



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

September, 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

**Canaan
Town Wide Yard Sale
Saturday
September 30**

Lunch and indoor sale at The Center
Please bring donated items to the
ramp entrance during the week of
Sept 25.

Heritage Farm Polo of Canaan, Charlie Hutchinson, DVM hosted a polo game to benefit the Mascoma Area Senior Center. Many thanks for a successful event to Charlie, the players and all who supported us! It was a wonderful game and we had great fun! Thank you to our volunteers who were at the gate, parking cars and helping out at the auction!

McAlister Gift Shop:

Come and look at all the beautiful hand made items, have lemonade in the garden and sit and relax for a spell. Let us know if you would like a bus ride or meet at the gift shop off

Route 118 in Canaan

Friday September 15th, 10:00 am

Canaan Meeting House Tour and Museum Visit

Tuesday, September 19th, 10:00—11:30

Sign up at front desk for the bus or meet at the Museum

Stories with Neil : “My Story, Your Story”—Stay tuned for date Sept/ Oct

Lake Sunapee VNA FLU Clinic, Wednesday the 27th of September, 10:00-11:30

Tools for Aging with Dignity: A short 5-week course in October at MASC

Stay Tuned—more to come

Boat Ride on Canaan Street— It was great fun and thank you to the Fleetham family for hosting us once again and Harry Armstrong for the boat tour!

Thank you to our many volunteers who helped out at our Pancake Breakfast—and to those who came and joined us for breakfast. A success that we have all of you to be thankful for.

September 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
4 CLOSED LABOR DAY	5 9:30 Tai Ji Quan 12:30 Cribbage	6 Food Pantry 50/50 & Food Raffle 12:30 Bingo	7 8:30 Bone Builders Bus Shopping in Lebanon—Lunch at the UVSC	8 9:30 Tai Ji Quan
11 8:30 Bone Builders 11:30 Blood Pressure Check	12 9:30 Tai Ji Quan 12:30 Bingo for Baubles	13 Food Pantry 50/50 & Food Raffle 12:30 Bingo	14 8:30 Bone Builders No shopping this week.	15 9:30 Tai Ji Quan 10:00 McAlister Gift Shop
18 8:30 Bone Builders 11:30 Blood Pressure Check	19 9:30 Tai Ji Quan 10:00 Canaan Museum and Meeting House Tour	20 Food Pantry 50/50 & Food Raffle 12:30 Bingo	21 8:30 Bone Builders Bus Shopping in Lebanon—Lunch at UVSC	22 CLOSED—Staff Day— Safety Meeting
25 8:30 Bone Builders 11:30 Blood Pressure check	26 9:30 Tai Ji Quan	27 Food Pantry 50/50 & Food Raffle 12:30 Bingo 10:00—11:30 Flu Clinic	28 8:30 Bone Builders Bus Shopping in Lebanon—Lunch at UVSC	29 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. Eff: July 11— new class 15.00 per month—

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

Sept 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 Fish Rice Carrots Spinach Salad Cookie
4 CLOSED LABOR DAY	5 Chicken Sweet and Sour Rice Broccoli Cottage Cheese Fresh Fruit	6 Macaroni and Cheese Fresh Zucchini Tomatoes Bean Salad Fruit Crisp	7 Salisbury Steak Roasted Potatoes Green Beans Cantaloupe Tapioca Pudding	8 Ham Sweet Potato Peas Green Salad Blueberry Crisp
11 Swedish Meatballs Noodles Wax Beans Cole Slaw Jell-O with Fruit	12 Brunch for Lunch Eggs w/ Sau- sage, Roasted Potato, Summer Squash, Cucum- ber Salad Straw- berry Shortcake	13 Pot Roast Potato Zucchini Green Salad Rice Pudding	14 Aloha /Pineapple Chicken Rice Asparagus Black Bean & Corn Salad Pokecake	15 Beef Stroganoff Noodles Roasted Summer Squash Marinated Cukes Cookie/ Sherbet
18 BBQ Chicken Roasted Potato Broccoli Bean Salad Dessert	19 Fish Rice Corn Green Salad Lemon Bar	20 Spaghetti & Meatballs Zucchini Orange Spinach Salad Peanut Butter Bar	21 Chef Salad With Ham Pasta Salad Grape Tomatoes Fresh Melon Cookie	22 CLOSED for Staff Safety Day Tuna and Egg Sal- ad for 50
25 Bean & Tomato Chili Cornbread Oriental Veg. 3 Bean Salad Dessert Bar	26 Shepherd's Pie Wax Beans Broccoli Pea and Cheese Salad Pumpkin Cake	27 Chicken/Ham Cordon Bleu Rice Carrots Beet Salad Birthday Cake	28 Meatloaf Garlic Butter Noo- dles 5 Way Veggies Tomato Salad Fruit Ambrosia	29 Cheese Burger Whole Wheat Bread Zucchini Tomato Salad Brownie