
September Newsletter 2019

Orford Area Senior Center

United Congregational Church Rt. 10

Center Ph. 603-353-9107

Program Coordinator.....Lisa Minickiello

Cook.....Kathleen Sanborn

Outreach Workers.....Florence Thornton

603-787-2539

Medicare Open Enrollment begins soon!!!

You might be able to save money on your prescription drug plan. Meet with a ServiceLink Medicare Counselor to find out.

September 10th at the Orford Senior Center.

10:00 – 12:00

Signup sheet will be on site.

Bring your Medicare Card and list of prescription medications.

Ah, September! My favorite season of the year. Crisp mornings and warm sunny days! With that being said it also means it's time to start thinking about Medicare, fuel assistance, and getting ready for winter. Please see me if you have any questions.

There will be a free raffle every Tuesday in the month of September so join us for lunch and get your raffle ticket!

Upcoming Events

Sept. 2nd

CLOSED~~LABOR DAY

Sept. 8th

GRANDPARENTS DAY

Sept. 23rd

1st DAY OF FALL

Sept. 27th

CLOSED~~GCSCC SAFETY DAY

Happy Birthday!

Jeff Small 9/18

Rachel Santy 9/21

Dawn Binford 9/23

Becky Wheeler 9/29

For those 60 years and over we suggest a donation of \$3.00

For those under 60 the cost is \$5.00 Thank You.



September 3rd	Cooks Choice, Fruit Salad Ice Cream
September 10th	Chicken, Potato, Carrots Salad, Pie
September 17th	Pork Ribs, Potato, Green Beans Salad, Blueberry Cake Music: "No Strings Attached" 11am Massage ~ Please Sign-Up \$15
September 24th	Meatloaf, Potato, Carrots Salad, Cookies/Choc. Pudding Music: Dan Freihofer

All meals are served with bread, butter, coffee, tea and milk.

The six best doctors in the world

1. Sunlight
2. Rest
3. Exercise
4. Diet
5. Self-Confidence
6. Friends

Did you know.....

Your local senior center is a program of 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!