



# 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), and 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 603-448-9375**

**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](mailto:eotero@gcsc.org) for information.



**ServiceLink is now the Aging & Disability Resource Center** Although

our name has changed, we provide all the same services – including Medicare and Medicaid counseling, long-term care options counseling, caregiver support, referrals, and much more! We look forward to seeing you at our locations in Littleton (262 Cottage Street, Suite G-25) and Lebanon (10 Campbell Street). We also have office hours at our senior centers in Bristol, Canaan, and Plymouth. We can be reached by phone at (603) 448-1558 or (603) 444-4498.

**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).

**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, 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!**

**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**

**(hiring)**, Kitchen Assistant

**Steve Driscoll, John Follensbee,**

**Michael Ahern, Jude Stull, Drivers**



**May 7 at 11:00 am, Michael Samson**

from Mascoma Community Healthcare and Dental Center will be here to discuss free and affordable care.

**May 29 at 1:00,** Fire Safety presentation by Lebanon Fire Department Deputy Chief.



## NEW WEEKLY ACTIVITIES

**Crochet with Gail - Mondays at 10:00**

**Yahtzee or Pokeno - Tuesdays at 1:00**

**Line dancing with Mickie - Thursdays at 1:30**

**Walking Group - Fridays at 10:00**



Every year, our nation celebrates Older Americans Month in May. This is an ideal time for GCSCC to recognize our attendees, volunteers, donors, and staff. It's also a great time to reaffirm our mission:

*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.*

For more than 50 years GCSCC has offered essential programs such as food assistance and on-demand transportation, activities, and outreach. We continue to *flip the script on aging* by offering opportunities to stay active, engaged, and informed as you age.

We hope you will join us at one of our 8 centers to see all that we have to offer.

All of our services are free. [www.gcsc.org](http://www.gcsc.org)

## TRANSPORTATION AVAILABLE

**MONDAY THROUGH FRIDAY**

Call (603) 448-4213 to schedule your ride with 24 hours notice!



Kitchen coordinator (part-time) and kitchen assistants (part-time).

**Interested? Want more info?**  
Please email [hr@gcsc.org](mailto:hr@gcsc.org).

# ~ May 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 waitstaff to pour beverages.*


Home-delivered meals *generally* follows this menu Monday thru Friday.














~ Menu subject to change without notice. ~



Monday	Tuesday	Wednesday	Thursday	Friday
<b>Meals are provided at no cost. A \$3 per meal voluntary donation is suggested but not expected.</b>	<b>Juice available at every meal.</b>   <b>A bread item is available at every meal.</b>	 To receive our newsletter and other important information via email, send your email address to <a href="mailto:rkoczur@gcsc.org">rkoczur@gcsc.org</a> .	<b>1</b> Teriyaki Pork Chop Baked Sweet Potato Green Beans Oranges Milk	<b>2</b> Sweet and Sour Meatballs Rice Brussel Sprouts Applesauce Milk
<b>5</b> Chicken Fajita with Pepper, Onion, Whole Grain Wrap Mexican Rice Carrots Oranges Milk	<b>6</b> Fish Patty with Pepper and Onion Brown Rice 3 Bean Salad Assorted Fruit Milk	<b>7</b> Lasagna Spinach Tossed Salad Whole Grain Roll Peaches Milk	<b>8</b> Meatloaf Baked Potato Maple Carrots Juice Milk	<b>9</b> Cheese Tortellini with Spaghetti Sauce Peas Squash Applesauce Milk
<b>12</b> Hot Dog with Roll Baked Beans Broccoli Sweet Potato Juice Milk	<b>13</b> Chinese Lo Mein with Peanut Sauce Mixed Veggies Whole Grain Roll Assorted Fruit Milk	<b>14</b> Tuna Sandwich Pasta Salad 3 Bean Salad Sliced Tomato Pears Milk	<b>15</b> Honey Mustard Chicken Spinach Baked Potato Oranges Milk	<b>16</b> BBQ Pork Chop Coleslaw Pickled Beets Applesauce Milk
<b>19</b> Spaghetti with Meat Sauce Peas and Carrots Whole Grain Garlic Bread Juice Milk	<b>20</b> Sliced Turkey with Gravy Baked Potato Carrots Assorted Fruit Milk	<b>21</b> Smoked Sausage and Veggie Bake Sweet Potato Whole Grain Roll Peaches Milk	<b>22</b> Burgers/Hot Dogs Assorted Cold Salads Chips Baked Beans Oranges Milk	<b>23</b> Spring Stew Cornbread Applesauce Milk
<b>26</b> <b>ALL GCSCC SITES ARE CLOSED</b>  	<b>27</b> Mac and Cheese Roasted Brussel Sprouts and Carrots Stewed Tomatoes Assorted Fruit Milk	<b>28</b> Lemon-Dijon Pork Cheesy Rice and Beans Mixed Vegetables Whole Grain Butter Biscuit Pears Milk	<b>29</b> Turkey Burger with Red Pepper and Onion Sweet Potato Peas Oranges Milk	<b>30</b> Chef's Choice Pinto Beans Assorted Veggies Whole Grain Bread Pumpkin Bar Applesauce Milk

# ~ May Activities ~

 **UVSC building rentals!** We have a large kitchen, good parking and we are handicap accessible. Interested? *Please call (603) 448-4213 or see Jill.* 

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Virtual activities;</b> 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 <a href="mailto:rkoczur@gcsc.org">rkoczur@gcsc.org</a> .	<b>Foot care appointments are available on Tuesdays.</b> Cost is \$30 per appointment payable by cash or check only. <i>Please call to schedule.</i> 		1 Chair Exercise 9 - 10 <b>AVA Senior Art</b> 9:30 - 2:00 <a href="mailto:nick@avagallery.org">nick@avagallery.org</a> Cribbage 1:00 - 2:30 <b>New!</b> Line Dancing 1:30 - 2:30 	2 Chair Exercise 9 - 10 <b>Walking Group</b> 10:00 - 10:30 <b>New!</b> 
5 Chair Exercise 9 - 10 Sip n' Socialize 9:30 - 11:30 <b>New!</b> Crochet 10:00 - 11:00 Bingo 1:00 - 2:30	6 Chair Exercise 9 - 10 Yahtzee/Pokeno 1:00 - 2:00 <b>New!</b>  Foot Clinic (by appointment)	7 Chair Exercise 9 - 10 <b>Medical/Dental Care</b> 11:00 Board Games 1:30 - 2:30 	8 Chair Exercise 9 - 10 <b>AVA Senior Art</b> 9:30 - 2:00 <a href="mailto:nick@avagallery.org">nick@avagallery.org</a> Cribbage 1:00 - 2:30 <b>New!</b> Line Dancing 1:30 - 2:30	9 Chair Exercise 9 - 10 <b>Walking Group</b> 10:00 - 10:30 <b>New!</b>
12 Chair Exercise 9 - 10 Sip n' Socialize 9:30 - 11:30 <b>New!</b> Crochet 10:00 - 11:00 Bingo 1:00 - 2:30 	13 Chair Exercise 9 - 10 Yahtzee or Pokeno 1:00 - 2:00 <b>New!</b> Foot Clinic (by appointment) 	14 Chair Exercise 9 - 10 <b>David Thron on Piano</b> 11:00 <b>Jr. High Servers Team Maple</b> <b>Volunteer Recognition</b> <b>Ice Cream Social</b> Board Games 1:30 - 2:30	15 Chair Exercise 9 - 10 <b>AVA Senior Art</b> 9:30 - 2:00 <a href="mailto:nick@avagallery.org">nick@avagallery.org</a> Cribbage 1:00 - 2:30 <b>New!</b> Line Dancing 1:30 - 2:30 	16 Chair Exercise 9 - 10  <b>Walking Group</b> 10:00 - 10:30 <b>New!</b>
19 Chair Exercise 9 - 10 Sip n' Socialize 9:30 - 11:30 <b>New!</b> Crochet 10:00 - 11:00 Bingo 1:00 - 2:30	20 Chair Exercise 9 - 10 Yahtzee or Pokeno 1:00 - 2:00 <b>New!</b>  Foot Clinic (by appointment)	21 Chair Exercise 9 - 10 Bingo 1:00 - 2:30  Board Games 1:30 - 2:30	22 Chair Exercise 9 - 10 <b>AVA Senior Art</b> 9:30 - 2:00 <a href="mailto:nick@avagallery.org">nick@avagallery.org</a> Cribbage 1:00 - 2:30 <b>Jr. High Servers Team Birch</b> <b>Volunteer Recognition</b> <b>Ice Cream Social</b> Line Dancing 1:30 - 2:30 <b>New!</b>	23 Chair Exercise 9 - 10 <b>Walking Group</b> 10:00 - 10:30 <b>New!</b>
26 ALL GCSCC SITES ARE CLOSED ★★★★★★ <b>MEMORIAL DAY</b> REMEMBER & HONOR ★★★★★★	27 Chair Exercise 9 - 10 Yahtzee or Pokeno 1:00 - 2:00 <b>New!</b> Foot Clinic (by appointment) 	28 Chair Exercise 9 - 10 <b>Jr. High Servers Team Oak</b> <b>Volunteer Recognition</b> <b>Ice Cream Social</b> Board Games 1:30 - 2:30	29 Chair Exercise 9 - 10 <b>AVA Senior Art</b> 9:30 - 2:00 <a href="mailto:nick@avagallery.org">nick@avagallery.org</a> <b>Fire Safety Presentation</b> 1:00 Cribbage 1:00 - 2:30	30 Chair Exercise 9 - 10 <b>Walking Group</b> 10:00 - 10:30 <b>New!</b> 