



Upper Valley Senior Center News

May 2019



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

Saturday, May 18th, 2019
Horse Meadow Senior Center
91 Horse Meadow Rd., N. Haverhill, NH
Call the Center for bus and participation sign-up. 448-4213

Come be part of the UVSC team and have a great time!

Did you know?

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!

Thank you to the Jack and Dorothy Byrne Foundation for offering a \$40,000 challenge grant to GCSCC! YOU can help us match the challenge so we can continue to meet the needs of a growing population of older adults in our communities.

\$1 of yours + \$1 from the Byrne Foundation = \$2!

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
- Becky Foster.....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

SIGHT SERVICES SUPPORT GROUP FOR INDEPENDENT LIVING

April–October: first Tuesday
every other month.

Next meeting: Tuesday, June 4 @ 1:00

Place: Upper Valley Senior Center

TRANSPORTATION

12A Shopping—Tuesday, Thursday & Friday

10:30 West Lebanon & Hanover

1:00 Lebanon residents

Co-op Shopping—Wednesdays at 1:00

IT TAKES A COMMUNITY!

As the saying goes, it takes a village to raise a child. In the same vein, it takes a community to care for our senior population. We rely on our dedicated volunteers to help maintain the positive and supportive atmosphere here at UVSC!

We like to work with all kinds of volunteers—from students to seniors.

If you or someone you know would like to help us, please call Becky at (603) 448-4213 to learn more!

The Many Ways Volunteering is Good for You

- It keeps you healthy
- It's good for your mind
- It keeps you connected socially
- It makes you feel good to help others!

CAREGIVER SUPPORT GROUP

For Caregivers of Older Adults

Next Meeting: Wednesday, May 15

Time: 1:30 - 3:00

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

Contact: Jane Conklin at (603) 448-1558

Over 55 and Unemployed?

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

Must meet eligibility criteria.

For more information:

Contact **ABLE's office @ 603-206-4400**

**droberts@operationable.net or mhan-
son@operationable.net**

The first person to find the misspelled word in this newsletter and report it to Becky will win a free lunch pass! 448-4213 or stop by. (Hopefully you will only find one!)

May 2019 Activities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Upper Valley Senior Center May 2019 For more information call (603) 448-4213</p>	<p>**Class fee charged for Line Dancing. Paid monthly: \$6.00 per class. Drop in \$8.00</p>	<p>1) Chair Exercise 9:00 RSVP Bone Builders 10:00-11:00 Mahjong 10:00 (beginners welcome) Co-op Shopping Trip 1:00 Basic Watercolors 1:00-2:30</p>	<p>2) Chair Exercise 9:00 Blood Pressure Clinic 10:00-12:00 VNAH VT/NH Foot Clinic 12:45-2:15 Bingo for Baubles 1:00 12A Shopping Trips</p>	<p>3) Chair Exercise 9:00 Cinco de Mayo Celebration! 11:00 Community Nurse 10:00-11:30 12A Shopping Trips</p>
<p>6) Chair Exercise 9:00 “Gifts of Story” by Rebecca Rule 10-12 Blood Pressure Clinic 10:00-12:00 RSVP Bone Builders 10:00-11:00 Bingo 1:00</p>	<p>7) Chair Exercise 9:00 Older Americans Month—Thanks to our Seniors! 11:30 —Details to follow. Line Dancing 1:00-2:00** 12A Shopping Trips</p>	<p>8) Chair Exercise 9:00 RSVP Bone Builders 10:00-11:00 Mahjong 10:00 Middle School Recognition 12:30 Co-op Shopping Trip 1:00 Basic Watercolors 1:00-2:30</p>	<p>9) Chair Exercise 9:00 Galen Mudgett 11:30 Saxophone Bingo for Baubles 1:00 12A Shopping Trips</p>	<p>10) Chair Exercise 9:00 Mother’s Day Luncheon & Festivities 10-12 Community Nurse 10:00-11:30 12A Shopping Trips Mother’s Day Memory Tree</p>
<p>13) Chair Exercise 9:00 Advisory Board 9:00 “Gifts of Story” by Rebecca Rule 10-12 RSVP Bone Builders 10:00-11:00 Bingo 1:00</p>	<p>14) Chair Exercise 9:00 Line Dancing 1:00-2:00** 12A Shopping Trips</p>	<p>15) Chair Exercise 9:00 RSVP Bone Builders 10:00-11:00 Mahjong 10:00 Middle School Recognition 12:30 Co-op Shopping Trip 1:00 Basic Watercolors 1:00-2:30</p>	<p>16) 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</p>	<p>17) Chair Exercise 9:00 Community Nurse 10:00-11:30 12A Shopping Trips REMINDER: SATURDAY, THE 18TH, IS THE WALKATHON FOR MEALS ON WHEELS!</p>
<p>20) Chair Exercise 9:00 “Gifts of Story” by Rebecca Rule 10-12 RSVP Bone Builders 10:00-11:00 Blood Pressure Clinic 10:00-12:00 Bingo 1:00</p>	<p>21) VNAH VT/NH Foot Clinic 8:45-11:45 Chair Exercise 9:00 Line Dancing 1:00-2:00** 12A Shopping Trips</p>	<p>22) Chair Exercise 9:00 RSVP Bone Builders 10:00-11:00 Mahjong 10:00 Middle School Recognition 12:30 Co-op Shopping Trip 1:00 Basic Watercolors 1:00-2:30</p>	<p>23) Chair Exercise 9:00 Lloyd Kvam 11:30 Accordion Bingo for Baubles 1:00 12A Shopping Trips Evening Social “Rosie’s Mom” Doors Open at 5:00pm</p>	<p>24) Chair Exercise 9:00 Community Nurse 10:00-11:30 NPR’s “From the Top” Elite Musicians to Perform 12A Shopping Trips Memorial Day Memory Tree</p>
<p>27) Center Closed Memorial Day</p>	<p>28) Chair Exercise 9:00 Lake Sunapee VNA Foot Clinic 10:00-1:30 Line Dancing 1:00-2:00** 12A Shopping Trips</p>	<p>29) 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</p>	<p>30) Chair Exercise 9:00 Urinary Incontinence Program for Women 10:30-11:30, Bridget Logan , PhD, APRN, DHMC Bingo for Baubles 1:00 12A Shopping Trips</p>	<p>31) Chair Exercise 9:00 Community Nurse 10:00-11:30 12A Shopping Trips</p>

May 2019 Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Upper Valley Senior Center May 2019	Lunch served at noon. Please sign in and be seated by 11:50 to allow our waitstaff to pour beverages.	1) Ranch Chicken Baked Potato Broccoli Salad Fruited Jell-O	2) Spaghetti w/Vegetable Sauce Green Beans Garlic Bread Salad Cookies	3) Fiesta Casserole Lime Rice Roasted Zucchini Salad Bird Seed Bars
6) Ham/Potato Salad Baked Beans Dinner Roll Salad Pineapple Upside Down Cake	7) Pork Roast Stuffing 5-Way Veggie Mix Salad Mixed Fruit	8) Salisbury Steak Mashed Potato w/ Gravy Corn Salad Ice Cream	9) White Bean Chili Biscuit Wax Beans Salad Spice Cake	10) Baked Haddock Rice Broccoli Salad Lemon Bars
13) Kielbasa w/Sauerkraut Roasted Potatoes Capri Vegetables Salad Cookies	14) French Toast Sausage Fruit Salad Pudding	15) Tuna Noddle Casserole Carrots Salad Ice Cream	16) Chicken & Biscuit Peas & Carrots Salad Birthday Cake	17) Soup Egg Salad Sandwich Chips Pickle Salad Brownies
20) Macaroni & Cheese Stewed Tomatoes Green Beans Salad Ambrosia	21) Shepherd's Pie Carrots Applesauce Salad Pudding	22) Chef Salad w/Meat, Cheese & Egg Muffin Salad Ice Cream	23) Baked Potato Broccoli & Cheese Beets Salad Cherry Crisp	24) Italian Stew Biscuit Zucchini Salad Carrot Bar
27) CLOSED FOR MEMORIAL DAY	28) Oven Fried Chicken Stuffing Brussel Sprouts Salad Yogurt w/Fruit	29) Tuna Pea Wiggle Noodles Spinach Salad Gingerbread	30) American Chop Suey Italian Blend Vegetables Garlic Bread Salad Pumpkin Bar	31) 3-Salad Plate Tomatoes Cucumbers Cranberry Bread Salad Choc. Chip Cookies

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



May is a Special Month!

We celebrate Seniors and how important you are to our community!

Tuesday, May 7



MEMORIAL DAY MEMORY TREE

Week of May 20-24

ELITE YOUNG MUSICIANS from NPR's "From the Top" to play for us!

You won't want to miss it!
Friday, May 21



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

URINARY INCONTINENCE PROGRAM FOR WOMEN

May 30, 2019-UVSC

Enter to Win! HANDMADE QUILT donated by Gerri Griggs. Winner announced on **Friday, May 10!** \$1 ea. or 6/\$5

Thanks to the Lebanon Middle School Volunteers!

We appreciate your service to the Upper Valley Senior Center



Let's Celebrate!

May 3, 2019

Mexican Casserole

Take a Whack at the Piñata

HONORING MOTHERS

When: Friday, May 10

Festivities start at 10:00 and end with lunch at 12:00.

Where: UVSC

Details still to come! Stay tuned!

Memory Tree starting Monday, May 8. Get memory cards from Becky





Return Service Requested

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New Hampshire Humanities
Presents

**ROSIE'S MOM. FORGOTTEN WOMEN
OF THE FIRST WORLD WAR**

Thursday, May 23, 2019

Doors Open at 5:00 p.m.

by Carrie Brown, PhD, American Literature and
Folklore, Univ. of VA

Light Refreshments will be served

A full generation before Rosie the Riveter, American women rolled up their sleeves and entered war industries where they had never been welcome before. In this illustrated lecture, you will learn how these women helped shape the work that their more famous daughters would do in the next World War..