



Orford Senior Center Newsletter

November, 2021

November is National Senior Nutrition Month!

All Centers Invited to Attend! Cooking with the Co-op! November is National Senior Nutrition Month! We are so excited that the Co-op's Food Educator, Lindsay Smith, will be hosting a fun, interactive cooking class on Zoom. Watch as she cooks up some very tasty and good-for-you-too dishes. You will be able to ask questions as she goes. I guarantee that you will learn some new tips! She will share the recipe with you, and you will be able to try it yourself after the class.

WHAT: Cooking with the Co-op! – Lindsay Smith

WHEN: Thursday, November 11, 2-3 pm

HOW: Zoom (We will send the link 1 week as well as 1 day ahead of the class.)

WHO: Anyone associated with GCSCC

RESERVATIONS REQUIRED. PLEASE CONTACT YOUR ACTIVITIES COORDINATOR at 603-353-9107 or enickles@gcsc.org to sign up!

November D-H ARC Zoom Seminars

Mon. 11/15, 2:00-3:00, Investment Fraud: Keeping Nest Eggs from Flying Away

Wed., 11/17, 1:00-2:30, The Parkinson's Workshop

Wed., 11/17. 2:00-3:00, Foods to Reduce Pain

Mon., 11/22, 10:00-12:00, Useful Tools for Life Planning, Part I

Mon., 11/29 10:00-12:00, Useful Tools for Life Planning, Part II

Please Contact D-H ARC at 603-653-3460 to register for the above seminars

Many thanks to our
wonderful volunteers!





November's Thursday Grab-N-Go Menu

- Menu is subject to change
- Suggested Donation: 60+ \$3; under 60, \$5

11/4 – Chicken Pot Pie

11/11 - Meatloaf

11/18 – Turkey meal with all the fixin's

11/25 - CLOSED for Thanksgiving

We wish you a very Happy Thanksgiving!

Please note that the Orford Senior Center is closed for Thanksgiving, on Thursday, November 25th and closed on Friday, November 26th.

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