

Mascoma Area Senior Center

serving Enfield, Canaan, Dorchester, Grafton and Orange

June 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*

Marcy Smith Cook

Karen Goings, *Assistant Cook*

A program of the Grafton County Senior Citizens Council

Thanks to all the volunteers and supporters for success with our fundraisers: Step Up and Stop Hunger and our yard sale.

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!

In June

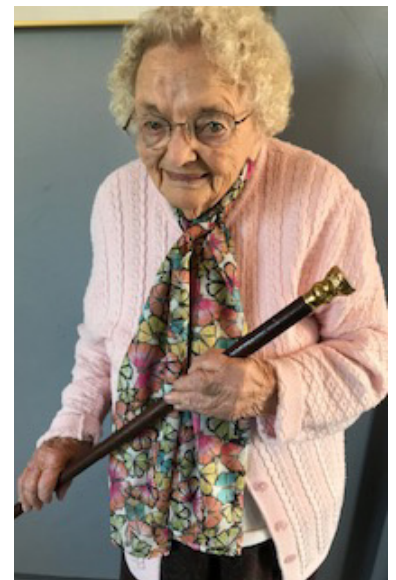
June 5 Wednesday – 10:30 am

School Student Visit to decorate the Center and participate in games

June 19 Wednesday, Fathers' Day Lunch and Ice Cream Social

June 27 Thursday Stories with Neil 12:30 pm

Congratulations to Verna Dunn, the recipient of the Boston Post cane, honoring her as the eldest citizen in Enfield, 2019.



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.

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

Crumbs by Kit Hewes: "Every baby needs to learn how to walk. It is a shame that we have to learn how to walk again in our old age." —Anonymous

JUNE 2019

Monday	Tuesday	Wednesday	Thursday	Friday
3 Chicken Sweet & Sour 8:30 Bone Builders	4 Beef Stew 9:45 Drawing Class 11:30 Blood pressure check 12:30 Cribbage	5 Ham 10:30 School visit—games & decorating VNA Foot Clinic/apt. 12:30 Bingo 50/50	6 Chicken Alfredo Shop in Lebanon by appointment Lunch at UVSC 8:30 Bone Builders	7 Salisbury Steak
10 Chicken with Gravy Biscuits 8:30 Bone Builders	11 Beef Stroganoff 9:45 Drawing Class 11:30 Blood pressure check	12 Spaghetti Meat Sauce 12:30 Bingo 50/50	13 Fish 8:30 Bone Builders	14 Chili
17 Hawaiian Pork 8:30 Bone Builders	18 Chef Salad 9:45 Drawing Class 11:30 Blood pressure check 12:30 Cribbage	19 Pot Roast Fathers' Day Ice Cream Social 12:30 Bingo 50/50	20 Chicken 8:30 Bone Builders Bus shopping in Lebanon by apt. UVSC lunch	21 Mac and Cheese
24 Chicken Cordon Bleu 8:30 Bone Builders	25 Shepherd's Pie 9:45 Drawing Class 11:30 Blood pressure check	26 Ham Salad Cold Plate 12:30 Bingo 50/50 Birthday Celebration	27 Creamed Chipped Beef w/Egg 8:30 Bone Builders 12:30 Stories by Neil	28 Fish with Brown Rice

Bingo: Wednesday after lunch (.25/card). 55+

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
1st and 3rd Wednesdays
MASC

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.