



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

January, 2018

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 Center will be closed on:
Monday, January 1st, New Year's Day
2018!

The staff wish all a joyous, happy, and
healthy New Year!

Monday, January 15th we will be closed
in honor of Civil Rights Day

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 frozen meals on the days we are not able
to deliver. Remember we can only deliver
when sidewalks and driveways are plowed,
sanded and SAFE for all.

Let's give a warm welcome to the year that starts new, cherish each moment that the
year shall behold, so let's come together and celebrate a blissful start to the New Year.

**We wish to thank the residents and staff of the Kendal Care Committee at
Kendal in Hanover for putting together hundreds of gift bags and blankets for
our home delivered meal participants in the regions of the Mascoma Area Senior
Center, Upper Valley Senior Center, Orford Senior Center, and the Horsemeadow
Center in Haverhill. An incredibly generous contribution of efforts for our community
members.**

Come and join us for lunch and join in the fun.

Ira Young on guitar, Friday, January 12

Neil will be here with a story to tell

Friday, January 19 at 12:30

Have lunch and participate in the fun!

January, 2018 ON-GOING & SPECIAL PROGRAMS

Donations gratefully accepted for services provided. Programs and services subject to change.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 CLOSED	2 Foot Clinic—8:30 by appt 9:30 Tai Ji Quan 12:30 Cribbage 11:30 BP checks	3 Foot Clinic—change in schedule this month to Jan 2. Food Pantry 50/50 & Food Raffle 12:30 Bingo	4 8:30 Bone Builders Bus Shopping in Lebanon—Lunch UVSC	5 9:30 Tai Ji Quan
8 8:30 Bone Builders	9 9:30 Tai Ji Quan 12:30 Bingo for Baubles 11:30 Blood Pressure Check	10 Food Pantry 50/50 & Food Raffle 12:30 Bingo	11 8:30 Bone Builders	12 9:30 Tai Ji Quan 12:30 Guitar Music with Ira
15 CLOSED	16 9:30 Tai Ji Quan 11:30 Blood Pressure Check 12:30 Cribbage	17 Food Pantry 50/50 & Food Raffle 12:30 Bingo	18 8:30 Bone Builders Bus Shopping in Lebanon	19 9:30 Tai Ji Quan 12:30 Stories with Neil
22 8:30 Bone Builders	23 9:30 Tai Ji Quan 11:30 Blood Pressure Check	24 Food Pantry 50/50 & Food Raffle 12:30 Bingo	25 8:30 Bone Builders	26 9:30 Tai Ji Quan
29 8:30 Bone Builders	30 9:30 Tai Ji Quan 11:30 BP Checks	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 . 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

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

January 2018 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 CLOSED	2 Cold Plate Chicken, Ham, Cottage Cheese, Tomatoes, Beet salad, Bread Pudding, Sherbet	3 Swedish Meat- balls, Noodles, Gravy, Broccoli, Cucumber Salad, Tapioca	4 Sweet and Sour Chicken , Baked Potato, Cauliflow- er, Green Salad, Jell-O	5 Fish , Rice, Mixed Veggies, Cottage Cheese, Fresh Fruit
8 Hamburger, Whole Wheat Roll, Prince Ed- ward Veggies, Applesauce, Pea- nut butter Bar	9 Meatloaf, Mashed Potatoes, Brus- sel Sprouts, Pea Cheese Salad, Strawberries w/ Cream	10 Chicken Parm, Squash, Black Bean Corn Sal- ad, Bread Pud- ding	11 Chicken and Bis- cuit, Broccoli, Cauliflower, To- mato Salad, Des- sert	12 Shaved Steak, Noodles, Broccoli, Crabapple Salad, Dessert
15 CLOSED	16 Pizza Casserole with beef, Corn, Carrots, Green Salad, Pudding Cake	17 Corned Beef Dinner, Potato, Cabbage, Car- rots, Salad, Fresh Fruit	18 Pancakes with Syrup, Sausage, Beans, Fruit Sal- ad, Lemon Bar	19 Chicken, Baked Potato, Veggies, Stewed Tomatoes, Cottage Cheese with Chives, Fresh Fruit
22 Ham, Sweet Pota- to, Cauliflower / Coleslaw, Jell-O w/ Fruit	23 Chicken w/ Stuff- ing, Beets, Fruit Salad, Lem- on Bar	24 Pot Roast, Mashed Potato, Prince Edward Veggies, Cop- per Penny Salad, Poke Cake	25 Fish Noodles, Peas, Carrots, Green Salad, Fresh Fruit	26 Pepperoni, Pizza, Corn, Green Beans, Carrot Rai- son Salad, Apple Crisp
29 Teriyaki Meat- balls, Noodles, Brussel Sprouts, Tomato Salad, Fresh Fruit	30 Creamed Chip Beef with Egg, Mashed Potato, Beets, Green Sal- ad, Dessert	31 Mac and Cheese, Stewed Tomato, Brocco- li, Bean Salad, Birthday Dessert		