



# 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](http://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](mailto: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](mailto: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](mailto:rkoczur@gcsc.org).

## Save the Date for NH Gives | June 9-10.

Join the excitement of NH Gives, a statewide 24-hour online giving event hosted by the New Hampshire Center for Nonprofits. Show your support for Grafton County Senior Citizens Council, Inc. (GCSCC) by making a gift during NH Gives. Every donation helps support local older adults in our communities.



**How to Give: Visit [nhgives.org](http://nhgives.org) and search for Grafton County Senior Citizens Council, Inc.**  
Questions? Contact James Carroll at 603-448-4897

Jill Vahey, Director [jvahey@gcsc.org](mailto: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  
Lucas Husted, 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](http://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](mailto:hr@gcsc.org)

## Special Events in June!

- June 2nd:** BP Clinic w/ Amanda 10a - 11:30a
- June 9th - 10th:** NH Gives Event
- June 10th:** David Thron On Piano 11:30a
- June 12th:** Janet & Friends Band 11:30a
- June 16th:** BBB Scam Alert Presentation 10:30a
- June 18th:** Father's Day Coffee & Muffins 9:30a
- June 26th:** Best of Times Travel Presentation 10a
- June 26th:** Ford & Paul Live Music 11:00a

## -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.*

# ~June 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 Pork Chops Baked Potato Carrots Bread or Roll Fruit /Milk	2 Orange Chicken Rice Broccoli Bread or Roll Juice/Milk	3 Sausage/Cheese Pizza Peas Bread or roll Fruit Milk	4 Pineapple BBQ Chicken Mixed Veggies Bread or Roll Juice/Milk	5 Chefs Choice Summer Squash Bread or Roll Fruit /Milk
8 Fajitas Veggies and meat Rice Bread or Roll Fruit /Milk	9 Stacked Cordon Blue Mashed Potato Green Beans Bread or Roll Juice/Milk	10 Teriyaki Turkey Rice Broccoli Bread or Roll Fruit /Milk	11 Egg Salad Plate Lettuce/Tomato Cucumber Salad Bread or Roll Juice/Milk	12 Chef's Choice Carrots Baked Beans Bread or Roll Fruit /Milk
15 Chicken Cacciatore Mashed Potato Peas Bread /Roll Fruit/Milk	16 Assorted Sandwiches Meat/Cheese Lettuce/Tomato Pasta Salad with carrots, cuke and tomato Bread or Roll Juice /Milk	17 Hot Dog and Beans California Blend Bread or Roll Fruit /Milk	18 Cheesy Chicken Casserole Rice Broccoli Bread or Roll Juice /Milk	19  <b>All GCSCC locations closed for Juneteenth</b>
22 Chicken Gravy Mashed Potato Beets Bread or Roll Fruit/Milk	23 Spaghetti with Meat Sauce Bean Salad Peas Bread or Roll Juice / Milk	24 Toasted Tuna Boats With cheese Broccoli Bread or Roll Fruit /Milk	25 Ham and Bean Casserole Cauliflower Bread or roll Juice/ Milk	26 Chef's Choice Roasted potato Green Beans Bread or Roll Fruit /Milk
29 Pesto Tortellini Summer Squash Bread or Roll Fruit / Milk	30 Chicken Nuggets French Fries Baked Beans Bread or Roll Juice /Milk	<b>A bread and juice item is available at every meal</b>		

## ~June Activities ~

Monday	Tuesday	Wednesday	Thursday	Friday
1 Chair Exercise 9a - 10a  Bingo 1:00p-2:30p	2 Chair Exercise 9a - 10a <b>BP Clinic w/ Amanda 10a - 11:30a</b> Bone Builders 1p Pokeno 1pm	3 Chair Exercise 9a - 10a  Chair Yoga w/ Adam 10:30a	4	5 Chair Exercise 9a - 10a  Pam's Walking Group 9:45a
8 Chair Exercise 9a - 10a  Bingo 1:00p-2:30p	9 Chair Exercise 9a - 10a  Bone Builders 1p Pokeno 1pm	10 Chair Exercise 9a - 10a  Chair Yoga w/ Adam 10:30a <b>David Thron On Piano 11:30a</b>	11 Chair Exercise 9a - 10  Cribbage 1p  Bone Builders 1p	12 Chair Exercise 9a - 10a Pam's Walking Group 9:45a <b>Janet &amp; Friends Band 11:30a</b>
15 Chair Exercise 9a - 10a  Bingo 1:00p-2:30p	16 Chair Exercise 9a - 10a <b>BBB Scam Alert Presentation 10:30a</b> Bone Builders 1p  Pokeno 1pm	17 Chair Exercise 9a - 10a Chair Yoga w/ Adam 10:30a Bingo 1:00p-2:30p 	18 Chair Exercise 9a - 10a <b>Father's Day Coffee &amp; Muffin Hour 9:30a</b> Cribbage 1p Bone Builders 1p	19  <b>ALL GCSCC SITES CLOSED</b>
22 Chair Exercise 9a - 10a  Bingo 1:00p-2:30p	23 Chair Exercise 9a - 10a  Bone Builders 1p Pokeno 1pm	24 Chair Exercise 9a - 10a Chair Yoga w/ Adam 10:30a	25 Chair Exercise 9a - 10a  Cribbage 1p  Bone Builders 1p	26 Chair Exercise 9a - 10a Pam's Walking Group 9:45a <b>Kim from Best of Times Travel 10a - 11a</b> <b>Ford &amp; Paul Live Music 11a-12p</b>
29 Chair Exercise 9a - 10a  Bingo 1:00p-2:30p	30 Chair Exercise 9a - 10a  Bone Builders 1p Pokeno 1pm		<b>Keep moving. Keep smiling. Keep strong.</b> Join Bone Builders every Tuesday and Thursday at 1 PM!	