

Mascoma Area Senior Center

serving Enfield, Canaan, Dorchester, Grafton and Orange

May 2019 NEWSLETTER

Hours: Monday–Friday, 8am-3pm

Phone: 603-523-4333

Fax: 603-523-4334

PO Box 210, 1166 US Rt 4

Canaan, NH 03741



Sharon Dunbar, *Director*

Liz Houghton, *Program Associate*

Ed Moodie, Ray Brewster, *Bus Drivers*

Jackie Bruce, *Cook*

Karen Goings, *Assistant Cook*

We at Mascoma send our very best wishes to **Jackie Bruce** as she begins her new endeavors with her family in Albany, New York. Many well wishes from all and thanks for many cooking hours, creativity and hard work. We will miss you!

Did you know?

Your local senior center is a program of the Grafton County Senior Citizens Council (GCSCC). Contributions from donors like you make it possible for GCSCC to provide the programs and services essential for older adults living in communities throughout Grafton County. Only half of our budget comes from state and federal government funds. The rest is from local communities and individuals who donate to GCSCC to support local senior centers. Please consider donating, either by mail (GCSCC, 10 Campbell St., Lebanon, NH 03766) or online (www.gcsc.org). Thank you for your generosity!

Would you like to use the Food Pantry? Please call us! 532-4333. Pantry is open the third Wednesday each month. For emergencies and special needs please call and we will accommodate.

In May

May 1 Wednesday – 10:30 am

School Student Visit to decorate the Center and participate in games

May 7 Tuesday 10:30 am

Rug Braiding Demonstration

May 11 Saturday Canaan Town-wide yard sale.

We will be open for sale and lunch

Please support MASC. Donations accepted at ramp entrance during week of May 6

May 15 Wednesday, Mother's Day lunch and Ice Cream Social

May 18 Saturday Walkathon 10:00 am

Step up Stop Hunger and raise money for Meals on Wheels

Horse Meadow Senior Center

Sponsors and walkers needed

Support your local meals program at MASC !

May 22 Wednesday Memorial Day Lunch,

May 27 Monday Closed: Memorial Day

May 30 Thursday Stories with Neil 12:30 pm

Home-delivered meal recipients, please use your frozen meals during holiday closure. When Center is closed NO services are provided.

May

Monday	Tuesday	Wednesday	Thursday	Friday
		Ham 1 10:30 School visit-games and decorating VNA Foot Clinic by Apt. 12:30 Bingo 50/50	Stuffed Shells 2 Shop in Lebanon by appointment Lunch at UVSC 8:30 Bone Builders	Salisbury Steak 3
Chicken and Biscuit 6 8:30 Bone Builders	Hawaiian Pork 7 10:30 Braided Rug Demo 11:30 Blood pressure check 12:30 Cribbage	Spaghetti and MeatBalls 8 12:30 Bingo 50/50	Fish 9 8:30 Bone Builders	Chicken 10 Set up yard sale
Vegetarian Broccoli quiche 13 8:30 Bone Builders	Chicken Salad Cold Plate 14 8:45 Michael Kraatz Drawing Class 11:30 Blood pressure check 12:30 Bingo for Baubles	Pot Roast Mother's Day Lunch Ice Cream Social Lioness Club 15 12:30 Bingo 50/50	Chicken 16 8:30 Bone Builders Bus shopping in Lebanon by apt. UVSC lunch	Chop Suey 17
Swedish Meatballs 20 8:30 Bone Builders	Tortellini w/Meat Sauce 21 8:45 Michael Kraatz Drawing Class 11:30 Blood pressure check 12:30 Cribbage	Ham Salad Cold Plate Memorial Day Lunch ! 22 12:30 Bingo 50/50	Chipped Beef 23 8:30 Bone Builders	BBQ Chicken 24
Closed— 27 Home Delivered Meal Recipients please use your frozen meal Memorial Day	Beef Stroganoff 28 8:45 Michael Kraatz Drawing Class 11:30 Blood pressure check	Chicken Alfredo Birthday Dessert 29	Chili 30 8:30 Bone Builders 12:30 Stories by Neil	Fish 31

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

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, PROGRAMS & SERVICES SUBJECT TO CHANGE WITHOUT NOTICE

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

PLEASE DROP BY TO EXPERIENCE A CLASS.