



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 are 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 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.

Jill Vahey, Director jvahey@gcsc.org

Helen Bisson, Program Assistant

Kappy Scoppettone, Outreach Worker

Elvira Otero, Home-Delivered Meals

Coordinator

(hiring), Kitchen Coordinator; Kitchen

Assistant, Activities Coordinator & Drivers

Jona Simons, Kitchen Assistant

Steve Driscoll, Driver

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:

~ Please 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!

Special Activities This Month!

VNA presents

Safe Body Ergonomics

October 8th 11AM

NH Wildlife Presents

BobCats

October 23rd 11AM

Music this Month

Ford & Paul

October 16th, 11:00AM

Davis Thron

Playing Piano

October 28, 11:30AM

~October 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
Bread, Milk & Juice available with every meal			1 O/F Beef Sandwich Sweet Potato Broccoli Juice Milk	2 Veggie Pizza Carrots Bean Salad Juice Milk
5 Sausage, Pepper, Onion Potato Spinach Applesauce Milk	6 BBQ Pork Rice Broccoli Juice Milk	7 Sweet & Sour Chicken over Egg Noodles W/ Peppers/Onions Carrots Assorted Fruit Milk	8 Spaghetti/Meat Sauce Bread/Butter Cauliflower Milk Juice	9 Ham Casserole Sweet Potato FF Three Bean Salad Milk
12 Closed for Columbus Day	13 Mac & Cheese Squash Stewed Tomato Juice Milk	14 Roast Pork Ends Sweet Potato Green Beans Assorted Fruit Milk	15 Roast Chicken Rice Mixed Veggie Juice Milk	16 Hot Dogs/Beans Corn Pumpkin Bars Pears Milk
19 Chicken Stir Fry Pepper & Onion Rice Spinach Applesauce	20 Pasta Bake Broccoli Cheesy Black Bean Bake Juice Milk	21 Shepard Pie Carrots Assorted Fruit Milk	22 Chef's Choice Stuffing Brussels Sprouts Juice Milk	23 Tuna Wrap Lettuce/Tomato Pasta Salad with Peas Pineapple Milk
26 Chili/Cheese bake Potato Beets Applesauce Milk	27 Cheesy Chicken and Rice Peas Juice Milk	28 Baked Ziti Garlic Bread Butternut Squash Assorted Fruit Juice Milk	29 Baked Fish Sweet Potato Green Beans Juice Milk	30 BBQ Meatballs French Fries Spinach Pineapple Juice Milk



~ October Activities ~

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Chair Exercise 9a – 10 Cribbage 1p Bone Builders 1p	2 Chair Exercise 9a – 10a Bean Bag Toss 1p
5 Chair Exercise 9a – 10a Bingo 1:00p - 2:30p 	6 Chair Exercise 9a – 10a Games 1pm SIGHT SERVICES 1pm Foot Clinic by Appt	7 Chair Exercise 9a – 10a Chair Yoga w/ Adam 10:30a Pokeno 1pm	8 Chair Exercise 9a – 10 Miranda from VNA 11am body mechanics Cribbage 1pm	9 Chair Exercise 9a – 10a Group 9:45a Bean Bag Toss 1p
12 HOLIDAY CLOSED	13 Chair Exercise 9a – 10a Bone Builders 1p Games 1pm	14 Chair exercise 9-10 Chair yoga w Adam 10:30 Pokeno 1pm	15 Chair Exercise 9a-10 Bone Builders 1pm Cribbage 1pm	16 Chair Exercise 9a – 10a Group 9:45a Ford and Paul 11-12 Bean Bag Toss 1p
19 Chair Exercise 9a – 10a Bingo 1:00p - 2:30p 	20 Chair Exercise 9a – 10a Bone Builders 1p Games 1pm Foot Clinic by Appt	21 Chair Exercise 9a – 10a Chair Yoga w/ Adam 10:30a BINGO 1pm	22 Chair Exercise 9a – 10 Cribbage 1p Bone Builders 1p	23 Chair Exercise 9a – 10a Donna bobcats 10:30
26 Chair Exercise 9a – 10a Bingo 1:00p - 2:30p 	27 Chair Exercise 9a – 10a Bone Builders 1p Games 1pm	28 Chair Exercise 9a – 10a Chair Yoga w/ Adam 10:30a Pokeno 1pm	29 Chair exercise 9-10a Cribbage 1pm Bone Builders 1p	30 Chair Exercise 9a-10a Halloween Party 11:30a 