



# 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, 2019

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

### AARP TAX—Aide

**Free Tax Preparation.** This program is designed for seniors and low income tax payers. Please call the Upper Valley Senior Center in Lebanon for appointment on Tuesdays 8:45—2:00 through April 9th. 603-448-4213

OR:

Dial 211 for further AARP Information.

2019 Annual Meeting of the Grafton County Senior Citizens Council, Inc.

Monday, April 1st 11:45 AM.

Open to the public. Lunch at the Upper Valley Senior Center, 10 Campbell Street, Lebanon. Keynote address presented by Executive Director Kathleen Vasconcelos.

RSVP by March 25.

Second Grade Canaan Elementary School class visit, Wednesday, March 6, 10:30. Interact with the students who will be bringing math games and decorating our center. Please come and join in the fun.

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Daylight Savings Time Sunday, March 10th—Clocks ahead one hour!  
Spring Equinox arrives! March 20

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St. Patrick's Day Dinner: Boiled Corned Beef and Cabbage.  
March 13th, at 12:00. Bring a friend!

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Stories with Neil, Thursday, March 28, 12:30 PM

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Would you like to use the Food Pantry? Please call us! 523-4333  
Pantry open third Wednesday each month. For emergencies and special needs please call and we will accommodate.

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Teacher: "Which one of you can use the work "fascinate" in a sentence?" "I can," said Sue. "My coat has nine buttons but I can only fasten eight."

**March, 2019 ON-GOING & SPECIAL PROGRAMS**  
**Donations gratefully accepted for services provided/Programs and Services subject to change**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
4 8:30 Bone Builders No Bus Service	5 11:30 Blood Pressure Check 12:30 Cribbage	6 VNA Foot Clinic by Appt 10:30—2nd Grade School Students vis- it—Decorating and Games  50/50 12:30 Bingo	7 8:30 Bone Builders Bus shopping in Lebanon and Lunch at UVSC Launch of Enfield Library—Enfield Residents—Home Delivered MOW's Home Book delivery—	8
11 8:30 Bone Builders No Bus Service	12 11:30 Blood Pressure Check 12:30 Bingo for Baubles	13 50/50 12:30 Bingo St. Patrick's Day Dinner	14 8:30 Bone Builders	15
18 8:30 Bone Builders No Bus Service 12:30 Advisory Council Meeting	19 11:30 Blood Pressure Check 12:30 Cribbage	20 Food Pantry  50/50 12:30 Bingo  Spring Equinox !	21 8:30 Bone Builders Bus shopping in Lebanon and Lunch at UVSC	22
25 8:30 Bone Builders—No bus Service	26 11:30 Blood Pressure Check	27 50/50 12:30 Bingo	28 8:30 Bone Builders 12:30 Stories with Neil	29

**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

**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

# March, 2019 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
				<b>1</b> Chop Suey, Green Beans, Baby Onions, Tomato Salad, Strawberry Yogurt
<b>4</b> Vegetarian Egg Bake, Whole Wheat Roll, Tomatoes, Cole Slaw, Yogurt	<b>5</b> Creamed Chip Beef, Biscuit, Egg, Beets, Carrot Raisin Salad, Tapioca	<b>6</b> Chili, Whole Wheat Roll, Peas, Carrots, Onions, Cucumber Salad, Chocolate Mouse	<b>7</b> Fish, Rice, Brussel Sprouts, Green Salad, Apple Cobbler	<b>8</b> Sweet and Sour Meatballs, Rice, Calif Blend Vegetables, Spinach Salad, Cookie
<b>11</b> Baked Macaroni and Cheese, Stewed Tomatoes, Pearl Onions, Coleslaw, Grapes	<b>12</b> Chicken and Biscuit with Gravy, Peas, Carrots, Cranberry Sauce, Brownie	<b>13</b> St. Patrick's Day Dinner Boiled Corned Beef and Cabbage, Carrots, Potatoes, Cole Slaw, Cake	<b>14</b> Stuffed Shells, Mixed Vegetables, Broccoli, Cottage Cheese, Apple	<b>15</b> Broccoli Quiche, Tomatoes, Roll, Bean Spinach Salad, Ice Cream
<b>18</b> Pizza Casserole with Beef, Broccoli, Corn, Rice, Coleslaw, Grapes	<b>19</b> BBQ Chicken, Sweet Potato, Mixed Vegetables, Cranberry Sauce, Peanut Butter Bar	<b>20</b> Spring Equinox! Chef's Salad with Ham, Cottage Cheese, Rice Krispy Treat	<b>21</b> Chicken Parm, Vegetable Blend, Green Salad, Plum	<b>22</b> Salisbury Steak, Potato with Gravy, Oriental Vegetables, Salad, Sherbet
<b>25</b> Baked Chicken, Stuffing, Mixed Vegetables, Copper Penny Salad, Jell-O	<b>26</b> Fish, Rice, Peas, Carrots, Beet Salad, Lemon Bar	<b>27</b> Pot Roast, Mashed Potato, Beets, Pea Cheese Salad  Pumpkin Dump	<b>28</b> Ham, Oven Baked Potato, Green Beans, Green Salad, Cookie	<b>29</b> Beef Stew with Vegetables, Biscuits, Applesauce, Ice Cream

