



PAINT 'n SIP WITH JOAN

Hope you will join us for our upcoming monthly “Paint ‘n Sip with Joan” classes. Take home your very own masterpiece! And while we are working, we will enjoy a cup of tea! (Tea bag to be supplied!)

WHEN: Thursday, May 19, 11-12
Thursday, June 16, 11-12
Thursday, July 21, 11-12
Thursday, August 18, 11-12

WHO: In-Person at Plymouth Regional Senior Center and by Zoom for all other GCSCC participants.

HOW: All supplies will be sent to your attention before the class. There is no charge for the class or the supplies.

Reservations required.
Contact bfoster@gcsc.org or 603-448-4213.



GCSCC Celebrates Older Americans Month

We as older Americans play vital, positive roles in our communities – as family members, friends, mentors, volunteers, civic leaders, members of the workforce, and more. Just as every person is unique, so too is how we age and how we choose to do it – and there is no “right” way. That’s why the theme for Older Americans Month 2022 is *Age My Way*.

This year’s theme focuses on how we can age in our communities, living independently for as long as possible and participating in ways we choose.

While *Age My Way* will look different for each person, here are common things we can consider:

- **Planning:** Think about what you will need and want in the future, from home and community-based services to community activities that interest you.
- **Engagement:** Remain involved and contribute to your community through work, volunteering, and/or civic participation opportunities.
- **Access:** Make home improvements and modifications, use assistive technologies, and customize supports to help you better age in place.
- **Connection:** Maintain social activities and relationships to combat social isolation and stay connected to your community.

As part of the GCSCC program this year, we are offering 2 seminars to help you accomplish the above goals:

1. **“Aging in Place. How to Adapt Your Home to Changing Needs.”**

When: Wednesday, May 18, 1-2

How: Zoom. Reservations Required. Contact your Activities Coordinator.

Who: Lake Sunapee VNA’s Cheryl Phelps will be teaching this class.

2. **“Solutions for Easier Living--in a House or an Apartment.”**

When: Monday, May 2, 2-3

How: Zoom. Reservations Required. Contact your Activities Coordinator.

Who: Linda Beliveau—Assistive Tech Specialist, ATinNH

Joan Marcoux—Hearing, Speech & Vision Specialist, Office of Health Equity, DHHS





Join us for Bingo!

When: Wednesdays in May (11th, 18th, 25th)

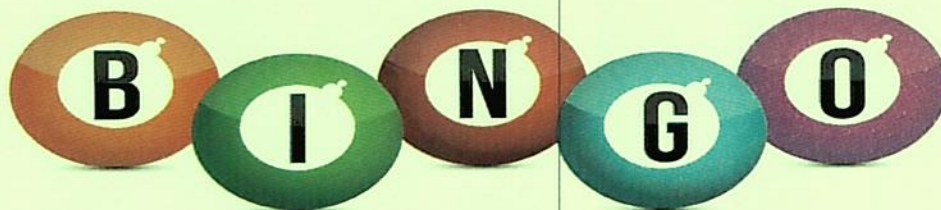
NO BINGO MAY 4th

Where: Orford Senior Center



Time: 9:00am – 10:30am

Reservations are required! Limited Capacity! Please call 603-353-9107 or email enickles@gcsc.org to reserve your spot!

No more than 4 people at a table, sign in/sign out sheet must be filled out upon entering/leaving building; masks are optional!



MAY 2022

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
	2 Cheese Ravioli Peas Roll	3 Roast Pork Baked Potato Carrots	4 Mother's Day Meal Stuffed Chicken Breast, Creamy Potatoes, Creamed Spinach	5 Mac & Cheese with Diced Ham, Stewed Tomatoes, Peas	6 Tuna Sandwich Sliced Cucum- bers Corn Salad	7
HDM (Home Deliv- ered Meals) are Monday-Friday For those that are signed up for Meals on Wheels	9 French Toast with Syrup, Hard Boiled Egg, Fruit	10 Chili, Corn Bread, Squash	11 Chef's Choice Veggie of the Day	12 Spaghetti Tossed Salad Garlic Bread	13 Chicken Salad Plate, Three Bean Salad, Mandarin Oranges	14
15	16 Corned Beef Cabbage Potato	17 Meatloaf, Mashed Potato with Gravy, Squash	18 Roasted Chicken Brussel Sprouts Sweet Potato	19 Unstuffed Pepper Casserole, Biscuit	20 Egg Salad Roll Pasta & Veggie Salad	21
22	23 Scrambled Eggs Hash Browns Sausage Patty	24 Rueben Sandwich Potato Salad Summer Squash	25 Sweet & Sour Meatballs, Rice, Broccoli	26 Chicken/Gravy Biscuits Peas & Carrots	27 Assorted Wraps Pea Salad	28
29	30 CLOSED 	31 Memorial Day BBQ				

Menu is subject to change
Over 60 a \$3.00 donation is suggested
Under 60 the requested price/donation is \$5.00