



# 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) 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).

**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**, **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](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)

## ~Upcoming Events~

- Mar 4<sup>th</sup> 11:30am:** Tech Support w/ Jeremy
- Mar 11<sup>th</sup> 11am:** Exit 17 Band
- Mar 12<sup>th</sup> 10:30am:** ARRP Presents "We Need to Talk"
- Mar 13<sup>th</sup> 11am:** Ford & Paul Live Music
- Mar 17<sup>th</sup> 10am:** Blood Pressure Clinic
- Mar 18<sup>th</sup> 11:30am:** David Thron On Piano
- Mar 20<sup>th</sup> 1pm:** Rick Music Hour
- Mar 27<sup>th</sup> 10:30 am:** NH Wildlife: Moose Survival
- Mar 27<sup>th</sup> 1pm:** Rick Music Hour

Last year, GCSCC provided 212,626 meals for older adults and adults with disabilities throughout Grafton County! Thanks to our team effort, we continue to serve more meals each year without putting anyone on a waiting list. We are grateful for all of our employees, volunteers, participants, and community members who make this happen. Over the past decade, the cost of living has increased by approximately 35%, and expenses for food, supplies, fuel, and wages have steadily risen, while our suggested meal donation has remained unchanged. To help sustain our program and continue providing nutritious meals for older adults and adults with disabilities, we are adjusting the suggested donation from \$3 to \$5 per meal. As always, donations are voluntary.

## TAX PREP FOR INDIVIDUALS

By appointment only.

From 8:45 until last appointment at 2:30 on Tuesdays.



# ~March 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
2 Chicken Sandwich Lettuce, Tomato Sweet Potato FF Carrots Fruit/Milk	3 Korean Ground Turkey and Rice Bowl Pinto Beans Juice/Milk	4 Spaghetti with meat sauce Green Beans Fruit / Milk	5 Turkey and Gravy Biscuits Mixed Veggie Juice/Milk	6 Glazed Roast Pork Baked Potato Broccoli Fruit /Milk
9 Chicken Parm Casserole Egg Noodles Beets Fruit /Milk	10 Baked Fish Stuffing Topping Brown Rice Assorted Veggie Juice/ Milk	11 Hearty Turkey Chilli Corn Bread Fruit/Milk	12 BBQ Pork Chops Baked Beans Peas Juice/ Milk	13 Ravioli Broccoli Garlic Toast Fruit /Milk
16 Chef's Choice Entrée Mixed Veggies Rice Fruit /Milk	17 Ham Cabbage Carrots Potato Juice/Milk 	18 Hot Dogs/Beans French Fries Corn Fruit / Milk	19 Mac and Cheese Peas Juice/Milk	20 Mock Chicken Pot Pie Biscuit Stewed Tomato Fruit/Milk
23 Maple Glazed Sausage Herby Lentils Cauliflower Fruit/Milk	24 Roast Chicken Sweet Potato Squash Juice/Milk	25 Chop Suey Peas and Carrots Fruit /Milk	26 Coconut Turkey with Peppers and onions Brown Rice/Beans Juice/Milk	27 Assorted Meat and cheese Sandwiches Lettuce, Tomato Chips Fruit/ Milk
30 Pork Quesadillas Rice and Beans Green Peas Fruit /Milk	31 Bacon Cheeseburger French Fries Green Beans Juice/Milk	<i>Meals are provided at no cost. A \$5 per meal voluntary donation is suggested but not expected.</i>		<i>A bread and juice item available at every meal</i>

## ~ March Activities ~

Monday	Tuesday	Wednesday	Thursday	Friday
2 Chair Exercise 9a - 10a	3 Chair Exercise 9a - 10a  Pokeno 1pm	4 Chair Exercise 9a - 10a  Chair Volleyball 10:30a  <b>Tech support w/ Jeremy 11:30a - 1p</b>	5 Chair Exercise 9a - 10a Cribbage 1p	6 Chair Exercise 9a - 10a  Bean Bag Toss 12:30p-1:30p
9 Chair Exercise 9a - 10a	10 Chair Exercise 9a - 10a  Pokeno 1pm	11 Chair Exercise 9a - 10a  <b>Exit 17 Band 11a-1p</b>	12 Chair Exercise 9a - 10a  <b>AARP "We Need to Talk" 10:30a</b>  Cribbage 1p	13 Chair Exercise 9a - 10a  <b>Ford &amp; Paul Live Music 11a-12p</b>  Bean Bag Toss 12:30p-1:30p
16 Chair Exercise 9a - 10a	17 Chair Exercise 9a - 10a  <b>HVC Blood Pressure Clinic 10a-1p</b>  Pokeno 1pm	18 Chair Exercise 9a - 10a Chair Volleyball 10:30a <b>David Thron On Piano 11:30a</b> Bingo 1:00p-2:30p 	19 Chair Exercise 9a - 10a  Cribbage 1p	20 Chair Exercise 9a - 10a  <b>Rick Music Hour 1p-2p</b>
23 Chair Exercise 9a - 10a	24 Chair Exercise 9a - 10a  Pokeno 1pm	25 Chair Exercise 9a - 10a  Chair Volleyball 10:30a	26 Chair Exercise 9a - 10a  Cribbage 1p	27 Chair Exercise 9a - 10a  <b>NH Wildlife Donna Presents: Moose Survival 10:30a</b>  <b>Rick Music Hour 1p-2p</b>
30 Chair Exercise 9a - 10a	31 Chair Exercise 9a - 10a  Pokeno 1pm			