



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

July, 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, Ernst Schori, Cook; Jackie Bruce, Assistant Cook, Marion Rogers, Assistant Cook, Bonnie Boutin, Kitchen Assistant, Liz Houghton, Program Assistant, LeeAnn Souza, Ed Moodie, Drivers

**Happy 4th of July
Independence Day
Center Closed**

Home Delivered Meal recipients
please use your frozen meal

**Music with Ira Young—
Thursday, July 13 12:30
Come and enjoy lunch and
listen to music.**

Old Home Days in Canaan

Pancake Breakfast

Sunday, August 6th

7:00—11:00

Boat Ride on Canaan Street

Tuesday, August 29

10:00—1:00

Tour the lake on the boat and picnic lunch after

No congregate meal served in dining room

Mascoma Savings Bank, Canaan, BBQ, August 11

Enjoy the BBQ, No congregate meal served in dining room.

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 at the Mascoma Area Senior Center in Canaan August 7th.

July 2017 ON-GOING & SPECIAL PROGRAMS

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4 CLOSED	5 Foot Clinic Food Pantry 50/50 & Food Raffle 12:30 Bingo	6 8:30 Bone Builders Bus shopping in Lebanon/ Lunch at UVSC	7 10:00 Tai Ji Quan
10 8:30 Bone Builders 11:30 Blood Pressure Check	11 10:00 Tai Ji Quan New Class Begins 12:30 Bingo for Baubles	12 Food Pantry 50/50 & Food Raffle 12:30 Bingo	13 8:30 Bone Builders 12:30 Music with Ira	14 10:00 Tai Ji Quan Bus Shopping in Lebanon - UVSC closed
17 8:30 Bone Builders 11:30 Blood Pressure Check	18 10:00 Tai Ji Quan 12:30 Cribbage	19 Food Pantry 50/50 & Food Raffle 12:30 Bingo	20 8:30 Bone Builders Bus Shopping in Lebanon/ Lunch at UVSC	21 10:00 Tai Ji Quan
24 8:30 Bone Builders 11:30 Blood Pressure Check	25 10:00 Tai Ji Quan	26 Food Pantry 50/50 & Food Raffle 12:30 Bingo	27 8:30 Bone Builders Bus Shopping in Lebanon—Lunch at UVSC	28 10:00 Tai Ji Quan
31 8:30 Bone Builders 11:30 Blood Pressure check				30

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 . 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, 1st class free. Eff: July 11– new class 15.00 per month– come and try one class for free!

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. Or bring any board game and a friend!

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

July 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 Salisbury Steak Mashed Potato Corn Beet Salad Pears	4 CLOSED	5 Sweet and Sour Chicken Garlic Rice Green beans Fruit Pudding	6 Macaroni and Cheese Zucchini/mix veg Tomato Salad Jell-O	7 Beef Stroganoff Noodles Broccoli/Wax Beans Green Salad Fruit
10 Open Faced Tur- key Sandwich Mixed Veggies Coleslaw Fruit	11 American Chop Suey Spinach/ Cauliflower Green Salad P.Butter Bar	12 Ham Sweet Potato Asparagus Carrot raisin salad Cookie	13 Eggs and Sau- sage 5 way veggie Fruit Banana cake	14 Hamburger on a Bun Brussel Sprouts Corn Coleslaw Pineapple Upside Down Cake
17 Teriyaki Chicken Yellow Squash Roasted Potato Mandarin Spin- ach Salad Pudding Cake	18 Baked Fish Rice Peas/Beets Bean Salad Jell-O	19 Pot Roast Mashed Potato And Gravy Green Beans Garden Salad Shortcake	20 Pasta Salad With Chicken Grape Tomatoes Cottage Cheese Watermelon P. Butter Bar	21 Meatloaf Mashed Potato And Gravy Stir Fry Veg. Salad Lemon Bar
24 Spaghetti and Meatballs Marinara Sauce Broccoli Salad Apple Crisp	25 Italian Sausage/ Onion and Pep- pers Roasted Potato B. Sprouts/ Salad Ambrosia	26 Baked Chicken Zucchini Casse- role Carrots Fruit Birthday Dessert	27 Shepard's Pie Broccoli/Squash Cucumber Salad Brownie	28 Fish Parmesan Rice Green Beans Pea and Cheese Salad Pudding
31 Chicken and a Biscuit /Gravy Peas/ Pearl Onion Salad Dessert				