



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

March, 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, Liz Houghton, Program Assistant, Ed Moodie, and Ray Brewster, Drivers

Step Up. Stop Hunger
2018 Meals on Wheels Walkathon
Saturday, May 19, 2018

Upper Valley Senior Center
10 Campbell Street, Lebanon, NH
Registration opens at 9:00 . The walk begins
at 10:00
Walk with us to help overcome the obstacles
of senior hunger and isolation

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 .

Town of Canaan history talk with life long resident Reggie Barney.

Monday, March 26 12:30

St. Patrick's Day Lunch—Corned Beef and cabbage !

Wednesday , March 14

Join us for lunch and presentation and game : Remembering When fire and fall pre-
vention presentation for older adults! Mary MacCaffrie, Public Education Network
Representative, Office of the State Fire Marshall

Tuesday, March 27 12:30 PM

Neil will be here with a story to tell ,**Thursday, March 22 12:30**

Ira Young on Guitar, **Thursday, March 29 , 12:30**

GCSCC Annual meeting. **Monday , April 2.** Lunch at the Upper Valley Senior Center. Commis-
sioner Jeffrey Meyers, NH Dept. of Health and Human Services. How NH Services a Growing
Population of Older Adults, RSVP 448-4897

Daylight Savings Time begins **Sunday March 11**

Spring arrives!!! **Tuesday , March 20**

March, 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—
5 8:30 Bone Builders	6 9:00 VNA Foot Clinic 9:45 Suite Notes 9:30 Tai Ji Quan – 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 8:30 Bone Builders	13 9:30 Tai Ji Quan 9:45 Suite Notes 11:30 Blood Pressure Check 12:30 Bingo for Baubles	14 Food Pantry 50/50 & Food Raffle 12:30 Bingo	15 8:30 Bone Builders Bus Shopping in Lebanon—Lunch at UVSC	16 9:30 Tai Ji Quan
19 8:30 Bone Builders	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 12:30 Stories with Neil	23 9:30 Tai Ji Quan
26 8:30 Bone Builders 12:30 Town of Canaan history talk—Reggie Barney	27 9:30 Tai Ji Quan 11:30 BP Checks 12 :30 Fire and Fall Presentation	28 Food Pantry 50/50 and Food Raffle 12:30 Bingo	29 8:30 Bone Builders 12:30 Ira Young—Guitar	30 9:30 Tai Ji Quan

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. Ride Cards available : \$60.00

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. \$25.00 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. 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

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

March 2018 Menu

Lunch served at 12:00 Monday through Friday. Suggested donation \$3.00 age 60 & over; \$8.75 cost, age 59 & under. Meal Cards available. \$ 60.00 Menu subject to change.

Menu subject to change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Salisbury Steak, Noodles, Green Beans, Green Salad, O'Henry Bar	2 BBQ Chicken, Baked Potato, Corn, Beet Salad , Dessert
5 Fish, Rice, Brussel Sprouts, Almond Carrots, Tapioca Pudding	6 Spaghetti and Meatballs, Broccoli, Mixed Vegetables, Cottage Cheese, Chocolate Cupcakes	7 Ham, Sweet Potato, Oriental Veggies, Apple Sauce, Yellow Poke Cake	8 Maple Chicken, Tortellini Salad, Cauliflower, Green Salad, Chocolate Mouse	9 Sweet and Sour Meatballs, Noodles, Prince Edward Island Veggies, Green Salad, Ginger Bread
12 Chicken Parm, Peas, Carrots, Cucumber Salad, Bird Seed Squares	13 Meatloaf, Potato, Pearl Onions, Pea Cheese Salad, Lemon Tart	14 St Patrick's Day Dinner Corned Beef, Cabbage, Potato, Carrots, Red Green Salad, Orange Cookies	15 Egg Casserole with Sausage, Hash, Broccoli, Green Salad, Fresh Fruit	16 Chicken , Rice, Peas, Carrots, Green Salad, Cookie
19 Chicken Noodle Casserole, Corn, Green Beans, Cottage Cheese, Jell-O w/ Fruit	20 Vegetarian Eggplant Parm w/ Marinara Sauce, Pasta, Oriental Vegetables, Peas, Bean Salad, Ambrosia	21 Pot Roast, Potato, Brussel Sprouts, Copper Penny Salad, Lemon Tart	22 Mac and Cheese with Tomato, Broccoli Bacon Salad, Cranberry Pie	23 Creamed Chip Beef with egg, potato, Beets, Green Salad, Fruit
26 Chicken and Biscuit, Mixed Vegetable, Tomato Salad, Peanut Butter Bar	27 Beef Fiesta Casserole, Corn, Mixed Veggies, Green Salad, Apple Crisp	28 Cordon Bleu, Pasta, Green Beans, Salad, Birthday Dessert	29 Beef Stew, Carrots, Cornbread, Coleslaw, Fresh Fruit	30 Shephard's Pie Pearl Onions, Green Salad and Dessert