

Mascoma Area Senior Center

serving Enfield, Canaan, Dorchester, Grafton and Orange

September 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*

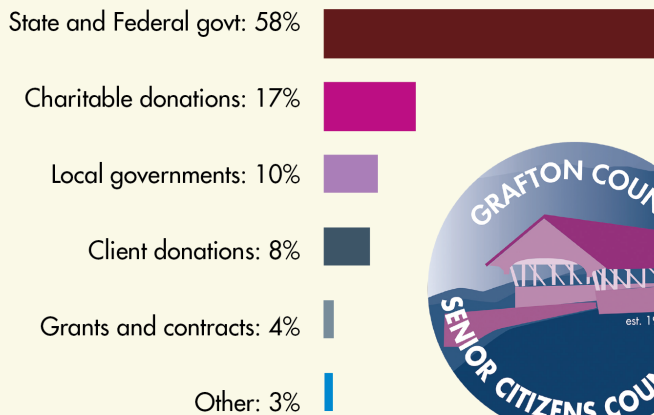
Ed Moodie, Ray Brewster, *Bus Drivers*

Marcy Smith Cook

Karen Goings, *Assistant Cook*

A program of the Grafton County Senior Citizens Council

Wondering how we're funded?



In September

Monday, September 2, Closed – Labor Day

Wednesday, September 11, 12:30—
Ice Cream Social

Thursday, September 12, 12:30—
Reggie Barney, “A Shameful Day in Canaan History”

Thursday, September 26, 12:30 “Stories by Neil”

Friday, September 27, Closed—
Staff Safety Day

Medicare open enrollment begins soon!

You may be able to *save money* on your prescription drug plan. Meet with a Medicare Counselor to find out.

September 4 at Mascoma Area Senior Center 9–4pm

Please call MASC at 603-523-4333 to schedule an appointment.

Bring your Medicare card and a list of prescription medications.

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.

SEPTEMBER 2019

Monday	Tuesday	Wednesday	Thursday	Friday
2 CLOSED— LABOR DAY	3 Taco Salad 11:30 Blood Pressure Ck. 12:30 Cribbage	4 Salisbury Steak VNA Foot Clinic by Appt. ServiceLink—9-4 12:30 Bingo/50/50	5 Cabbage Caserole 8:30 Bone Builders Lebanon shopping by appointment	6 Beef Burrito Bake
9 Spaghetti/meatballs	10 Sweet & Sour Chicken 11:30 Blood Pressure Ck.	11 Meat Loaf 12:30 Bingo 50/50 Ice Cream Social	12 Chicken Parmesan 8:30 Bone Builders 12:30 Reggie Barney, "A Shameful Day in Canaan History"	13 Mac & Cheese
16 Chipped Beef	17 Chicken Alfredo 11:30 Blood pressure check 12:30 Cribbage	18 Roast Beef 12:30 Bingo 50/50 ServiceLink 9-4	19 Shepard's Pie 8:30 Bone Builders Lebanon shopping by appointment	20 Chop Suey
23 Beef Stroganoff	24 Mini Meatball Subs 11:30 Blood pressure check	25 Chicken Cordon Bleu 12:30 Bingo 50/50	26 Fish 8:30 Bone Builders 12:30 Stories by Neil	27 Closed— Safety Day
30 Chili				

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 call 523-4333

Lunch served at 12:00 Monday through Friday. Suggested donation \$3 age 60 & over; \$5 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.

There will be a ServiceLink representative at Mascoma the 1st and 3rd Wednesday each month. Please call 523-4333 to schedule appointments between 9:30 – 2:30.