



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

November, 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, Bus Drivers

Thanksgiving Dinner At Noon

Turkey with all the fixings

Wednesday, November 14th
Happy Thanksgiving to all!

Veterans' Day

Sunday, November 11

Please join us Monday, **November 12** at 11:00

To honor Veterans. Plan to join us
for lunch

Local Artist, Barbara McAlister, Carving Demonstration

Friday, November 16th at 11:30 in the dining room.

Please come and join us. Lunch at 12:00

Canaan Grade School class coming to decorate the dining room

Friday, November 2nd at 10:30

Thursday, November 15 —Stories with Neil

Please join us for lunch and a story at 12:30

Tuesday, Election Day November 6th

Do you need a ride to the polls? Please call to schedule

We will be closed Thanksgiving Day, Thursday the 22nd and Friday the 23rd

Home delivered meal recipients, please use your frozen meals on closure days

Daylight Savings Time Ends Sunday, November 4th

Set your clocks back one hour

Winter inclement weather is coming! Home delivered meal recipients please make certain to keep sidewalks shoveled for safety of all. Volunteers delivering meals and Bus transportation. Please tune to WMUR for closure reporting. If the local schools are closed the Center is likely to be closed. Home delivered meal recipients, please use your frozen meals during closure. When Center is closed NO services are provided.

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 8:30 Bone Builders Bus Shopping in Leb— Lunch at the UVSC	2 9:30 Tai Ji Quan— 10:30 Canaan School students visit
5 8:30 Bone Builders	6 9:30 Tai Ji Quan – 11:30 Blood Pressure Check 12:30 Cribbage Election Day	7 VNA Foot Clinic by appt 50/50 12:30 Bingo	8 8:30 Bone Builders	9 9:30 Tai Ji Quan Bus shopping in Leba- non—Lunch at UVSC
12 8:30 Bone Builders 10:30 Veterans' Day Celebration	13 9:30 Tia Ji Quan 11:30 Blood Pressure Check 12:30 Bingo for Bau- bles	14 Thanksgiving Dinner 50/50 12:30 Bingo Food Pantry by appt	15 8:30 Bone Builders Bus Shopping in Leba- non . Lunch at UVSC 12:30 Stories with Neil	16 9:30 Tai Ji Quan 11:30 Barbara McAl- ister carving demo
19 8:30 Bone Builders	20 9:30 Tai Ji Quan 11:30 Blood Pressure Check 12:30 Cribbage	21 50/50 12:30 Bingo	22 CLOSED HAPPY THANKSGIVING	23 CLOSED
26 8:30 Bone Builders	27 9:30 Tia Chi— 11:30 BP checks	28 12:30 Bingo/ 50/50	29 8:30 Bone Builders	30 9:30 Tai Ji Quan

Transportation: Rides to the Center and medical ap-
pointments. 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 Cen-
ter 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: Tues and Friday: 9:30 am, 1st class free—
come and observe. VNA/ VT/ NH 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!

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

November 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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 BBQ Meatballs, Rice, Yellow Beans, Salad, Dessert	2 Tuna Salad , Roll , Vegetable, Salad, Dessert
5 Salisbury Steak, Noodles, Vege- tables, Salad, Dessert	6 BBQ Pork on Whole Wheat, Vegetables, Salad, Dessert	7 Beef Stroganoff, Noodles, Vege- tables, Salad, Dessert	8 Sweet and Sour Chicken, Potato, Vegetables, Des- sert	9 Beans and Hot Dogs, Corn- bread , Coleslaw , Dessert
12 Veterans' Day Lunch Stuffed Shells, Vegetables, Salad, Dessert	13 Shepard's Pie, Vegetables, Salad , Dessert	14 Thanksgiving Dinner with all the fixings!	15 Teriyaki Chicken, Noodles, Vegeta- bles, Salad, Des- sert	16 Chicken Parm, Pasta, Salad, Dessert
19 Fish, Rice, Vege- tables, Salad, Dessert	20 Vegetarian Cheese Tortellini, Vegetables, Salad, Dessert	21 Pot Roast, Pota- toes, Vegetable, Salad, Dessert	22 CLOSED	23 CLOSED
26 Egg Casserole with Ham, Roll, Vegetable, Des- sert	27 Chicken and Bis- cuit, Vegetables, Dessert	28 Ham , Sweet Po- tato, Vegetables, Birthday Dessert	29 Baked Chicken , Rice, Vegetables, Dessert	30 American Chop Suey, Vegetable, Salad, Dessert

