

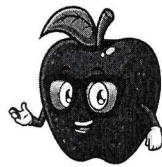
# SEPTEMBER 2022 ORFORD SENIOR CENTER



Dartmouth College Highway  
Po Box 98  
Orford NH 03777  
(603) 353-9107 FAX (603) 536-2090

Director.....OPEN

If you need assistance please email  
czangla@gcsc.org



An Affiliate of *Grafton County Senior Citizens Council, Inc.*  
**Our Mission** is to develop, strengthen, and provide programs and services that support the health, dignity and independence of older adults and adults with disabilities living in our communities.

## What's Happening at Orford .....

We are currently looking for a Coordinator, Part-time. 20 hours per week. Non-Exempt position. At the direction of the Associate Director of Programs manage the day-to-day operations of the Center. Manage the congregate and home delivered meal programs. Coordinate services for older adults and adults with disabilities. Coordinate and develop services. Computer literate. Experience in human services, and previous work with older adults and / or adults with disabilities and volunteers preferred. Knowledge of the community and available human services helpful. Ability to communicate effectively both orally and in writing. AA/BBA degree in human services or related field and/or experience preferred. Earned time, holiday pay, life insurance, and 403 (b) retirement fund. Contact: czangla@gcsc.org

We're hoping to see you all at our Grab & Go/Grab & Stay, on Thursday's.  
If you would like to reserve your meal please call Lisa at Horse Meadow  
603-787-2539

Did You Know? Your local Senior Center is a program of Grafton County Senior Citizens Council (GCSCC). Contributions from donors 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)

## Activities

Please join us at **Horse Meadow Senior Center**

September 1, 15 and 29- Writers Group @ 10am  
September 8- Floral with Jane @ 10am  
September 9 and 23- Herbal Group @ 1230  
September 6, 13, 20, 27- Nifty Needlers @ 8am  
September 7, 14, 21 and 28- Bingo @ 1pm  
September 12 and 26- Interfaith Chat @ 10am  
September 14- Veterans Coffee Hour @ 10am  
September 19- Movie and popcorn @ 10am -followed by lunch  
September 21-Book Club @ 11  
September 26-Caregiver support Group @ 1pm  
September 28- Candy Bar Bingo @ 10am




SEPTEMBER MUSIC  
Tuesday September 6, 20, 27- Piano by Jane  
Tuesday September 13- The Boyz  
Music @ 1030 followed by lunch

## Zoom Activities

September 2, 9, and 23 - Tai Chi @ 930-1020  
September 6, 13, 20 and 27- Pocket Song Singers @ 10-11  
Gentle Yoga @ 11  
September 21-Book Club @ 11 (zoom or in person @ HMSC)  
September 15- Painting with Joan 11-12

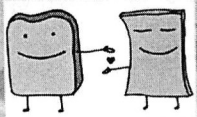
Please call 603-787-2539 to register

# September 2022

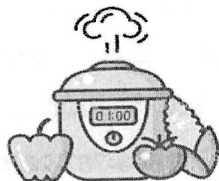
Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Three Bean Tomato Bake and Whole Grain Bread	2 Meatball Sliders French Fries Sliced Cucum- bers	3
4	5 	6 Mac and Cheese Veggies Fruit	7 Chicken Cordon Blue Veggies	8 Roast Pork Mashed Potato Gravy Peas/Carrots	9 Corn Chowder Tuna Sandwich	10
11 	12 Cheese Tortelli- ni with Pesto Mixed Veggie	13 Baked Potato Bar With all the fixin's	14 Chicken and Gravy over bis- cuits Peas and Onions	15 Shepard's Pie Salad and Fruit	16 Safety Day 	17
18	19 Pepperoni Pizza Green Beans Fruit	20 <b>Crock Pot Lunch Social @HMSC with Grilled Cheese 11-1</b>	21 Parmesan Pork Chop Scalloped Potato Veggie	22 Ham and Cheese Quiche Home Fries Applesauce	23 Chicken Burg- ers French Fries Veggie	24
25	26 Chicken and Apple Bake Warm Apple Crisp	27 Penne Pasta Dish Garlic Bread	28 Baked Ham with Pineapple Sauce Sweet Potato Veggies	29 Liver and On- ions Mashed Potato Veggies	30 Tuna Melts Roasted Potato Veggies	

Please join us for our 1st Crockpot Social on September 20th @ 11am. Please bring your favorite crockpot soup or stew and the recipe— we will enjoy lunch together and swap recipes. We will provide ooey gooey grilled cheese sandwiches

GRILLED CHEESE



PLEASE!



*There are flowers enough in the summertime,  
More flowers than I can remember—  
But none with the purple, gold, and red  
That dye the flowers of September!  
—Mary Howitt (1799-1888)*

#### Fun Facts

September's name comes from the Latin word *septem*, meaning "seven." This month had originally been the seventh month of the early Roman calendar.

In the US, September is National Happy Cat Month

September 22 is the 1st day of Autumn