



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, 2017

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, Ernst Schori, Cook; Jackie Bruce, Assistant Cook, Marion Rogers, Assistant Cook, Bonnie Boutin, Kitchen Assistant, Liz Houghton, Program Assistant, LeeAnn Souza, Ed Moodie, Ray Brewster Drivers

Volunteer Drivers and runners needed to deliver meals to our Home Delivered Meals recipients—Monday through Friday. Schedules are coordinated monthly and if you have a couple of hours a month or would like to help out, please let us know.

Inclement Weather Notice

The Mascoma Area Senior Center will most likely be closed if the local school system is closed due to weather conditions. Tune to WMUR for announcements.

Please use your frozen meal.

**Join us for our Thanksgiving Dinner with all the fixings Wednesday, November 15
Sign up Front Desk**

Closure on Thanksgiving Day, and Friday the 24th.

Home Delivered Meal Recipients, please use your home delivered frozen meal. As the weather gets colder we will begin to deliver frozen meals for your use on the days we are either closed, or we are not able to deliver due to road conditions. Please also remember that we can only deliver when your sidewalks and driveways are plowed, sanded and SAFE for all.

Daylight Savings ends on Sunday, November 5th—Please set your clocks back one hour.

Tuesday, November 7—Election Day.

MEDICARE'S OPEN ENROLLMENT :

You can make changes to your Medicare coverage during Medicare's Open Enrollment Period, which runs October 15 to December 7. You may make changes to your Part D Prescription drug coverage plan. See Joan in Outreach office: Please call for appointment.

November, 2017 ON-GOING & SPECIAL PROGRAMS
Donations gratefully accepted for services provided/Programs and Services subject to change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Food Pantry 50/50 & Food Raffle 12:30 Bingo	2 8:30 Bone Builders Bus Shopping in Lebanon—Lunch at UVSC	3 9:30 Tai Ji Quan
6 8:30 Bone Builders 11:30 Blood Pressure Check	7 9:30 Tai Ji Quan 12:30 Cribbage	8 Foot Clinic by appt Food Pantry 50/50 & Food Raffle 12:30 Bingo	9 8:30 Bone Builders	10 9:30 Tai Ji Quan
13 8:30 Bone Builders 11:30 Blood Pressure Check	14 9:30 Tai Ji Quan 12:30 Bingo for Baubles	15 Food Pantry 50/50 & Food Raffle 12:30 Bingo	16 8:30 Bone Builders Bus Shopping in Lebanon—Lunch at UVSC	17 9:30 Tai Ji Quan
20 8:30 Bone Builders 11:30 Blood Pressure Check	21 9:30 Tai Ji Quan 12:30 Cribbage	22 Food Pantry 50/50 & Food Raffle 12:30 Bingo	23 Happy Thanksgiving	24 CLOSED
27 8:30 Bone Builders 11:30 Blood Pressure check	28 9:30 Tai Ji Quan	29 Food Pantry 50/50 and Food Raffle 12:30 Bingo	30 8:30 Bone Builders Bus—No shopping in Lebanon today—local pick up	

Transportation: Rides to the Center for an appointment, activity or lunch. For medical transport 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.

Shopping in Lebanon . Call to reserve a seat. Lunch at the Upper Valley Senior Center. Return after lunch.

Foot Clinic/Ask a Nurse: 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

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

Bingo for Baubles: Second Tuesday after lunch. Bring an item to share and join in the fun!

Cribbage: First and third Tuesdays after lunch. 12:30. Or bring any board game and a friend!

Raffle: Wed. Thanks to all of you who support the Center by donating items & baked goods.

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

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

Chore Corp: Volunteers who can help with occasional household chores or small repairs. Toll free: 1-877-711-7787.

Outreach Services: Available by appointment.

Nov 2017 Menu

Lunch served at 12:00 Monday through Friday. Suggested donation \$3.00 age 60 & over; \$8.75 cost, age 59 & under. Menu subject to change.

Menu subject to change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Meatloaf, Mixed Vegetables, Potatoes— mashed, Pea Cheese Salad, Apple Crisp	2 Breaded Fish, Rice, Peas and Onions, Green Salad, Fruit Jell-O	3 Fried Chicken, Rice Pilaf, Vegetable Blend, 4 Bean Salad, Apple-sauce Cake
6 Chicken Parmesan, Spaghetti, Squash, Cucumber Salad, Ambrosia	7 Boiled Ham Dinner, Cabbage, Carrots, Cottage Cheese w/ Pineapple, Hermit	8 Pot Roast, Mashed Potatoes, Prince Edward Veggie, Copper Penney Salad, Fruit, Pudding	Cordon Bleu, Potato Boiled, Peas, Carrots, Green Salad, Tapioca	10 Salisbury Steak, Noodles, Carrots, Apple Salad, assorted dessert/ Sherbet
13 Chicken Tenders, Rice, Brussel Sprouts, Cole-slaw, Apple Raisin Cream Dessert	14 Chop Suey, Mixed Vegetables, Beets, Carrot Raisin Salad, Fruit	15 Turkey Dinner with all the fixings! Stuffing, Mashed Potato, Gravy, Squash, Cranberries, Pumpkin Cake	16 Ham, Sweet Potatoes, Beets, Fruit, Bread Pudding	17 Cheeseburger, Bread, Pickle, Tomato, Pickled Beets, Peach Cobbler
20 Beef Stroganoff, Broccoli, Spinach Salad, Jell-O	21 Macaroni and Cheese, Tomatoes, Zucchini, Beet Salad, Fruit,	22 Chicken Breast with Teriyaki Sauce, Fried Rice, Brussel Sprouts, Black Bean Corn Salad, Dessert	23 Happy Thanksgiving CLOSED	24 CLOSED
27 Cold Plate Ham/ Turkey, Cottage Cheese, Coleslaw, Pudding	28 Sweet and Sour Meatballs, Noodles, Cauliflower, Fresh Fruit, Peanut Butter Bar	29 Turkey and Biscuit, Peas, Cranberry Sauce Birthday Cake with Ice Cream!	30 Shepherd's Pie, Spinach Green Salad, Fruit	