



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

December 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; Jackie Bruce, Cook; Bonnie Boutin, Assistant Cook; Marion Rogers, Assistant Cook; Liz Houghton, Program Assistant; LeeAnn Souza, Ed Moodie, Ray Brewster, Drivers

**The kitchen will be closed on
Friday, Dec 1st.**

There will be NO meal service,
no home-delivered meals, and no
Congregate Meal. HDM recipients,
please use your frozen meal.
Otherwise, the **Center will be open**
as usual.

December 21: First day of Winter!

The Mascoma Area Senior Center will likely be
closed if the local school system is closed due to
weather conditions. Tune to WMUR
for announcements.

Home-delivered meal recipients, please use your fro-
zen meals on the days we are not able to deliver. Re-
member we can only deliver when sidewalks and
driveways are plowed, sanded, and SAFE for all.

**The staff of the Mascoma Area Senior Center wish you and yours a
joyous holiday season and a happy and healthy New Year!**

Holiday Gift Circle: Monday, December 11, at 11:00. If you would like to par-
ticipate, bring an inexpensive gift item that would be suitable for all. Wrap your item
in holiday paper or bag and join us in the dining room.

MASC Holiday Turkey Dinner with all the fixings: Wednesday, December 13.

Thursday, December 14: Christmas Stories with Neil.

Thursday, December 21: Christmas Dinner -Enfield Community Building.
Sign up by December 12 at front desk MASC– Sign up for bus if transport needed.

Friday, December 22: Regular Shopping Day in Lebanon

The Center will be closed on:

Monday, December 25 and Tuesday, the 26th

Monday, January 1st, New Year's Day 2018!

Christmas in Canaan

Friday, December 15, 5:00 to 8:00 PM

Music provided by Ira at MASC. Refreshments.

December 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 8:30 Bone Builders	5 9:30 Tai Ji Quan 12:30 Cribbage 11:30 Blood Pressure Check	6 Foot Clinic by appt Food Pantry 50/50 & Food Raffle 12:30 Bingo	7 8:30 Bone Builders Bus shopping in Lebanon—Lunch UVSC	8 9:30 Tai Ji Quan
11 8:30 Bone Builders 11:00 Gift Circle	12 9:30 Tai Ji Quan 11:30 Blood Pressure Check 12:30 Bingo for Baubles	13 Food Pantry Holiday Dinner 50/50 & Food Raffle 12:30 Bingo	14 8:30 Bone Builders 12:30 Christmas Stories with Neil	15 9:30 Tai Ji Quan 5:00—8:00 Christmas in Canaan—Music/ Refreshments at Center
18 8:30 Bone Builders 12:30 Advisory Council	19 9:30 Tai Ji Quan 11:30 Blood Pressure Check 12:30 Cribbage	20 Food Pantry 50/50 & Food Raffle 12:30 Bingo	21 8:30 Bone Builders Bus transports to Enfield Community Building Christmas dinner	22 9:30 Tai Ji Quan Bus Shopping in Lebanon—Lunch UVSC
25 CLOSED	26 CLOSED	27 Food Pantry 50/50 and Food Raffle 12:30 Bingo	28 8:30 Bone Builders	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

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: Call 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

December 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 No Congregate or HDM today Kitchen Closed
4 Chicken Parmesan, Spaghetti, Squash, Green Salad, Cottage Chees, Pineapple Upside Down Cake	5 Beef Stew, Whole Wheat Biscuit, Peas and Carrots , Raison Salad, Jell-O	6 Beef Pizza Caserole , Brussel Sprouts, Black Bean and Corn Salad, Blueberry Crisp	7 Hamburger with Cheese, Dinner Roll, Beans, Tomato, Pickle, Green Salad, Fruit Pudding	8 Chili, Corn Bread, Broccoli, Green Salad, Cake with Peanut Butter Frosting
11 Pork Roast, Mashed Potato, Broccoli, Applesauce, Jell-0	12 Shepard's Pie, Carrots, Mix Veggies, Pea Cheese Salad, Blueberry Cream Cheese Pie	13 Turkey Dinner with all the fixings! Mashed Potato, Stuffing , Gravy, Squash, Cranberry Sauce, Pumpkin Cake	14 Grilled Cheese on Whole Wheat, Ham Potato Soup, Cauliflower, Cran Apple Salad, Peanut Butter Bar	15 Salisbury Steak, Noodles w/ Gravy, Prince Edward Veggies, Cucumber Salad, Applesauce Cake
18 Chicken Breast, Stuffing, Vegetables, Lemon Bar	19 Swedish Meatballs, Broccoli Squash, Salad , Dessert	20 Mac and Cheese , Tomatoes, Beets, Oranges, Strawberries and Cream	21 Pepperoni Pizza Corn, Green Beans Cottage Cheese, Dessert	22 Pancakes with Maple Syrup! Sausage , Beans, Salad, Fruit Salad
25 CLOSED	26 CLOSED	27 Chicken Noodle Casserole with Vegetables Broccoli, Cottage Cheese, Fruit BIRTHDAY Ice Cream DESSERT	28 Turkey Salad on wheat bread, Pickle, Tomato, Green Salad and Dessert	29 Fish, Rice, Vegetables , Brownie