

Happy National Senior Center Month!

Ah, September! The sun is shining, the summer heat wave is over, and the winter snow has not yet begun to fall. In other words, it's a beautiful time to get out and visit your local senior center. It also happens to be National Senior Center Month!

In our region, the Grafton County Senior Citizens Council (GCSCC) operates eight senior centers that provide programs and services for residents of every town in Grafton County. The senior centers are located in Orford, North Haverhill, Lebanon, Canaan, Plymouth, Littleton, Lincoln, and Bristol.

GCSCC's offerings at those locations include:

- Nutritious meals (home-delivered as well as meals at the senior center);
- Transportation;
- Activities such as exercise classes, book clubs, educational seminars, bingo, painting, and much more;
- Volunteer opportunities such as delivering meals to homebound adults, answering phones, leading activities, and serving meals in the senior center dining rooms.

There's something for everyone at GCSCC senior centers and you are invited to stop by any of the locations to meet the GCSCC team, interact with your peers, participate in fun and educational programs, and maybe even become a volunteer!

Before visiting, you may want to take a look at this video, created by the National Council on Aging. It provides a fresh look at what it's like to be a participant at a senior center. <https://youtu.be/3BbKJCZJ5vQ>

GCSCC employees, volunteers, and participants look forward to welcoming you when you visit your local senior center. See you there!