



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

February, 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; Ed Moodie and Ray Brewster, Drivers

Monday, February, 19
Presidents' Day—Center is closed

Wednesday, February 14
Happy Valentine's Day

Friday, February 2
Ground Hog 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.

Come and join us for lunch and join in the fun
Ira Young on guitar, Friday, February 9

Neil will be here with a story to tell
Have lunch and participate in the fun!

Thursday, February 15

Tai Ji Quan: Moving for Better Balance™ Instructor Julia Klein-Zawilinski, VNA of VT/ NH (TJQMBB) is a program derived from the traditional 24 form Yan-Style Tai Chi and progresses from easy to difficult. TJQMBB, developed by a team of researchers at the Oregon Research Institute, helps at-risk adults improve their balance and reduces their likelihood of falling. Research has shown that people who complete TJQMBB are half as likely to fall and are less fearful about falling.

Next 24 week class begins Tuesday, February 6th—9:30 to 10:30. For Information and Balance Screening come to first class Free. Monthly fee \$15.00. There will also be Information and Balance Screening on **Tuesday, Jan. 30 and Friday, Feb. 2**

Meal and Ride Cards may be used at any GCSCC Senior Center and are tax deductible.

Meal Tickets are available 20 meals / \$60.00

Ride Tickets are available 40 rides / \$60.00

Your \$100.00 tax deductible donation could provide a gift for 20 meals and 40 rides to any GCSCC Senior Center

February, 2018 ON-GOING & SPECIAL PROGRAMS
Donations gratefully accepted for services provided/Programs and Services subject to change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 8:30 Bone Builders Bus Shopping in Lebanon—Lunch UVSC	2 9:30 Tai Ji Quan— Information and Balance Screening
5 8:30 Bone Builders	6 9:30 Tai Ji Quan – Starting 24 week class 12:30 Cribbage 11:30 Blood Pressure Check	7 Food Pantry 50/50 & Food Raffle 12:30 Bingo	8 8:30 Bone Builders	9 9:30 Tai Ji Quan 12:30 Guitar Music with Ira
12 8:30 Bone Builders	13 9:30 Tai Ji Quan 10:30 Suite Notes 11:30 Blood Pressure Check 12:30 Bingo for Baubles	14 Food Pantry 50/50 & Food Raffle 12:30 Bingo Valentine’s Day	15 8:30 Bone Builders Bus Shopping in Lebanon 12:30 Stories with Neil	16 9:30 Tai Ji Quan
19 CLOSED	20 9:30 Tai Ji Quan 11:30 Blood Pressure Check 12:30 Cribbage	21 Food Pantry 50/50 & Food Raffle 12:30 Bingo	22 8:30 Bone Builders	23 9:30 Tai Ji Quan
26 8:30 Bone Builders	27 9:30 Tai Ji Quan 11:30 BP Checks	28 Food Pantry 50/50 and Food Raffle 12:30 Bingo		

Transportation: Rides to the Center and medical 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: 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 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. \$15 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.

Cribbage: First and third Tuesdays 12:30. Or bring any board game and a friend!

Food raffle: Wed. 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

February 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 Fish, Rice, Prince Edward Veg, Green Salad, Apple	2 Spaghetti, Meat Sauce, Mixed Veg, Copper Penny Salad, Lemon Tart
5 Meatballs, Rice, Corn, Pickled Beets, Butter- scotch Pudding	6 Chicken , Whole Wheat Biscuit, Cauliflower, To- mato Salad, Bread Pudding	7 Corned Beef, Cabbage, Potato, Carrots, Green Salad, O'Henry Bars	8 Cordon Bleu, Green Beans, Baked Potato, Green Salad, Or- ange	9 Salisbury Steak, Noodles, Broccoli, Pea Cheese Sal- ad, Strawberry Dessert
12 Chicken Parm, Pasta, Oriental/ Carrots, Cole- slaw, Jell-O	13 American Chop Suey, Peas, Mixed Vegeta- bles, Bean Salad, Strawberries and Cream	14 Valentine's Day Dinner Pork loin, Mashed Potatoes, Corn, Applesauce, Cupcake	15 Maple Chicken, Noodles, Cauliflower, Fruit Salad, Pear	16 Meatloaf Baked Potato, Green Beans, Spinach Orange Salad, Assort Dessert/ Sherbet
19 CLOSED Presidents' Day	20 Chili , Cornbread, Broccoli, Pea and Cheese Salad, Peanut Butter Bar	21 Ham and Baked Sweet Potato, Prince Edward Island Veg, Bean Salad, Chocolate Mousse	22 Tuna Salad, Soup , Roll, Carrot/ Broccoli Salad, Egg Salad, Chocolate Cake Peanut Butter Frosting	23 Sweet and Sour Chicken, Rice Mixed Veggies, Salad, Brownie w/ Ice Cream
26 Chicken Tenders, Rice, Oriental Veg, Cottage Cheese, Vanilla Banana Pudding	27 Creamed Chip Beef with Egg, Mashed Potato, Beets, Fruit Salad, Blueberry Crisp	28 Mac and Cheese, with Ham, Tomato, Brussel Sprouts, Bean Salad, Raspberry Tart , Birthday		