 9a – 10a Pam's Walking Group 9:45a Bean Bag Toss 1p
24 Chair Exercise 9a – 10a Bingo 1:00p-2:30p	25 Chair Exercise 9a – 10a Bone Builders 1p Games 1pm  Foot Clinic by Appt	26 Chair Exercise 9a – 10a Chair Yoga w/ Adam 10:30a	27 Chair Exercise 9a – 10a Cribbage 1p Bone Builders 1p	28 Chair Exercise 9a – 10a Pam's Walking Group 9:45a Bean Bag Toss 1p
31 Chair Exercise 9a – 10a Bingo 1:00p-2:30p				