



MASCOMA AREA SENIOR CENTER NEWSLETTER

Grafton County Senior Citizens Council

Serving Enfield, Canaan, Dorchester, Orange and Grafton

P.O. Box 210, 1166 U.S. Route 4
Canaan, New Hampshire 03741

March 2017

Telephone 603-523-4333

www.gcsc.org Fax -523-4334

Center Hours: Monday through Friday

8:00 AM-3:00 PM

Staff: Sharon Dunbar, Director; Joan Laplante, Outreach Worker; Ernst Schori, Cook; Liz Houghton, Assistant Cook; Marion Rogers, Assistant Cook; LeeAnn Souza, Ed Moodie, Bus Drivers

March Dates

Sun March 12 Daylight Savings Begins

Friday March 17 St. Patrick's Day

Mon March 20 1st Day of Spring

Outreach Worker

Available Tuesday and Wednesday.

Please call Joan at 523-4333 Extension X104 to schedule an appointment. Joan will be happy to assist all with any outreach needs or questions.

Tuesday, April 25th 11:00 AM

Stories and Conversations!

Come and join in as Neil Castaldo returns by popular request. Listen to and talk about stories. Yours and his. All are welcome. All are encouraged to participate. Or you can just listen and enjoy!

Please join us for lunch at Noon.

Neil is a member of GCSCC Board of Directors and a semi-retired attorney currently working part-time, also serving as a volunteer teacher at Ledyard Charter School in Lebanon and shoe-shiner at the Hanover Park building in Hanover to benefit The Haven homeless shelter in Hartford, VT.

GCSCC Annual Meeting 2017

Monday, April 3, at 11:45 AM

Upper Valley Senior Center

Keynote speaker

Ellen Flaherty, PhD

Co-Director of the Dartmouth Centers for Health and Aging

President of the American Geriatrics Society

To reserve Lunch contact Anne Grover, 603-488-4213 x110

Free Oral Health Screening for Adults

Upper Valley Smiles for Life provides preventative oral health screening, education, and fluoride varnish to adults. Services are provided by a licensed dental hygienist. Please call ServiceLink, Sally Edson at 604-448-1558 to make appointment. This program is available, Thursday, April 6, 2017 at the Mascoma Area Senior Center in Canaan. Also, June 1st and August 7th.

Mascoma Area Food Pantry

(located at the Mascoma Area Senior Center) serves all ages

You just have to be a resident of one of the 5 towns in the district. Please bring proof of residence, which is a requirement at all pantries. There has been some confusion of late of local food pantries. So, in Canaan there are two pantries. Our Pantry has served the community for close to 10 years.

We always have emergency food available. The Mascoma Area Senior Center is open 5 days a week. The Pantry VOLUNTEERS are available on Wednesdays. If there is an emergency, food is available. Volunteers may usually be available on reasonable short notice. Staff members may also be available to assist.

If getting help with the groceries helps pay other bills, please call, we are there. Upstairs—elevator available.

The Mascoma Area Senior Center serves many of all ages. Please ask about our Outreach services. We may be able to assist with fuel assistance, housing applications and Medicare Part D and much more. Do you need a ride to a medical appointment or to the Pantry? Please ask.

VOLUNTEER OPPORTUNITIES :

Drivers and Helpers - Home Delivered Meal Program: Volunteers are needed to deliver noontime meals to participants on weekdays.

Dining Room, Kitchen - Volunteers are needed for serving, food prep, dishes.

Medical Transportation - Volunteers are needed to transport participants to medical appointments, weekdays. Transports can be one-way or round trip. Times vary and will work with your availability.

Spring IS HERE....bad weather hopefully behind us but.....with mud, ice, and snow still possible.

- ◆ Please keep walkways and driveways clear of snow and ice.
- ◆ Our volunteers cannot deliver meals if they cannot get to your door safely. We very much appreciate your help.

◆ Inclement Weather Closing Information

Mascoma Area Senior Center will likely be closed if the local schools are closed due to weather.

Home Delivered Meal recipients

- ◆ Please use your frozen meal on hand in case we are unable to deliver.
- ◆ Check for closing on WMUR-Channel 9, WMUR.com and local radio stations.

◆ Experience the Arts

- ◆ A Free 8 week Creative Arts Class for Adults ages 55 +
- ◆ Plymouth Regional Senior Center
- ◆ April 7th—June 9
- ◆ Register early as class size is limited
- ◆ 603-536-1204

Learn to see nature in new ways, through hands-on exploration of color, using acrylic paints and collage techniques. Art will be integrated into a hand—made artist book.

CRUMBS.....

By Kit Hewes

“ Ideas are like rabbits. You get a couple and learn how to handle them, and pretty soon you have a dozen. “ John Steinbeck

March 2017 ON-GOING & SPECIAL PROGRAMS

Donations gratefully accepted for services provided/Programs and Services subject to change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Foot Clinic—moved to the 8th Food Pantry 50/50 & Food Raffle 12:30 Bingo	2 8:30 Bone Builders	3 8:30 Shopping in Lebanon/Lunch at the UVSC 9:30 Tai Ji Quan 1:00 Return after Lunch
6 8:30 Bone Builders 11:30 Blood Pressure Check	7 9:30 Tai Ji Quan 12:30 Cribbage	8 Foot Clinic Food Pantry 50/50 & Food Raffle 12:30 Bingo	9 8:30 Bone Builders	10 8:30 Shopping in Lebanon/Lunch at the UVSC 9:30 Tai Ji Quan 1:00 Return after Lunch
13 8:30 Bone Builders 11:30 Blood Pressure Check	14 9:30 Tai Ji Quan 12:30 Bingo for Baubles	15 Food Pantry 50/50 & Food Raffle 12:30 Bingo	16 8:30 Bone Builders	17 8:30 Shopping in Lebanon/Lunch at the UVSC 9:30 Tai Ji Quan 1:00 Return after Lunch
20 8:30 Bone Builders 11:30 Blood Pressure Check	21 9:30 Tai Ji Quan 12:30 Cribbage	22 Food Pantry 50/50 & Food Raffle 12:30 Bingo	23 8:30 Bone Builders	24 8:30 Shopping in Lebanon/Lunch at the UVSC 9:30 Tai Ji Quan 1:00 Return after Lunch
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Transportation: Rides to the Center for an appointment, activity or lunch. For medical transport appointments, please call to schedule in advance (603-523-4333). \$1.50 donation is requested for a ride under 5 miles; 6-10 miles: \$2.00; 11-20 miles: \$3.00; 21 miles or more: \$5.00.

Shopping in Lebanon on Fridays. Call to reserve a seat. Lunch at the Upper Valley Senior Center. Return after lunch.

Foot Clinic/Ask a Nurse: 1st Wednesday of the month. Call the Center to schedule an appointment with the Visiting Nurse's Association/ Lake Sunapee nurse. Bring a towel. \$25.00 per person. Diabetic and non-diabetic.

Bone Builders: Monday and Thursday: 8:30 AM. Call RSVP to join. 603-448-1825

Tai Ji Quan: Tuesdays and Fridays: 10:00 am

Blood Pressure check: Monday 11:30 AM. Free

PROGRAMS & SERVICES SUBJECT TO CHANGE WITHOUT NOTICE

Bingo: Wednesday after lunch (.25/card). 55+

Bingo for Baubles: Second Tuesday after lunch. Bring an item to share and join in the fun!

Cribbage: First and third Tuesdays after lunch. 12:30. All welcome, whether you know how to play or not! Or bring any board game and a friend! Join in the fun!

Raffle: Wed. Thanks to all of you who support the Center by donating items & baked goods.

Food raffle: Tickets \$.50 each.

50/50 : 3 tickets for \$1.00

Food Pantry: Available to residents of Canaan, Orange, Enfield, Grafton and Dorchester.

Chore Corp: Volunteers who can help with occasional household chores or small repairs. Toll free: 1-877-711-7787.

Outreach Services: Available by appointment.

ServiceLink: Call toll free: 1-866-634-9412

March 2017 Menu

Lunch served at 12:00 Monday through Friday. Suggested donation \$3.00 age 60 & over; \$8.75 cost, age 59 & under. Menu subject to change.

Menu subject to change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Salisbury Steak	2 Cranberry Chicken	3 Fish
6 Ham	7 Sweet and Sour Meatballs	8 Pot Roast	9 Mac and Cheese	10 Chicken Parmesan
13 Pasta with Meat Sauce	14 Pork	15 Chicken and Biscuit	16 Chili	17 St . Patrick's Day Dinner—Corned Beef
20 Chicken Teriyaki	21 Swedish Meatballs	22 Fish	23 Chicken Alfredo	24 Beef Stroganoff
27 Salisbury Steak	28 Chicken and Noodles	29 American Chop Suey	30 Fish	31 Ham Sandwich and Soup