



Upper Valley Senior Center News

March 2019

Annual Meeting

You are invited to join us on Monday, April 1st at 11:45am for the 2019 Annual Meeting of the Grafton County Senior Citizens Council, Inc. (GCSCC).

The event begins with lunch at the Upper Valley Senior Center, 10 Campbell Street, Lebanon. The annual business meeting and keynote address, presented by GCSCC Executive Director Kathleen Vasconcelos, will immediately follow lunch.

To reserve lunch please contact Jill Vahey by March 25 at 603-448-4213 or jvahey@gcsc.org

Friday March 15th

Celebrate with us by enjoying a traditional corned beef and cabbage dinner at noon. Clark Griffiths will be playing the piano for your enjoyment starting at 11:15

**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, Judi Parrott, 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



*Daylight Saving Time
begins March 10th. Set
your clock ahead one hour.*

*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.

TRANSPORTATION

12A Shopping—Tuesday, Thursday & Friday

10:30 West Lebanon & Hanover

1:00 Lebanon residents

Co-op Shopping Wednesdays at 1:00

SIGHT SERVICES SUPPORT GROUP FOR INDEPENDENT LIVING

April–October first Tuesday
every other month.

Next meeting: Tuesday, April 2nd @ 1:00

Place: Center for Elder Services
(next to the Senior Center)

Over 55 and Unemployed?

ENROLL IN A.B.L.E.'S
SENIOR COMMUNITY
SERVICE EMPLOYMENT
PROGRAM

Must meet eligibility criteria.

For more information:

Contact our office @ 603-206-4400

droberts@operationable.net

mhanson@operationable.net

CAREGIVER SUPPORT GROUP

For Caregivers of Older Adults

Next Meeting: Wednesday, March 20th


Time: 1:30 - 3:00pm

Place: Center for Elder Services

(next to the Senior Center)

Contact: Jane Conklin at (603) 448-1558

March Activities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Upper Valley Senior Center 2019	For more information call (603) 448-4213			1) Chair Exercise 9:00 Community Nurse 10:00-11:30 12A Shopping Trips
4) Chair Exercise 9:00 RSVP Bone Builders 10:00-11:00 Blood Pressure Clinic 10:00-12:00 Bingo 1:00	5) AARP Tax Preparation 8:45-2:00 by appt. Chair Exercise 9:00 Line Dancing 1:00-2:00 12A Shopping Trips	6) Chair Exercise 9:00 RSVP Bone Builders 10:00-11:00 Mahjong 10:00 (beginners welcome) Co-op Shopping Trip 1:00	7) 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	8) Chair Exercise 9:00 Community Nurse 10:00-11:30 12A Shopping Trips
11) Chair Exercise 9:00 Advisory 9:00 RSVP Bone Builders 10:00-11:00 Bingo 1:00	12) AARP Tax Preparation 8:45-2:00 by appt. Chair Exercise 9:00 Line Dancing 1:00-2:00 12A Shopping Trips	13) Chair Exercise 9:00 RSVP Bone Builders 10:00-11:00 Mahjong 10:00 (beginners welcome) Co-op Shopping Trip 1:00	14) Chair Exercise 9:00 Galen Mudgett 11:30 Saxophone Bingo for Baubles 1:00 12A Shopping Trips	15) Chair Exercise 9:00 Community Nurse 10:00-11:30 St. Patrick's Day Celebration Clark Griffiths 11:15 Piano 12A Shopping Trips
18) Chair Exercise 9:00 RSVP Bone Builders 10:00-11:00 Blood Pressure Clinic 10:00-12:00 Bingo 1:00	19) AARP Tax Preparation 8:45-2:00 by appt. Chair Exercise 9:00 VNA NH/VT Foot Clinic 8:45-11:45 by appointment Line Dancing 1:00-2:00 12A Shopping Trips	20) Chair Exercise 9:00 RSVP Bone Builders 10:00-11:00 Mahjong 10:00 (beginners welcome) Co-op Shopping Trip 1:00	21) Chair Exercise 9:00 Lake Sunapee VNA Foot Clinic 10:00-1:30 Birthday Social 11:30 w/Roger Tatro Bingo for Baubles 1:00 12A Shopping Trips	22) Chair Exercise 9:00 Community Nurse 10:00-11:30 12A Shopping Trips
25) Chair Exercise 9:00 RSVP Bone Builders 10:00-11:00 Bingo 1:00	26) AARP Tax Preparation 8:45-2:00 by appt. Chair Exercise 9:00 Lake Sunapee VNA Foot Clinic 10:00-1:30 Line Dancing 1:00-2:00 12A Shopping Trips	27) Chair Exercise 9:00 RSVP Bone Builders 10:00-11:00 Mahjong 10:00 (beginners welcome) Co-op Shopping Trip 1:00	28) Chair Exercise 9:00 Lloyd Kvam 11:30 Accordion Bingo for Baubles 1:00 12A Shopping Trips	29) Chair Exercise 9:00 Community Nurse 10:00-11:30 12A Shopping Trips

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

March Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Upper Valley Senior Center 2019	Lunch served at noon. Please sign in and be seated by 11:50 to allow our waitstaff to pour beverages.			1) White Bean Chili Biscuit Italian Blend Vegetables Cottage Cheese & Pineapple Salad Pears
4) Soup Egg Salad Chips & Pickle Pasta Salad Brownie	5) Shepherd's Pie Applesauce Capri Vegetables Tossed Salad Sugar Cookies	6) BBQ Chicken Scalloped Potatoes Green Beans Carrot Salad Peaches	7) Quiche Tater Tots Brussels Sprouts Confetti Salad Carrot Cake	8) Tuna Noodle Casserole Beets Applesauce Bean Salad Chocolate Cherry Swirl Cake
11) Sweet & Sour Meatballs Rice California Blend Veggies Spinach & Mandarin Orange Salad Banana Bar	12) Scrambled Eggs Bacon Muffin Asparagus Beet Salad Fruit Cocktail	13) Baked Fish Rice Italian Blend Vegetables Coleslaw Spice Cake	14) Macaroni & Cheese Stewed Tomatoes Green Beans Tossed Salad Chocolate Pudding w/Mandarin Oranges	15) Corned Beef Cabbage Carrots Potatoes Fruit Salad Lime Jell-o
18) Sloppy Joe Tater Tots Capri Vegetables Tossed Salad Lemon Bar	19) Hot Dog Baked Beans Cornbread Coleslaw Cherry Crisp	20) Chicken & Biscuit Peas & Carrots Broccoli Salad Mixed Fruit	21) Spaghetti Meat Sauce Green & Wax Beans Garlic Bread Tossed Salad Birthday Cake	22) Chef Salad Blueberry Muffin Pasta Salad Brownie
25) Salisbury Steak w/Gravy Sweet Potatoes Rosted Asparagus Tossed Salad Pudding	26) Kielbasa Sauerkraut Potatoes Broccoli & Carrots Tomato & Cucumber Salad	27) Creamed Chipped Beef Mashed Potatoes Capri Vegetables Fruit Salad Applesauce Raisin Cake	28) Oven Fried Chicken Stuffing Brussels Sprouts Pickled Beets Peach Cobbler	29) Haddock Au Gratin Potato Corn 3 Bean Salad Apple Crisp

We try our best to keep to the menu that is published each month. 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
provided by *Upper Valley Senior Center.*

Thursday afternoons from 1:00 - 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!

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.

Enter to Win! **HANDMADE QUILT**

Donated By Gerri Griggs

Tickets are \$1.00 ea. or 6 for \$5.00
Winner will be announced on Friday, May 10, 2019

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.



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.



Return Service Requested



P. O. Box 433 · Lebanon, NH 03766-0433



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 2018. 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.