



Upper Valley Senior Center News

January 2019

Thank You!
♡

Mascoma High School
for your donation of
Christmas Cookies.

Volunteers

Your help is appreciated over the holiday season and everyday.
We could not do it without you!!

Sullivan County 4H Homeschooling group

We always look forward to you coming to the Senior Center for our annual Gingerbread house decorating.

Sing Along

Join the Hanover Middle
January 25th 12:30-1:15



UPPER VALLEY SENIOR CENTER, 10 CAMPBELL ST., LEBANON, NH 03766
(603) 448-4213 or 448-4216 , Open Monday - Friday, 8:00am-3:00pm, www.gcsc.org

Staff
 Jill Vahey.....Director
 Katherine Scoppettone.....Outreach Worker
 Victoria Weeks..... Home Delivered Meals Coordinator
 Barbara Champagne..... .Kitchen Coordinator
 Anne Grover..... Activities and Volunteer Coordinator
 Kitchen Staff..... Vicki Brown, Gary Bresett

Transportation
 Hank Truman
 Paul Tibbals
 Bruce McCoy
 Charles LaCour
 Helen Bisson

Clinics, Support Groups & Programs



MONTHLY CLINICS



Blood Pressure: 1st & 3rd Mondays and 1st Thursday from 10:00-12:00

Foot Clinics: Appointment necessary. Call (603) 448-4213

VNAH VT/NH, Cost \$20, 3rd Tuesday, from 8:45-11:45 and 1st Thursday from 12:45-2:15

Lake Sunapee VNA, Cost \$25, 3rd Thursday & 4th Tuesday from 10:00-1:30

Community Nurse: Janet Lowell, RN BSN, every Friday from 10:00-11:30

Reminder: Center is CLOSED

Tuesday January 1st, New Year's Day

Monday January 21st, Civil Rights Day

TRANSPORTATION

12A Shopping—Tuesday, Thursday & Friday

10:30 West Lebanon & Hanover

1:00 Lebanon residents

Co-op Shopping Wednesdays at 1:00

Relax & Rejuvenate your soul!



Tea Party

*Date to be
determined.*

Warm up and gather together for hot tea and light refreshments.

By Reservation. Limited to 12 participants.

Call Anne @ 448-4213

WINTER WEATHER IS HERE!

Don't forget your sweater! The Senior Center can be a little chilly in the morning, so make sure you have an extra layer under your coat or jacket to keep yourself nice and comfortable.

Don't leave home without it!

*Do you have a Grafton County
Senior in your heart?*

Grafton County Senior Citizens Council offers punch cards for both meals and rides. Your \$100 tax-deductible donation will provide a loved one or cherished friend with 20 meals and 40 rides at any GCSCC senior center. For more information call (603) 448-4213.

CAREGIVER SUPPORT GROUP

For Caregivers of Older Adults

Next Meeting: Wednesday, January 16th

Time: 1:30 - 3:00pm

Place: Center for Elder Services

(next to the Senior Center)

Contact: Jane Conklin at (603) 448-1558

January Activities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Upper Valley Senior Center 2019	1) Center Closed New Year's Day	2) Chair Exercise 9:00 RSVP Bone Builders 10:00-11:00 Mahjong 10:00 (beginners welcome) Co-op Shopping Trip 1:00	3) Chair Exercise 9:00 Blood Pressure Clinic 10:00-12:00 Foot Clinic 12:45-2:15 Bingo for Baubles 1:00 12A Shopping Trips	4) Chair Exercise 9:00 Community Nurse 10:00-11:30 12A Shopping Trips
7) Chair Exercise 9:00 RSVP Bone Builders 10:00-11:00 Bingo 1:00	8) Chair Exercise 9:00 Line Dancing 1:00-2:00 12A Shopping Trips	9) Chair Exercise 9:00 RSVP Bone Builders 10:00-11:00 Mahjong 10:00 (beginners welcome) Co-op Shopping Trip 1:00	10) Lake Sunapee VNA Foot Clinic 10:00-1:30 Galen Mudgett 11:30 Saxophone Bingo for Baubles 1:00 12A Shopping Trips	11) Chair Exercise 9:00 Community Nurse 10:00-11:30 12A Shopping Trips
14) Chair Exercise 9:00 Advisory 9:00 RSVP Bone Builders 10:00-11:00 Blood Pressure Clinic 10:00-12:00 Bingo 1:00	15) Chair Exercise 9:00 VNA NH/VT Foot Clinic 8:45-11:45 by appointment Line Dancing 1:00-2:00 12A Shopping Trips	16) Chair Exercise 9:00 RSVP Bone Builders 10:00-11:00 Mahjong 10:00 (beginners welcome) Co-op Shopping Trip 1:00	17) Chair Exercise 9:00 Lake Sunapee VNA Foot Clinic 10:00-1:30 Birthday Celebration 12:00 Bingo for Baubles 1:00 12A Shopping Trips	18) Chair Exercise 9:00 Community Nurse 10:00-11:30 12A Shopping Trips
21) Center Closed Civil Rights Day	22) Chair Exercise 9:00 Lake Sunapee VNA Foot Clinic 10:00-1:30 Line Dancing 1:00-2:00 12A Shopping Trips 10:00-11:00	23) Chair Exercise 9:00 RSVP Bone Builders Mahjong 10:00 (beginners welcome) Co-op Shopping Trip 1:00	24) Chair Exercise 9:00 Bingo for Baubles 1:00 12A Shopping Trips	25) Chair Exercise 9:00 Community Nurse 10:00-11:30 Sing Along with Hanover Middle School Students 12:30-1:15 12A Shopping Trips
28) Chair Exercise 9:00 RSVP Bone Builders 10:00-11:00 Bingo 1:00	29) Chair Exercise 9:00 Line Dancing 1:00-2:00 12A Shopping Trips	30) Chair Exercise 9:00 RSVP Bone Builders Mahjong 10:00 (beginners welcome) Co-op Shopping Trip 1:00	31) Chair Exercise 9:00 Bingo for Baubles 1:00 12A Shopping Trips	For more information call (603) 448-4213

****Class fee charged for Line Dancing. Paid monthly \$6.00 per class. Drop in \$8.00**

January Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Upper Valley Senior Center 2019	1) Center Closed New Year's Day	2) Chicken & Biscuit Peas & Carrots 3 Bean Salad Lemon Bars	3) Hot Dog Baked Beans Cornbread Tossed Salad Ambrosia	4) Haddock Scalloped Potatoes Spinach Coleslaw Peanut Butter Cookies
7) Macaroni & Cheese Stewed Tomatoes Green Beans Tossed Salad Jell-o w/Fruit	8) Breakfast Pie Sausage Links Crinkle Carrots Spinach Salad Peach Cream Bar	9) Liver w/Bacon & Onion Mashed Potatoes Peas Fruit Salad Butterscotch Pudding	10) Soup Egg Salad Sandwich Chips & Pickle Pasta Salad Ambrosia	11) BBQ Chicken Rice Pilaf Broccoli Cottage Cheese Banana Bars
14) Tuna Casserole Onion Rings French Green Beans Tossed Salad Apple Crisp	15) Beef Stew Biscuit Asparagus Tossed Salad Gingerbread	16) Stuffed Shells California Blend Veggies Garlic Bread Confetti Salad Chocolate Chip Cookies	17) Hot Turkey Sandwich Stuffing Butternut Squash Cranberry Scone Crunchy Bean Salad Birthday Cake	18) Hamburg Stroganoff Noodles Brussels Sprouts Tossed Salad Peaches
21) Center Closed Civil Rights Day	22) Pepperoni Pizza Capri Vegetables Pasta Salad Pumpkin Bar	23) Sweet & Sour Pork Rice Broccoli Tomatoes & Cucumbers Carrot Cake	24) Ranch Chicken Scalloped Potatoes Carrots Tossed Salad Snicker Doodles	25) Meat Loaf Mashed Potatoes Corn 3 Bean Salad Brownie
28) Baked Potato Broccoli & Cheese Applesauce Carrot Raisin Salad Ice Cream	29) Vegetable Chili Corn Bread Zucchini Tossed Salad Pineapple Upside Down Cake	30) Lemon Pepper Cod Rice Succotash Coleslaw Peaches	31) American Chop Suey Green Beans Garlic Bread Cottage Cheese w/Fruit Salad Bread Pudding	Lunch served at noon. Please sign in and be seated by 11:50 to allow our waitstaff to pour beverages.

The menu for each day is generally correct, though small changes may be made as the kitchen receives fresh ingredients. We are unable to provide containers for leftovers.

A \$3.00 donation is requested for the meal. For those under 60, the full price is \$8.75.

Programs & General Information

Grafton County Senior Citizens Council Mission Statement

To promote, develop and reinforce programs which support and enhance the health, well-being, self-esteem, dignity and independence of older adults and adults with disabilities.



Senior Art Class at AVA Gallery and Art Center

11 Bank Street, Lebanon, NH

Thursday mornings 9am - Noon

Lunch at AVA 12:00-1:00pm for the morning class provided by *Upper Valley Senior Center*.

Thursday afternoons from 1:00pm - 4:00pm

Transportation available for morning class and afternoon drop off through *Upper Valley Senior Center*.

This program is generously funded by the *Couch Family Foundation*

No cost to participants!

No art experience required. All materials are provided.

Treat yourself to a fun experience!

Enroll at AVA Gallery or call: (603) 448-3117

The Upper Valley Senior Center is available for rent.

We have a large kitchen, good parking and we are handicap accessible. Great for family events and as a large meeting space. Contact Jill Vahey at (603) 448-4213 for more information.

Help us keep the center running!

We depend on volunteers.

If you would like to help us and your community please call Anne Grover at (603) 448-4213 to learn more.

2019

Trip information to be announced.

SIGHT SERVICES SUPPORT GROUP FOR INDEPENDENT LIVING

April–October first Tuesday
every other month @ 1:00pm.



Winter Weather Closing Information

If we need to close the senior center it will be announced on **WMUR TV CH9** and the following radio station between **6-9 a.m.**

WVFA 90.5 FM

Online @ www.wmur.com/weather/closings.

If Lebanon Schools are closed, so are we!

Home Delivered Meals

Our drivers cannot deliver meals if they can't get to your door. We need your help in keeping walkways, doorways, and steps clear of snow and ice. We will send additional meals as the weather dictates.



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ORGANIZATION
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Return Service Requested

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Free Tax Preparation
**This service is designed for seniors
and low income tax payers.**

The AARP Foundation Tax Aide will be offering free tax preparation at the Upper Valley Senior Center in Lebanon on Tuesdays from 8:45-2:00 starting on February 5, 2019. The last day of tax preparation will be April 9th. To make an appointment, please call the Upper Valley Senior Center in Lebanon at **(603) 448-4213**.

To prepare for your appointment please bring all tax documents for 2017. These would include your W-2, all 1099s, and anything else that concerns your particular financial situation. It is also important for you to bring a copy of last year's tax return and your social security card for confirmation of identity. The tax aides will help process simple tax returns only, not businesses, property management, or large investments.