



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

May, 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; Jackie Bruce, Assistant Cook; Marion Rogers, Assistant Cook; Liz Houghton, Program Assistant; LeeAnn Souza, Ed Moodie, Bus Drivers

Cardigan Veterinary Clinic

Thank you to our local Veterinarian Charlie Hutchinson and Staff for your very generous donation from proceeds of a recent rabies clinic. Donation made to our local Mascoma Senior Center supporting our services and programs .

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 . We need your help to set up Friday and all day Saturday. Please let us know if you can help!

Monday, May 8th 12:30

Join Advisory Council Member Susan Frost after lunch

Indian Artifact presentation

AND:

Tuesday, May 30 at 11:00

Stories and Conversations with Board Member Neil Castaldo

This session will be focused on **Native American Tales.**

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

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 , June 1, 2017 at the Mascoma Area Senior Center in Canaan. Also, 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.

STEP UP—STOP HUNGER 2017 Meals on Wheel Walka- thon—Littleton

Saturday May 20th, 2017

8:00 Pancake Breakfast

10:00 Walk

Walk with us to help overcome the obstacles of senior hunger and isolation.

SUPPORT OUR MEALS ON WHEELS WALKATHON

- Ask individuals to sponsor you walking
- Obtain business sponsors
- Get a team together and raise donations and walk
- Buy raffle tickets

RAFFLE to support our MEALS on WHEELS Program

Stop in and see what we have - 12 Items and more to raffle off at our walkathon

Raffle drawing Saturday May 20, 2017-

Don't have to be present to win!

Tickets: # 6 for \$ 5.00

May 2017 ON-GOING & SPECIAL PROGRAMS

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 8:30 Bone Builders 11:30 Blood Pressure Checks	2 9:30 TAI JI QUAN 12:30 Cribbage	3 Foot Clinic Food Pantry 50/50 and Food Raffle 12:30Bingo	4 8:30 Bone Builders	5 8:30 Shopping in Lebanon/Lunch at the UVSC 9:30 Tai Ji Quan 1:00 Return after Lunch
8 8:30 Bone Builders 11:30 Blood Pressure Check	9 9:30 Tai Ji Quan 12:30 Bingo for Baubles	10 Food Pantry 50/50 & Food Raffle 12:30 Bingo	11 8:30 Bone Builders	12 8:30 Shopping in Lebanon/Lunch at the UVSC 9:30 Tai Ji Quan 1:00 Return after Lunch
15 8:30 Bone Builders 11:30 Blood Pressure Check	16 9:30 CANCELED Tai Ji Quan 12:30 Cribbage	17 Food Pantry 50/50 & Food Raffle 12:30 Bingo	18 8:30 Bone Builders	19 8:30 Shopping in Lebanon/Lunch at the UVSC 9:30 Tai Ji Quan 1:00 Return after Lunch
22 8:30 Bone Builders 11:30 Blood Pressure Check	23 9:30 Tai Ji Quan	24 Food Pantry 50/50 & Food Raffle 12:30 Bingo	25 8:30 Bone Builders	26 8:30 Shopping in Lebanon/Lunch at the UVSC 9:30 Tai Ji Quan 1:00 Return after Lunch
29 CLOSED	30 9:30 Tai Ji Quan	31 Food Pantry 50/50 and Food Raffle 12:30 Bingo		

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

May 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 Chicken, Biscuit, Gravy, Green Beans, Pea and Cheese Salad, Pud- ding	2 Fish, Garlic Rice, Mix Veg, Spinach Tomato Salad, Pineapple Upside Down Cake	3 American Chop Suey, Spinach, Cranberry Salad, Fruit Dessert	4 Salisbury Steak, Mashed Potato, Gravy, Wax Beans, Salad, Dessert	5 Sweet Sour Meat- balls, Boiled Pota- to, Cottage Cheese, Vegeta- ble, Fruit
8 Hamburger w/ cheese, Whole Wheat Roll, Vege- table, Beet Salad, Dessert	9 Chicken w/ Mushroom , Po- tato, Vegetables, Dessert	10 Corned Beef on Wheat Bread, Tomato Salad, Cottage Cheese, Dessert	11 Chicken Parme- san , Vegetable, Dessert	12 Shep Pie, Peas, Green Salad , Dessert
15 Spaghetti and Meatballs, Yellow Beans, Broccoli, Cottage Cheese, Fruit	16 Ham , Mashed Potato, Peas , Apple Crisp	17 Chicken Cordon Bleu, Rice, Car- rots, Tom Salad, Fruit	18 Meatloaf, Potato, Mixed Veg, Salad , Rice Pudding	19 Beef Stroganoff, 5 way Vegetable, Dessert
22 Chicken Teriyaki Sweet Potato, Vegetable , Des- sert	23 Chili, Cornbread, Vegetable, Des- sert	24 Pot Roast, Pota- to, Copper Pen- ny Salad, Choc Pudding Cake	25 Cold Salad Plate	26 Mac and Cheese Vegetable, Des- sert
29 CLOSED	30 Battered Fish Rice, Succotash, Dessert	31 Aloha Chicken, Rice, Broccoli, Spinach Manda- rin Salad Birthday Dessert		