



# 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

April 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

### Cardigan Veterinary Clinic

200 US Route 4 -across from the  
Mascoma High School

**Saturday, April 15—12:00—3:00**

Vaccination Clinic : Rabies, Distemper, Lyme

**Thank you to our local Veterinarian Charlie**

**Hutchinson for hosting the clinic again this year!**

Proceeds will help support services and programs at  
the Mascoma Area Senior Center.

**THANK YOU**

### Town Wide Yard Sale

**Saturday, May 13**

Indoor Yard Sale and Lunch at the Senior  
Center—Please bring donations to Street ramp  
entrance door and leave by elevator on the  
week of May 8th.

Donations are greatly appreciated and help  
support our local Center and services.

**Thursday, April 13**

**ICE CREAM SOCIAL**

Provided by the Lioness Club

Join us for lunch and the popular ice cream social after lunch

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**April 25th (Tuesday) 11:00**

**Stories and Conversations with Neil Castaldo**

Neil is returning by popular request

Please bring your stories—something to share and join us for lunch at noon!

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**GCSCC Annual meeting—Monday April 3 11:45—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.

### 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 Service-Link, 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. The program is part of a 6-month grant where a dental hygienist will likely be here monthly to evaluate / answer questions. We will let you know when we have more details.

## **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 if 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

He: "You are always wishing for what you haven't got."

She: "Well what else can one wish for?"

## April 2017 ON-GOING & SPECIAL PROGRAMS

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 8:30 Bone Builders 11:30 Blood Pressure Checks Advisory Council—Lebanon—Lunch and meeting	4 NO TAI JI QUAN 12:30 Cribbage	5 Foot Clinic Food Pantry 50/50 and Food Raffle 12:30Bingo	6 8:30 Bone Builders 8:30 Dental Clinic—Upstairs	7 8:30 Shopping in Lebanon/Lunch at the UVSC 9:30 Tai Ji Quan 1:00 Return after Lunch
10 8:30 Bone Builders 11:30 Blood Pressure Check	11 9:30 Tai Ji Quan 12:30 Bingo for Baubles	12 Food Pantry 50/50 & Food Raffle 12:30 Bingo	13 8:30 Bone Builders  12:30 ICE CREAM SOCIAL	14 8:30 Shopping in Lebanon/Lunch at the UVSC 9:30 Tai Ji Quan 1:00 Return after Lunch
17 8:30 Bone Builders 11:30 Blood Pressure Check 12:30 Advisory Council meeting— MASC	18 9:30 Tai Ji Quan 12:30 Cribbage	19 Food Pantry 50/50 & Food Raffle 12:30 Bingo	20 8:30 Bone Builders	21 8:30 Shopping in Lebanon/Lunch at the UVSC 9:30 Tai Ji Quan 1:00 Return after Lunch
24 8:30 Bone Builders 11:30 Blood Pressure Check	25 9:30 Tai Ji Quan  11:00 Stories with Neil	26 Food Pantry 50/50 & Food Raffle 12:30 Bingo	27 8:30 Bone Builders	28 8:30 Shopping in Lebanon/Lunch at the UVSC 9:30 Tai Ji Quan 1:00 Return after Lunch

**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:** 1<sup>st</sup> 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

**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.

## April 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
3 Spaghetti and Meatballs , Green Beans, Carrot Raisin Salad, Jell-O	4 Chicken Tenders, Rice Parm, Cauliflower, Fruit	5 Pork Roast, Mashed Potato, Gravy, Peas, Green Salad, Apple Crisp	6 Breakfast for Lunch	7 Fish, Rice, Vegetables, Dessert
10 Chicken Alfredo, Noodles, Vegetable, Dessert	11 Sweet and Sour Meatballs, Macaroni, Bean Salad, Dessert	12 Easter Ham, Sweet Potatoes, Salad , Liz's Special Desert	13 Salisbury Steak, Gravy, Noodles, Salad, ICE CREAM SOCIAL	14 Chicken Parmesan, Vegetable, Dessert
17 Mac and Cheese, Vegetable, Dessert	18 Pot Roast, Potato, Salad, Dessert	19 Chicken and Biscuit, Vegetable, Dessert	20 Chili, Whole Wheat Roll Salad, Dessert	21 Dried Beef, Potato, Egg, Vegetable, Dessert
24 Chicken Teriyaki, Sweet Potato, Vegetable, Dessert	25 Swedish Meatballs, Cottage Cheese, Noodles, Bean Salad, Fruit Dessert	26 Fish, Rice, Vegetable,  B'Day Dessert	27 Ham and Beans, Coleslaw, Vegetable, Dessert	28 Beef Stroganoff, Vegetable, Dessert