



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



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 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.

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.

UPCOMING SEMINAR!

Renee A. Harvey, Esq., Managing Attorney of Legacy Counsellors North, PLLC dba Caldwell Law, will be leading an "Estate Planning 101" seminar. We hope you will join us!

IN PERSON: **Upper Valley Senior Center, Thursday, November 13, 9:45-11:45 am.** Registration is required. Contact Becky Foster, 603-448-4897, ext. 120, or bfoster@gcsc.org Space is limited, so first come, first served.

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
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 **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~

Nov 4th: Card Making w/ Pam - 10a
Nov 5th: Blood Pressure Clinic w/ Amanda - 10a
Nov 13th: Estate Planning w/ Caldwell Banker 9:45a
Nov 18th: Soup Making & Board Games w/ Crossroads Academy - 8:30a-11:30a
Nov 19th: David Thron Piano Playing 11:30a

November Raffle

The November raffle prize is a \$25 gift card to village pizza! The winner will be drawn **Nov 26th!**
Good luck!

~ November 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
3 Garlic Noodles with Beef Carrots Fruit/Milk	4 Tacos Rice and Beans Cheese, Lettuce, tomato Cole Slaw Juice/ Milk	5 Chicken and Broccoli Alfredo over noodles Applesauce Milk	6 Assorted Pizza Three Bean Salad Cole Slaw Juice/Milk	7 Pork Chops Baked Potato Cauliflower Fruit/ Milk
10 Sheet Pan Sausage and Veggies Rice Fruit /Milk	11 ALL GCSCC  SITES CLOSED	12 Baked Potato Bar Broccoli, Cheese, Chili Stewed Tomato Fruit /Milk	13 Hot Dogs French Fries Carrots Juice /Milk	14 Garlic Butter Shrimp Over pasta Peas Fruit/ Milk
17 Baked Fish Rice Pilaf Beets Fruit /Milk	18 Chop Suey Garlic Bread Carrots Juice / Milk	19 Chefs Choice Mixed Veggies Rice Fruit/Milk	20 Turkey, Gravy Stuffing, Squash, Potato, Veggies Rolls Juice/Milk	21 Cheese Ravioli Rolls Peas Juice/Milk
24 Tuna Sandwich Sliced Tomato Three Bean Salad Fruit/Milk	25 Ranch Chicken with Bacon, Brussels and Potato Roll Juice/Milk	26 Chili Cornbread Peas Carrots Juice/Milk	26 ALL GCSCC 	27 SITES CLOSED 
	A bread and juice item available at every meal		Meals are provided at no cost. A \$3 per meal voluntary donation is suggested but not expected	

~ November Activities ~

Monday	Tuesday	Wednesday	Thursday	Friday
3 Chair Exercise 9a – 10a Bingo 1:00p - 2:30p BINGO	4 Chair Exercise 9a – 10a Card Making w/ Pam 10	5 Chair Exercise 9a – 10a Blood Pressure Clinic w/ Amanda 10a	6 Chair Exercise 9a - 10a Cribbage 1:00p - 2:30p	7 Chair Exercise 9a – 10a Walk Group w/ Pam 9:45a Bean Bag Toss 12:30p-1:30p
10 Chair Exercise 9a – 10a Bingo 1:00p - 2:30p BINGO	11  WE'LL BE CLOSED ON VETERANS DAY <i>Thank you for your service</i>	12 Chair Exercise 9a – 10a Bean Bag Toss 1pm	13 Chair Exercise 9a - 10a Estate Planning w/ Caldwell Banker 9:45a Cribbage 1:00p - 2:30p	14 Chair Exercise 9a – 10a Walk Group w/ Pam 9:45a Bean Bag Toss 12:30p-1:30p
17 Chair Exercise 9a – 10a Bingo 1:00p - 2:30p BINGO	18 Soup Making & Board Games w/ Crossroads Academy 8:30a- 11:30a Chair Exercise 9a – 10a Pokeno 12:45p	19 Chair Exercise 9a – 10a David Thron Piano Playing 11:30a Bingo 1:00p-2:30p BINGO!	20 Chair Exercise 9a - 10a Cribbage 1:00p - 2:30p	21 Chair Exercise 9a – 10a Walk Group w/ Pam 9:45a Bean Bag Toss 12:30p-1:30p
24 Chair Exercise 9a – 10a Bingo 1:00p - 2:30p BINGO	25 Chair Exercise 9a – 10a Pokeno 12:45p	26 Chair Exercise 9a – 10a Bean Bag Toss 1pm	27  Closed FOR THANKSGIVING	28