



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, 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; Liz Houghton, Program Associate; Ed Moodie and Ray Brewster, Bus Drivers; Karen Goings, Assistant Cook

MASC Holiday Dinner

Wednesday, December 19th at 12:00

Happy Holidays to all!

The staff of MASC wish you and yours
a joyous holiday season.

Local History in Canaan

Come to join us for lunch—lifelong local resident Reggie Barney will be speaking on local history—bring your questions and photos to share.

12:30, Thursday, December 13.

Holiday Gift Circle—Wed December 12 at 10:30. If you would like to participate, bring an inexpensive gift wrapped in holiday paper or a bag that would be suitable for all. Join the circle in the dining room.

Christmas in Canaan — Friday Dec 14- 5:00 PM to 8:00 PM

Please join us in the Town-Wide event—come in and get warm.

Refreshments and entertainment. Crafts. Raffles.

Canaan Grade School class coming to decorate. Wed. Dec 5th and Friday, Dec 14

Thursday, December 27 — Stories with Neil

Please join us for lunch and a story at **12:30**

Thursday, Dec 20—Enfield Community Holiday Dinner at noon.

Please reserve the bus if transportation is needed.

We will be **closed Christmas Eve and Christmas Day, Monday the 24th and Tuesday, the 25th**

Home delivered meal recipients, please use your frozen meals.

Winter inclement weather is coming! Home delivered meal recipients and those that utilize transportation services, please make certain to keep sidewalks shoveled for the safety of all. Please tune to WMUR for closure reporting.

If the local schools are closed the Center is likely to be closed.

Home delivered meal recipients, please use your frozen meals during closure.

When the Center is closed, NO services are provided.

December, 2018 ON-GOING & SPECIAL PROGRAMS

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 8:30 Bone Builders	4 9:30 Tai Ji Quan 11:30 Blood Pressure checks 12:30 Cribbage	5 Foot Clinic by Lake Sunapee VNA by Appt Canaan students decorate MASC 50/50 12:30 Bingo	6 8:30 Bone Builders Bus Shopping in Lebanon— Lunch at the UVSC	7 9:30 Tai Ji Quan—
10 8:30 Bone Builders 12:30 Advisory Council	11 9:30 Tai Ji Quan – 11:30 Blood Pressure Check 12:30 Bingo for Baubles	12 50/50 12:30 Bingo 10:30 Gift Circle	13 8:30 Bone Builders 12:30 Local History with Reggie Barney	14 9:30 Tai Ji Quan Canaan Students Decorate MASC Christmas in Canaan 5:00—8:00 PM
17 8:30 Bone Builders No Bus Service	18 9:30 Tai Ji Quan 11:30 Blood Pressure Check 12:30 Cribbage	19 Holiday Dinner 50/50 12:30 Bingo	20 8:30 Bone Builders Enfield Community Dinner 12:00—	21 9:30 Tai Ji Quan Last class this session Bus shopping in Lebanon. Lunch at UVSC.
24 CLOSED	25 CLOSED	26 50/50 12:30 Bingo	27 8:30 Bone Builders 12:30 Stories w/ Neil	28 9:30 Tai Ji Quan
31 8:30 Bone Builders—No bus				

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: Tues and Friday: 9:30 am, 1st class free—come and observe. VNA/ VT/ NH. \$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!

50/50: 3 tickets for \$1.00— Wed during lunch time.

Food Pantry: Available to residents of Canaan, Orange, Enfield, Grafton and Dorchester. Call : 523-4333 x 106.

Chore Corp: Call with occasional household chores or small repairs. Toll free: 1-877-711-7787.

Outreach Services: Available by appointment.

ServiceLink: Information and Referral:

Call toll free: 1-866-634-9412

December 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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Vegetarian Cheese Tortellini Vegetables Cottage Cheese Fruit	4 BBQ Chicken Rice Vegetables Salad Dessert	5 Beef Stroganoff Noodles Vegetables Salad Dessert	6 Baked Ziti with beef Vegetables, Salad Dessert	7 Fish Rice Vegetables, Salad Dessert
10 Baked Chicken Biscuit Vegetable, Salad Dessert	11 Cold Plate Ham Salad Whole Wheat Roll Dessert	12 Sheppard's Pie Vegetables Salad Dessert	13 Chili Cornbread Vegetables, Salad Dessert	14 BBQ Pork with whole wheat roll Vegetables Salad Dessert
17 Vegetarian Quiche Broccoli Vegetables Salad Dessert	18 Chicken Parm Pasta Vegetables Salad Dessert	19 Holiday Ham Dinner	20 BBQ Meatballs Rice Vegetables Salad Dessert	21 Cheeseburger Roll Vegetables Salad Dessert
24 Christmas Eve CLOSED	25 Christmas CLOSED	26 Vegetarian Stuffed Shells Vegetables Salad Birthday Dessert	27 Salisbury Steak Roasted Potatoes Vegetables Salad Dessert	28 Egg Salad Sandwich on Wheat Salads Dessert
31 Turkey and Biscuit Vegetables Salad Dessert				