



Upper Valley Senior Center News

April 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

Did you know?

Your local senior center is a program of the Grafton County Senior Citizens Council (GCSCC). Contributions from donors like you make it possible for GCSCC to provide the programs and services essential for older adults living in communities throughout Grafton County. Only half of our budget comes from state and federal government funds. The rest is from local communities and individuals who donate to GCSCC to support local senior centers. Please consider donating, either by mail (GCSCC, 10 Campbell St., Lebanon, NH 03766) or online (www.gcsc.org). Thank you for your generosity!

**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**

<u>Staff</u>		
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	
		<u>Transportation</u>
		Hank Truman
		Paul Tibbals
		Bruce McCoy
		Charles LaCour
		Helen Bisson

Clinics, Support Groups & Programs



MONTHLY CLINICS



Blood Pressure: 1st & 4th Monday in April and 1st Thursday from 10:00-12:00

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

VNAH VT/NH, Cost \$20, 4th Friday, 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

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)

TRANSPORTATION

12A Shopping—Tuesday, Thursday & Friday

10:30 West Lebanon & Hanover

1:00 Lebanon residents

Co-op Shopping Wednesdays at 1:00

CAREGIVER SUPPORT GROUP

For Caregivers of Older Adults

Next Meeting: Wednesday, April 17th

Time: 1:30 - 3:00pm

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

Contact: Jane Conklin at (603) 448-1558



WATERCOLOR CLASS

*See the beauty in everything you do.
This class is for anyone who would like
to learn to do basic watercolor
techniques, different ways for textures,
mixing colors, brushstrokes and have
fun at the same time. Find the inner
you. It's free. All supplies provided
and no experience needed.*

*Class starts, Wednesday, April 10th from
1:00PM-2:30PM*

*Class will be held every Wednesday
Preregistration is required.
Please call Jill at 603-448-4213*

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

April Activities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1) Chair Exercise 9:00 RSVP Bone Builders 10:00-11:00 Blood Pressure Clinic 10:00-12:00 Annual Meeting	2) AARP Tax Preparation 8:45-2:00 by appt. Chair Exercise 9:00 Line Dancing 1:00-2:00 Sight Services 1:00 (Center for Elder Services) 12A Shopping Trips	3) Chair Exercise 9:00 RSVP Bone Builders 10:00-11:00 Mahjong 10:00 (beginners welcome) Co-op Shopping Trip 1:00	4) 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	5) Chair Exercise 9:00 Community Nurse 10:00-11:30 12A Shopping Trips
8) Chair Exercise 9:00 Advisory 9:00 RSVP Bone Builders 10:00-11:00 Bingo 1:00	9) AARP Tax Preparation 8:45-2:00 by appt. Chair Exercise 9:00 Line Dancing 1:00-2:00 12A Shopping Trips	10) Chair Exercise 9:00 RSVP Bone Builders 10:00-11:00 Mahjong 10:00 Co-op Shopping Trip 1:00 Basic Watercolors 1:00-2:30 PM	11) Chair Exercise 9:00 Galen Mudgett 11:30 Saxophone Bingo for Baubles 1:00 12A Shopping Trips	12) Chair Exercise 9:00 Community Nurse 10:00-11:30 12A Shopping Trips
15) Chair Exercise 9:00 RSVP Bone Builders 10:00-11:00 Bingo 1:00	16) Chair Exercise 9:00 Line Dancing 1:00-2:00 12A Shopping Trips	17) Chair Exercise 9:00 RSVP Bone Builders 10:00-11:00 Mahjong 10:00 North Country Chordsmen 12:30 Co-op Shopping Trip 1:00 Basic Watercolors 1:00-2:30 PM	18) Chair Exercise 9:00 Lake Sunapee VNA Foot Clinic 10:00-1:30 LSVNA Presentation: Hoarding Disorders 10:30-11:30 Birthday Social 11:30 w/Roger Tatro Bingo for Baubles 1:00 12A Shopping Trips	19) Chair Exercise 9:00 Community Nurse 10:00-11:30 12A Shopping Trips
22) Chair Exercise 9:00 RSVP Bone Builders 10:00-11:00 Blood Pressure Clinic 10:00-12:00 Bingo 1:00	23) Chair Exercise 9:00 Lake Sunapee VNA Foot Clinic 10:00-1:30 Line Dancing 1:00-2:00 12A Shopping Trips	24) Chair Exercise 9:00 RSVP Bone Builders 10:00-11:00 Mahjong 10:00 Co-op Shopping Trip 1:00 Basic Watercolors 1:00-2:30 PM	25) Chair Exercise 9:00 Lloyd Kvam 11:30 Accordion Bingo for Baubles 1:00 12A Shopping Trips	26) VNAH VT/NH Foot Clinic 8:45-11:45 Chair Exercise 9:00 Community Nurse 10:00-11:30 12A Shopping Trips
29) Chair Exercise 9:00 RSVP Bone Builders 10:00-11:00 David Thron 11:15 Piano Bingo 1:00	30) Chair Exercise 9:00 Line Dancing 1:00-2:00 12A Shopping Trips		For more information call (603) 448-4213	Upper Valley Senior Center 2019

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

April Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1) Oven Fried Chicken Stuffing Brussels Sprouts Salad Ice Cream	2) American Chop Suey Cornbread Green Beans Salad Pudding w/Topping	3) Sweet & Sour Pork Rice Italian Blend Veggies Salad Peach Cobbler	4) Baked Potato w/Broccoli & Cheese Capri Vegetables Salad Cookies	5) Tuna Noodle Casserole Peas Wax Beans Salad Brownie
8) Hot Hamburger Sandwich/Gravy French Fries Wax Beans Salad Pears	9) Breakfast Pie Sausage Crinkle-Cut Carrots Salad Yogurt w/Fruit	10) BBQ Chicken Scalloped Potatoes Broccoli Salad Birdseed Bar	11) Macaroni & Cheese Stewed Tomatoes Green Beans Salad Princess Bar	12) Pepperoni Pizza Capri Vegetables Applesauce Salad Cupcake
15) Hamburger Stroganoff w/Noodles Spinach Salad Patriot Bar	16) Baked Sole Rice Pilaf California Blend Vegetables Salad Fruit Cocktail	17) Baked Beans w/Hot Dog Cornbread Salad Apple Crisp	18) Chef Salad w/Meat, Cheese & Egg Muffin Salad Birthday Cake	19) Stuffed Shells Italian Blend Veggies Garlic Bread Salad Pudding
22) Liver & Onions Boiled Potatoes Corn Salad Cookies	23) Beef Stew Biscuit Cauliflower & Broccoli Salad Pumpkin Bar	24) Soup Egg Salad Sandwich Chips Pickles Salad Brownies	25) Ham & Noodle Casserole Carrots Brussels Sprouts Salad Chocolate Cake	26) Chicken Salad Plate Tomatoes & Cucumbers Applesauce Salad Lemon Bar
29) Lemon Pepper Cod Rice Pilaf Succotash Salad Oatmeal Cookies	30) Meatloaf Mashed Potatoes Corn Salad Ice Cream		Lunch served at noon. Please sign in and be seated by 11:50 to allow our waitstaff to pour beverages.	Upper Valley Senior Center 2019

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!

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

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.

AARP Tax-Aide

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 ending April 9th. To make an appointment, please call the Upper Valley Senior Center in Lebanon at **(603) 448-4213.**

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.



Return Service Requested

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

Walk with us to help overcome the obstacles
of senior hunger and isolation!

STEP UP
SUPPORT
Meals on Wheels

Saturday, May 18th, 2019

Horse Meadow Senior Center
91 Horse Meadow Rd., N. Haverhill, NH

Visit GCSCC.ORG for more information!