



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

August, 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 and Ed Moodie, Drivers

**Enjoy Old Home Days in
Canaan
August 4—6 , 2017**

Heritage Farm Polo of Canaan Charlie Hutchinson, DVM will be hosting a polo game to benefit the Mascoma Area Senior Center **Sat. July 29.** 288 Switch Road. **1:00** gates open. Silent Auction. \$8.00 per car load suggested donation. All proceeds go to benefit the senior center!

**Old Home Days in Canaan
Mascoma Area Senior Center, Pancake Breakfast
Sunday, August 6th, 7:00—11:00
Pancakes, Eggs, Sausage, Bacon \$7.00

**Boat Ride on Canaan Street
Tuesday, August 29, 10:00 - 1:00
Tour the lake on the boat and enjoy picnic lunch.
No congregate meal served in dining room.
Sign up at front desk.

**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.

August 2017 ON-GOING & SPECIAL PROGRAMS
Donations gratefully accepted for services provided/Programs and Services subject to change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 9:30 Tai Ji Quan 12:30 Cribbage	2 Foot Clinic Food Pantry 50/50 & Food Raffle 12:30 Bingo	3 8:30 Bone Builders Bus shopping in Lebanon/ Lunch at UVSC	4 9:30 Tai Ji Quan
7 8:30 Bone Builders 11:30 Blood Pressure Check	8 9:30 Tai Ji Quan 12:30 Bingo for Baubles	9 Food Pantry 50/50 & Food Raffle 12:30 Bingo	10 8:30 Bone Builders	11 9:30 Tai Ji Quan Bus Shopping in Lebanon - Lunch at UVSC Mascoma Bank Lunch BBQ- Canaan
14 8:30 Bone Builders 11:30 Blood Pressure Check	15 9:30 Tai Ji Quan 12:30 Cribbage	16 Food Pantry 50/50 & Food Raffle 12:30 Bingo	17 8:30 Bone Builders Bus Shopping in Lebanon/ Lunch at UVSC	18 9:30 Tai Ji Quan
21 8:30 Bone Builders 11:30 Blood Pressure Check	22 9:30 Tai Ji Quan 12:30 Cribbage	23 Food Pantry 50/50 & Food Raffle 12:30 Bingo	24 8:30 Bone Builders Bus Shopping in Lebanon—Lunch at UVSC	25 9:30 Tai Ji Quan
28 8:30 Bone Builders 11:30 Blood Pressure check	29 9:30 Tai Ji Quan 12:30 Cribbage 10:00 Canaan Street—picnic	30 Food Pantry 50/50 & Food Raffle 12:30 Bingo	31 8:30 Bone Builders Bus Shopping in Lebanon—Lunch at UVSC	9:30 Tai Ji Quan

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: 9:30 am, 1st class free. Effective July 11: New class \$15.00 per month.

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

August 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	2	3	4
	Salisbury Steak Rice Beans w/ Mush- rooms Salad Dessert	Macaroni and Cheese Tomatoes 5 Way Veg Fruit Dessert	Beef Stroganoff Noodles Corn / Veggie Salad Dessert	Chicken Parm. Broccoli/Wax Beans Coleslaw Peanut Butter Bar
7	8	9	10	11
Chili Cauliflower Cornbread Carrot Raisin Salad Pudding	Cold Pasta Salad With Ham Pickled Beets Grape Tomatoes Fruit Blueberry Des- sert	Chicken Cordon Bleu Potato/Peas Bean Salad Jell-O w Fruit	Meatloaf Buttered Noodles Oriental Veg. Green Salad Pumpkin Dump Cake	Enjoy lunch at the Mascoma Bank - No Congregate Meal Hamburger-HDM Bread / Veg Fruit
14	15	16	17	18
Chicken Tenders Beets/Squash Couscous Salad Jell-O	Fish Zucchini Casse- role Confetti Rice Waldorf Salad P. Butter Bar	Roast Pork Potato/Gravy Mixed Veg Cranberry Apple Salad Shortcake	Sweet and Sour Meatballs Noodles Cauliflower Tomato Salad Dessert	American Chop Suey Garlic Bread Green Beans Salad Brownie
21	22	23	24	25
BBQ Chicken Biscuit/Corn Coleslaw Watermelon	Meatloaf Potato/Gravy Summer Squash Green Salad Ambrosia	Spaghetti & Meatballs Yellow Beans Cucumber Salad Cookie	Ham Sweet Potato 5 Way Veggie Pea & Cheese Sal- ad Cinnamon Ap- plesauce	Shepard's Pie Brussels Sprouts Carrots Spinach Salad Jackie's Dessert
28	29	30	31	
Zucchini Casse- role Sausage/Carrots Bean Salad Fruit	Picnic lunch Ca- naan Street Cold Salad Plate Chef Salad Cottage Cheese Cookies	Chicken Brocco- li Alfredo Oriental Veggies Peas Fruit Birthday Dessert	Philly Cheese Steak Bread /Pepper & Onions Peas/Carrots Pudding	