



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 resource: 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.

Need a way to stay cool this summer? Try making these Lemon-Apricot Fruit Pops!

Ingredients

1/4 cup orange juice, 1 teaspoon grated lemon zest, 1/4 cup lemon juice, 4 teaspoons sugar, 1 cup sliced fresh apricots (4-5 medium), 1/2 cup ice cubes, 1 teaspoon minced fresh mint (optional), 6 freezer pop pouches, molds or 6 paper cups (3-ounce size) and wooden pop sticks

Directions

Place the first 6 ingredients in a blender; cover and process until blended. If desired, stir in mint. Pour into pouches, molds or paper cups. Top molds with holders. If using cups, top with foil and insert sticks through foil. Freeze until firm.



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.

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

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.

Join us for our Fourth of July Celebration!

July 2nd

The Mill Band will be here to entertain us and we will have brownies served ala mode from King Arthur Bakery!



~July 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
A bread and juice item is available at every meal		1 Hamburger Gravy Egg Noodles Carrots Fruit Juice & Milk	2 Chef's Choice Baked Potato Green Beans Juice & Milk	3 Closed for the 4th of July
6 Chicken Patty Sandwich Sweet Potato Fries, Cole Slaw, Applesauce, Milk	7 Egg Salad Plate Lettuce, Tomato, Cheese, Carrots Juice & Milk	8 Chop Suey Banana Bar Summer Squash Fruit & Milk	9 Hot Dog w/ Bun Baked Beans Mixed Veggies Juice & Milk	10 Pork Roast Baked Potato Broccoli Peaches & Milk
13 Chicken Spinach Bake, Rice Pilaf Green Beans Applesauce, Milk	14 Tuna Sandwich Corn & Bean Salad Greek Lentil Salad Juice & Milk	15 Pulled Pork Sweet Potato Fruit & Milk	16 Mac & Cheese Stewed Tomato Broccoli Juice & Milk	17 Beef & Gravy Mashed Potato Carrots Pears & Milk
20 Chef's Choice Rice Pilaf Green Beans Applesauce Milk	21 Shepard's Pie Carrots Juice & Milk	22 Chili with Beans Corn Bread Fruit & Milk	23 Chicken Salad on Roll Pasta Salad with Veggies Juice, Milk	24 Sausage Dishes Pepper & Onion Peas Fruit & Milk
27 Fish Sandwich French Fries Spinach Applesauce Milk	28 Spaghetti w/ Meat Sauce, Carrots Broccoli Juice & Milk	29 Taco's - Mexican Rice, Beans, Lettuce, Tomato, Onion Squash Fruit & Milk	30 Turkey Pot Pie Mashed Potato Green Bean Casserole, Pumpkin Muffins, Juice, Milk	31 Pizza Garden Salad Peas Pineapple & Milk

~July Activities ~

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Chair Exercise 9a – 10a Chair Yoga w/ Adam 10:30a	2 Fourth of July Celebration! Chair Exercise 9a – 10 The Mill Band 11a Cribbage 1p Bone Builders 1p	3 CLOSED  HAPPY INDEPENDENCE DAY!
6 Chair Exercise 9a – 10a Bingo 1:00p-2:30p	7 Chair Exercise 9a – 10a Bone Builders 1p Games 1pm  Foot Clinic by Appt	8 Chair Exercise 9a – 10a Chair Yoga w/ Adam 10:30a David Thron On Piano 11:30a	9 Chair Exercise 9a – 10 Cribbage 1p Bone Builders 1p	10 Chair Exercise 9a – 10a Pam's Walking Group 9:45a Ford & Paul Live Music 11a-12p Bean Bag Toss 1p
1 Chair Exercise 9a – 10a Bingo 1:00p-2:30p	14 Chair Exercise 9a – 10a Bone Builders 1p Games 1pm	15 Chair Exercise 9a – 10a Chair Yoga w/ Adam 10:30a  Bingo 1:00p-2:30p	16 Chair Exercise 9a – 10a Cribbage 1p Bone Builders 1p	17 Chair Exercise 9a – 10a Pam's Walking Group 9:45a Bean Bag Toss 1p
20 Chair Exercise 9a – 10a Bingo 1:00p-2:30p	21 Chair Exercise 9a – 10a Bone Builders 1p Games 1pm  Foot Clinic by Appt	22 Chair Exercise 9a – 10a Chair Yoga w/ Adam 10:30a	23 Chair Exercise 9a – 10a Cribbage 1p Bone Builders 1p	24 Chair Exercise 9a – 10a Pam's Walking Group 9:45a Bean Bag Toss 1p
27 Chair Exercise 9a – 10a Bingo 1:00p-2:30p	28 Chair Exercise 9a – 10a Bone Builders 1p Games 1pm	29 Chair Exercise 9a – 10a Chair Yoga w/ Adam 10:30a	30 Chair Exercise 9a – 10a Cribbage 1p Bone Builders 1p	31 Chair Exercise 9a – 10a Pam's Walking Group 9:45a Bean Bag Toss 1p