



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

June, 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, Drivers

Thank you for your support of our **Step. Up . Stop Hunger Walkathon**—your donations have greatly helped to support our Meals on Wheels program in our local area. The weather held out and Mascoma Area Senior Center was well supported by walkers who helped to raise awareness of our meal program to

Many thanks to all volunteers who helped out at our **yard sale** and lunch ! Thank you to all who donated items. All proceeds go towards supporting our local programs and services for older adults.

Father's Day Lunch celebrated on Wednesday , June 13

Happy Father's Day !

Canaan Street Garden Tour 10:00 AM , Picnic Lunch and Music provided by Ira and Clyde Thursday June 28

Sign up by June 15

Stories with Neil, Thursday, June 21 , 12:30

Crumbs by Kit Hewes

Two mosquitoes were watching blood donors giving their blood in a mobile truck. Said one to the other, "Just look at that. They'll come in here and lie down placidly while someone takes a pint of their blood, but they'll yell bloody murder if we just take a couple of nips."

" How far you go in life depends on your being tender with the young, patient with the old, sympathetic with the striving, tolerant with the weak and the strong, because some day in life you will have been all of them. "

June, 2018 ON-GOING & SPECIAL PROGRAMS
Donations gratefully accepted for services provided/Programs and Services subject to change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 9:30 Tai Ji Quan—
4 8:30 Bone Builders	5 9:30 Tai Ji Quan – 12:30 Cribbage 11:30 Blood Pressure Check	6 VNA Foot Clinic by appt Food Pantry 50/50 & Food Raffle 12:30 Bingo	7 8:30 Bone Builders Bus Shopping in Leb— Lunch at UVSC	8 9:30 Tai Ji Quan
11 8:30 Bone Builders	12 9:30 Tai Ji Quan 11:30 Blood Pressure Check 12:30 Bingo for Bau- bles	13 Food Pantry 50/50 & Food Raffle 12:30 Bingo Father's Day lunch	14 8:30 Bone Builders Flag Day	15 9:30 Tai Ji Quan
18 8:30 Bone Builders 12:30 Advisory Council	19 9:30 Tai Ji Quan 11:30 Blood Pressure Check 12:30 Cribbage	20 Food Pantry 50/50 & Food Raffle 12:30 Bingo	21 8:30 Bone Builders Bus Shopping in Leb— Lunch at UVSC 12:30 Stories with Neil First Day of Summer	22 9:30 Tai Ji Quan
25 8:30 Bone Builders	26 9:30 Tai Ji Quan 11:30 Blood Pressure Check	27 Food Pantry 50/50 & Food Raffle 12:30 Bingo	28 8:30 Bone Builders 10:00 Garden Tour / Lunch and Music	29 9:30 Tai Ji Quan

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: Tuesdays and Fridays: 9:30 am, 1st class free. 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!

Food raffle: Wed. Tickets \$.50 each. 50/50 : 3 tickets for \$1.00

Food Pantry: Available to residents of Canaan, Orange, Enfield, Grafton and Dorchester.

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

June 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.

Menu subject to change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Cold Salad Plate w/ Ham, Tortellini Cottage Cheese, Green Salad, Fruit
4 Stuffed Shells Cauliflower, Mixed Veg, Bean Salad, Jell-O w/ Fruit	5 Baked Chicken, Stuffing, Carrots, Beet Salad, Cake	6 Spaghetti and Meatballs, Prince Edward Veg, Green Salad, Dessert	7 Breakfast at Lunch Eggs, Potato, Vegetable, Salad, Fruit	8 Beans with Ham and Cornbread, Veg, Salad, Des- sert
11 Fish, Rice, Green Beans, Beet Salad, Dessert	12 BBQ Chicken, Potato, Veg, Salad, Dessert	13 Ham Father's Day Lunch	14 Sweet and Sour Meatballs, Tortel- lini, Veg, Salad, Cookie	15 Salisbury Steak, Potato, Yellow Beans, Green Salad, Fruit
18 Hamburger with Cheese, Potato, Veg, Salad, Fruit	19 Pasta Prima Vera Vegetarian , Cot- tage Cheese, Veg, Cookie	20 Beef Stroganoff, Noodles, Veg, Green Salad, Dessert	21 Vegetarian Quiche, Sausage, Veg, Salad, Fruit	22 Orange Chicken, Pasta, Veg, Salad, Fruit
25 Chicken and Bis- cuit, Veg, Salad, Dessert	26 Chipped Beef, Potato, Egg, Beets, Salad, Dessert	27 Pizza Casserole, Veg, Salad Birthday Dessert	28 Cold Plate Picnic on Canaan Street	29 Sweet and Sour Chicken , Noo- dles, Veg, Salad, Dessert