



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

April 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

Volunteer Recognition Day

Tuesday, April 17th

Center closed to services and programs in Honor of our Volunteers. Home Delivered recipients—please use your frozen meal.

Easter Ham Dinner

Wednesday, April 4

Stories with Neil

Thursday, April 12 -12:30

Ice Cream Social—Enfield Lioness Club Monday, April 16 - 12:30

National Volunteer Week begins April 16

Please thank all volunteers who do so much to help out in the community

Town of Canaan historian, Donna Dunkerton Monday, April 23 - 12:30

Canaan Town wide Yard Sale Day

Saturday, May 12th

Yard Sale donations : Mascoma Area Senior Center accepted week of May 6

Crumbs by Kit Hewes

First workman—"It's going to be tough sledding today."

Second workman, "Why do you say that?" "Because there's no snow."

April, 2018 ON-GOING & SPECIAL PROGRAMS

Donations gratefully accepted for services provided/Programs and Services subject to change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Annual Meeting GCSCC—UVSC— RSVP Lunch at 12:00 8:30 Bone Builders	3 9:30 Tai Ji Quan 12:30 Cribbage 11:30 Blood Pressure	4 VNA Foot Clinic by appt Food Pantry 50/50—Food Raffle EASTER Dinner 12:30 Bingo	5 8:30 Bone Builders Bus Shopping in Leba- non—Lunch UVSC	6 9:30 Tai Ji Quan—
9 8:30 Bone Builders	10 9:30 Tai Ji Quan – 12:30 Bingo for Bau- bles 11:30 Blood Pressure Check	11 Food Pantry 50/50 & Food Raffle 12:30 Bingo	12 8:30 Bone Builders 12:30 Stories with Neil	13 9:30 Tai Ji Quan
16 8:30 Bone Builders ICE CREAM SOCIAL	17 CLOSED VOLUNTEER DAY	18 Food Pantry 50/50 & Food Raffle 12:30 Bingo	19 8:30 Bone Builders Bus Shopping in Leba- non—Lunch at UVSC	20 9:30 Tai Ji Quan
23 8:30 Bone Builders 12:30 Town of Canaan History—Donna Dunk- erton	24 9:30 Tai Ji Quan 11:30 Blood Pressure Check	25 Food Pantry 50/50 & Food Raffle 12:30 Bingo	26 8:30 Bone Builders I	27 9:30 Tai Ji Quan
30 8:30 Bone Builders				

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—

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

APRIL 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
2 Salisbury Steak Noodles, 5 Way Veggies, Cucum- ber Salad, Choco- late Pudding	3 BBQ Chicken, Stuffing, Brocco- li, Tomato Salad, Orange Cookie	4 EASTER HAM Dinner, Sweet Potato, Green Beans, Red and Green Salad, Pineapple Cake	5 Fish, Rice, Veg- gies, Pearl On- ions, Carrot Rai- son Salad, Choco- late Mousse	6 Sweet Sour Meat- balls, Roasted Po- tato, Cauliflower, Green Salad, Raspberry Tart
9 Chicken Parm, Pasta, Brussel Sprouts, Yellow Beans, Coleslaw, Pear	10 Hamburger with Cheese, Noodles, Baked Beans, Copper Penny Salad, Peanut Butter Bars	11 Meatloaf , Mashed Potato, Broccoli, Ap- plesauce, Tapioca	12 Maple Chicken, Baked Potato, Brussel Sprouts, Rainbow Salad, Hawaiian Banana Bar	13 Chipped Beef Gravy on Mashed Potato, Beets, Mixed Vegetables, Fruit Salad, Strawberry Delight
16 Eggplant Parmesan, Pasta, Peas, Carrots, Beet Salad, Assorted Deserts ICE CREAM Social	17 CLOSED In Celebration of VOLUNTEER DAY	18 Chef's Salad, Chicken, Ham and Eggs, Tortellini Salad, Tomatoes, Fruit Salad, Strawberries and Cream	19 Macaroni and Cheese, Cauliflower, Oriental Veggie, Green Salad, Chocolate Marshmallow Bars	20 Beef Stroganoff, Noodles, Prince Edward Veggies, Green Salad, Ap- ple
23 Aloha Chicken, Rice, Yellow Wax Beans, Tomato Salad, Butter- scotch Pudding	24 Shepard's Pie, Pearl Onions, Carrots, Waldorf Salad, Fruit Par- fait	25 Pot Roast, Sweet Potato, Peas, Salad, Birthday Cake	26 Spaghetti with Meatballs, Orient- al Veg, Carrots, Green Salad, Or- ange	27 Egg Salad Sandwich on Whole Wheat Bread, Pickle, Tomato, Beets, Brownie and Ice Cream
30 Fish , Rice with Brussel Sprouts , Carrots, Cottage Cheese with Scallions, Chives, Jell-O Fruit				