Did You Know?  Contributions from donors like you make it possible for the Grafton County Senior Citizens Council 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 Street, Lebanon, NH 03766) or online (www.gcscc.org). Thank you for your generosity!

**MARCH 2020**

Come Join Us for our 2-Day St. Patty’s Celebration!

Monday, March 16, 11:30-12:30

Entertainer Marie Allen will join us for an interactive Irish Show. There will be music, comedy and lots of laughter!

Tuesday, March 17, 11:30-12:30

Fiddlers from Upper Valley Music Center will entertain us. Games and a great Irish lunch will be served.

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

**STAFF:**
- Jill Vahey  Director
- Kappy Scoppetone  Outreach Worker
- Victoria Weeks  HDM Coordinator
- Becky Foster  Activities Coordinator
- Anne Grover  Volunteer Coordinator

**TRANSPORTATION:**
- Hank Truman  Coordinator
- Bruce McCoy  Driver
- Alan Livingston  Driver
- Charles LaCour  Driver
- Helen Bisson  Dispatcher

**KITCHEN**
- Barbara Champagne  Kitchen Coordinator
- Vicki Brown  Kitchen Staff
- Gary Bresett  Kitchen Staff
**Clinics, Support Groups & Programs**

**ONGOING CLINICS**

**Blood Pressure**: 1st & 3rd Mondays from 10-12

**Foot Clinics**: Appointment necessary. Call (603) 448-4213
- VNAH VT/NH, Cost $20, 1st Thursday from 10:00-2:15 & 4th Wednesday from 12:30-2:50
- Lake Sunapee VNA, Cost $25, 4th Tuesday from 10:00-1:30

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

**TECH/COMPUTER LABS**
- Fridays, 9-12, 1-hour appointments with Elizabeth, our Tech Coach, are available.

To sign up, please contact Becky at bfoster@gcscc.org or call the Activities Office at 448-4213

**UPPER VALLEY SENIOR CENTER**
- AVAILABLE FOR RENT
- Great for family events, clubs, parties, & more!
- Large kitchen
- Good parking
- Handicap accessible
- Chairs and tables available
- Holds up to 200 people
- Contact Jill at (603) 448-4213.

**TRANSPORTATION**
- **24 hour notice required**

**12A Shopping**—Tuesday, Thursday & Friday
- 10:30 West Lebanon & Hanover residents
- 1:00 Lebanon residents

**Co-op Shopping**—Wednesdays
- 1:00 Lebanon residents
- 1:30 Quail Hollow residents

**WINTER CLOSING INFORMATION**
- If we are forced to close the senior center, it will be announced on WMUR TV Ch. 9 or website: www.wmur.com/weather/closings
- If Lebanon schools are closed, so are we!
- If the Lebanon schools are delayed, we will open at our normal time of 8:00.
- As far as HDM, our drivers cannot deliver meals if they can’t get to your door. Please keep walkways/doorways/steps clear of ice/snow. We will send additional meals as the weather dictates.

**TECH/COMPUTER LABS**
- Thursdays, 9-12, 1-hour appointments with Elizabeth, our Tech Coach, are available.

To sign up, please contact Becky at bfoster@gcscc.org or call the Activities Office at 448-4213

**SAVE THESE DATES**
- Annual Meeting, April, Date Pending
- Sight Services, Tuesday, April 7, 1-2:30. Discuss items to help with daily living activities.
- Ticks are Everywhere: Tips & Tricks for Avoiding Tick Borne Illnesses, April 8
- National Scrabble Day & Tournament, April 9, 1-2:30
- Solutions for Easier Living Workshop, April 10, 10:30-11:30 (Re-scheduled date)
- Easter Festivities: Friday, April 10
- Earth Day with Kathy Lowe Bloch, Wednesday, April 22
- Name that Tune, Monday, April 27
- VINS Live Raptor Encounter, Friday, May 1, 11:30-12:30
- Mother’s Day Tea, Friday, May 8, 1-2:30
- Memorial Day Celebration w/Tap Dancers, Friday, May 22
- Annual Walkathon for Home Delivered Meals, May 16
- AARP Driving Course w/Certification, May 5, 8:30-3:30

**THANKS TO OUR MUSICIANS!**
One of the objectives of the Activities team is to have musicians join us and share their talents as often as possible. These musicians spend their valuable time serving us; they practice, drive, set up, play, tear down, etc. And they do this at no charge. Let’s give them a big thanks when they are here and show them we appreciate them!

“Music touches us emotionally where words alone can’t.” Johnny Depp

**Baseball Season**
- **Opening Day**
- Thursday, March 26, 11:30
- Come enjoy some peanuts, popcorn, and Cracker Jack.
- Finish our baseball word search and get a chance to win a $20 gift card to Five Guys Restaurant!
<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 Chair Exercise 9-9:30</td>
<td>3 Chair Exercise 9-9:30 AARP Tax Prep 8:45-3 (by appt) Hand Exercise 9:30-10 Line Dancing 1-2** 12A Shopping Trips 10:30 &amp; 1:00</td>
<td>4 Chair Exercise 9-9:30 Bone Builders 10-11 Mahjong 10-11 Music Together 9:30-10:15 Art Class w/Judi 1-2:30 Co-op Shopping Trip 1:00</td>
<td>5 Chair Exercise 9-9:30 AARP Tax Prep 8:45 Tech Lab 9-12 (by appt) Hand Exercise 9:30-10 Foot Clinic 10-2:15 Bingo/Baubles 1-2:30* 12A Shopping Trips 10:30 &amp; 1:00</td>
<td>6 Chair Exercise 9:00 Community Nurse 10-11:30 Byron &amp; Raymond Sing/Guitars 11:15 12A Shopping Trips 10:30 &amp; 1:00 Sewing Club 1-2:30</td>
</tr>
<tr>
<td>Bone Builders 10-11</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Blood Pressure 10-12</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Dr. Seuss Day 11:30-11:45</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bingo 1-2:30</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Advisory Meeting 9-10</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bone Builders 10-11</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>David Thron, Piano, 11:30-12:15</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bingo 1-2:30</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>16 Chair Exercise 9-9:30</td>
<td>17 Chair Exercise 9-9:30 AARP Tax Prep 8:45-3 (by appt) Hand Exercise 9:30-10 St. Pat’s Fiddlers &amp; Games 11:30-12:30 Line Dancing 1-2** 12A Shopping Trips 10:30 &amp; 1:00</td>
<td>18 Chair Exercise 9-9:30 Bone Builders 10-11 Mahjong 10-11 Music Together 9:30-10:15 Art Class w/Judi 1-2:30 Co-op Shopping Trip 1:00</td>
<td>19 Chair Exercise 9-9:30 Hand Exercise 9:30-10 Tech Lab 9-12 (by appt) Storytelling 10-11 Birthday Social w/Roger Tatro 11:30 Bingo/Baubles 1-2:30* 12A Shopping Trips 10:30 &amp; 1:00</td>
<td>20 Chair Exercise 9-9:30 Community Nurse 10-11:30 Is It Normal? Seminar by TLC 12:30-2:30 12A Shopping Trips 10:30 &amp; 1:00</td>
</tr>
<tr>
<td>Bone Builders 10-11</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Blood Pressure 10-12</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Marie Allen, Interactive Irish Music 11-12:30</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bingo 1-2:30</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>23 Chair Exercise 9-9:30</td>
<td>24 Chair Exercise 9-9:30 AARP Tax Prep 8:45-3 (by appt) Hand Exercise 9:30-10 Foot Clinic 10-1:30 Line Dancing 1-2** 12A Shopping Trips 10:30 &amp; 1:00</td>
<td>25 Chair Exercise 9-9:30 Bone Builders 10-11 Mahjong 10-11 Music Together 9:30-10:15 Foot Clinic 12:30-2:50 Art Class w/Judi 1-2:30 Co-op Shopping Trip 1:00</td>
<td>26 Chair Exercise 9-9:30 Tech Lab 9-12 (by appt) Hand Exercise 9:30-10 Lloyd Kvan Accordion 11:30-12:15 Bingo/Baubles 1-2:30* 12A Shopping Trips 10:30 &amp; 1:00</td>
<td>27 Chair Exercise 9-9:30 Community Nurse 10-11:30 12A Shopping Trips 10:30 &amp; 1:00</td>
</tr>
<tr>
<td>Bone Builders 10-11</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bingo 1-2:30</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>30 Chair Exercise 9-9:30</td>
<td>31 Chair Exercise 9-9:30 AARP Tax Prep 8:45-3 (by appt) Hand Exercise 9:30-10 Line Dancing 1-2** 12A Shopping Trips 10:30 &amp; 1:00</td>
<td></td>
<td>*4 person minimum to hold Bingo/Baubles **Line Dancing Fees: Paid Monthly: $6/class Drop-In: $8/class</td>
<td></td>
</tr>
<tr>
<td>Bone Builders 10-11</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Neck Pain Seminar 11-11:45</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bingo 1-2:30</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**UPPER VALLEY SENIOR CENTER**

MARCH 2020

*4 person minimum to hold Bingo/Baubles
**Line Dancing Fees: Paid Monthly: $6/class Drop-In: $8/class

HAPPY ST. PATRICK’S DAY!
# UVSC-March Menu-Lebanon, NH

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 Stuffed Shells Cal. Blend Vegetables Roll Salad</td>
<td>3 Pot Roast/Gravy Mashed Potatoes Carrots Salad</td>
<td>4 Baked Potato/ Cheese Sauce Broccoli Side Dish of Chili Salad</td>
<td>5 American Chop Suey Green Beans Corn Bread Salad</td>
<td>6 Baked Fish Au Gratin Potatoes Stewed Tomatoes Salad</td>
</tr>
<tr>
<td>16 Tuna Noodle Casserole Corn Broccoli and Salad</td>
<td>17 Corned Beef Cabbage Potatoes Carrots Salad</td>
<td>18 White Bean Chili Green Beans Corn Bread Salad</td>
<td>19 BBQ Chicken Potato Salad Baked Beans Salad Birthday Cake</td>
<td>20 Quiche Tater Tots Broccoli Salad</td>
</tr>
<tr>
<td>23 Spaghetti w/ Meat Sauce Italian Vegetables Garlic Bread Salad</td>
<td>24 Salisbury Steak Baked Potato Carrots Salad</td>
<td>25 Liver &amp; Onions Bacon Mashed Potatoes Capri Vegetables Salad</td>
<td>26 Soup/Sandwich Chips &amp; Pickles Salad</td>
<td>27 Ranch Chicken Stuffing Roasted Asparagus Salad</td>
</tr>
<tr>
<td>30 Tuna Salad Platter Cucumbers Tomatoes Roll Salad</td>
<td>31 Kielbasa w/ Sauerkraut Noodles Wax Beans Salad</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Upper Valley Senior Center March 2020

Lunch is served at noon. Please sign in and be seated by 11:45 to allow our waitstaff to pour beverages.

We try our best to keep the published menu 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 $5.00.
Programs & General Information

Senior Art Class @ AVA Gallery,
11 Bank Street, Lebanon, NH
Thursdays, 9-2.
Lunch will be served from 12-1, provided
by Upper Valley Senior Center.
Please contact UVSC Transportation at least 24 hours in
advance if you need a ride to AVA or home. 448-4213.
This program is generously funded by the Couch Family
Foundation. No cost to participants! No art experience
required. All materials will be provided. Treat yourself to a
fun experience! Enroll at AVA Gallery, 603-448-3117.

March Craft-Thursday, March 12, 10-11
We will be making/sewing cute Felt Easter Eggs or
Chickens. These are great Easter decorations or gifts
for your grandkids! Please sign up with Sharon or Ginn-
y the Activities Office, call 448-4213, or e-mail
sfagan@gcscc.org

NECK PAIN
EXPLAINED:
Learn how to self-
manage & when to seek
professional
attention!

Monday, March 30, 11-11:45
Presented by: Steven Mann PT, DPT, Cert. MDT
Board-Certified Clinical Specialist of Orthopedic Physi-
cal Therapy, BE Fit Physical Therapy located at
Upper Valley Aquatic Center, WRJ,
& 42 Lyme Road in Hanover.

Is It Normal or Not Normal?
Friday, March 20, 12:30-2:30
Helps participants understand and recognize the differences in
“normal” and “not normal” memory issues & aging. If it’s not
normal, this workshop will help you develop skills to recognize &
intervene effectively.
Jessica Kalb, Regional VP
TLC Home Care

“Spin Me a Yarn” Sewing Club
Friday Afternoons, 1-2:30
Starting Friday, Feb. 21!
Whether you knit, crochet, sew, needle-
point, or wish to, please join us! We will have some tea,
some good conversation, and some fun, all while making
something beautiful! (Bus will take Lebanon residents home
at 2:30. Make your bus reservations 24 hours ahead.)

Hand and Thumb
Osteoarthritis Exercise Class
Tuesdays and Thursdays
9:30-10:00
Class starts March 3, right after
Chair Exercise.
Helps to improve hand & thumb pain,
hand stiffness, decreased hand strength & coordination.

Dr. Seuss Day
Monday, March 2, 11:30-11:45
Come join us to celebrate the life
of Ted Seuss Geisel.
Trivia quiz and award.

Famous Landmarks Game, March 13, 11:15-
11:45. Come have some fun and try your hand
at guessing 31 famous landmarks in the world.
Winner will be awarded a $20 gift card to Five
Guys Restaurant!

Congrats to Pat Rubacka, who won Oscar the Bear! (Thanks to Tia
Liu for donating Oscar!) Also, congrats to Olive MacGregor and Di
Bruce for winning tickets to LOH’s The Backwards Piano Man and
to Sandy Lyons for getting the King Cake baby .

“No matter how long the Winter, Spring is sure to follow.” —Proverb
Spring arrives on Thursday, March 19.
Even with a shoe full of slush, let’s have a picnic (indoors,
of course!). Barb will be serving BBQ chicken, potato
salad, baked beans & salad. And, that day is our birthday
celebration as well, so we will really have a great party!

We are also raffling off a Picnic Basket full of goodies to
have a great indoor picnic with friends or family. Be sure
to enter! $1 per ticket, or 6 for $5. Enter at front desk.
See insert inside newsletter for info on March Exercise Challenge!

SPECIAL $5 PRICE!

*Lebanon Opera House is offering a great price for Seniors*

Jason Lyle Black, The Backwards Piano Man!
Lebanon Opera House, Sunday, March 15, 4:00

Visit the Library Soon!
We have received numerous books on CD, including books by John Grisham, James Patterson, & Clive Cussler.

HAVE YOU MADE YOUR APPOINTMENT YET? IF NOT, DO IT SOON! SPACES ARE FILLING UP FAST! DON’T BE LEFT OUT!

Where: Upper Valley Senior Center, 10 Campbell Street, Lebanon, NH

When: Tuesdays. Call to see what times are still available.

How: Call (603) 448-4213 to sign up.

Who: Low and middle income seniors and their families

Daylight Saving Time starts!
Sunday, March 8
EXERCISE CHALLENGE
UPPER VALLEY SR. CENTER
March 1-31, 2020

Got Cabin Fever? Feeling blah?
Join us for the UVSC March Exercise Challenge.

Here’s how it works:

For every 5 minute increment of exercise (see below options), you will receive 1 point. We will keep track of exercise per person. At the end of March, we will award 3 winners based on who has the highest number of points.

Here’s how you earn points:

--1 point for every 5 minutes of walking around the inside of the Senior Center. (We will have a path lined out for you to follow.)

--6 points for attending the Chair Exercise class. (Daily, 9-9:30)

--12 points for attending the Bone Builders class. (Mondays and Wednesdays, 10-11)

--12 points for attending the Line Dancing class. (Tuesday, 1-2)

--6 points for attending the Hand/Thumb exercise class (Tuesdays and Thursdays, 9:30-10)

(over)
Example:

--If you walk every day for 15 minutes (22 weekdays in March x 3 points = 66 points)
--And you attend all 22 Chair Exercises during the month (22 classes x 6 points = 132 points)
--And you attend Bone Builders classes on March 2, 4, 9, 11, 16, 18, 23, 25 & 30 (9 classes x 12 points = 108 points)
--And you attend all 5 Line Dancing classes in the month (5 classes x 12 points = 60 points)
--And you attend the new Hand/Thumb Exercise class every Tuesday and Thursday during March (9 classes x 6 points = 54 points)

This would give you 420 points total.

PRIZES: Top 3 people with highest total points

1) Meal & Bus Ticket for one full month (Worth approx. $120)

2) Meal or Bus Ticket for one full month (Worth approx. $60)

3) Meal or Bus Ticket for one full month (Worth approx. $60)

WHY IS EXERCISE SO IMPORTANT?

--Boost immune system
--Increase joint function
--Improve mental acuity
--Prevent disease
--Maintain weight
--Improve overall quality of life

Come join us!

It will be great for your health, plus lots of fun!