



# 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

February, 2019

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; Liz Houghton, Program Associate;  
Ed Moodie and Ray Brewster, Bus Drivers; Jackie Bruce, Cook; Karen Goings, Assistant Cook

Groundhog Day  
Saturday, February 2

**CLOSURE**  
Presidents' Day  
Monday February 18

Anita's Valentine decorative box  
making and decorating  
Wednesday, February 13th  
10:30  
Join us for Valentine's Lunch  
at noon.

Stories with Neil, Thursday, February 28, 12:30 PM

Would you like to use the Food Pantry? Please call us! 523-4333  
Pantry open third Wednesday each month. For emergencies and special  
needs please call and we will accommodate.

Thank you to all of our VOLUNTEERS  
Call us at 523-4333 to discuss our many volunteer opportunities.  
Home-delivered meal drivers and runners are needed along with  
home delivered meal packers and dining room lunch assisting.

Home-delivered meal recipients and those that utilize transportation services, please make certain to keep sidewalks  
shoveled for safety of all. 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.

**February, 2019 ON-GOING & SPECIAL PROGRAMS**  
**Donations gratefully accepted for services provided/Programs and Services subject to change**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<b>1</b> <b>Bus shopping in Lebanon and lunch at UVSC</b>
<b>4</b> <b>8:30 Bone Builders</b> <b>No Bus Service</b>	<b>5</b> <b>11:30 Blood Pressure Check</b>  <b>12:30 Cribbage</b>	<b>6</b> <b>VNA Foot Clinic</b>  <b>50/50</b>  <b>12:30 Bingo</b>	<b>7</b> <b>8:30 Bone Builders</b> <b>Bus shopping in Lebanon and Lunch at UVSC</b>	<b>8</b>
<b>11</b> <b>8:30 Bone Builders</b>  <b>12:30 Advisory Council</b>  <b>No Bus Service</b>	<b>12</b> <b>11:30 Blood Pressure Check</b>  <b>12:30 Bingo for Baubles</b>	<b>13</b> <b>Anita's Decorative Box making</b>  <b>50/50</b>  <b>12:30 Bingo</b>  <b>Valentine's Lunch</b>	<b>14</b> <b>8:30 Bone Builders</b>	<b>15</b>
<b>18</b>  <b>CLOSED</b> <b>Presidents' Day</b>	<b>19</b> <b>11:30 Blood Pressure Check</b>  <b>12:30 Cribbage</b>	<b>20</b> <b>Food Pantry</b>  <b>50/50</b>  <b>12:30 Bingo</b>	<b>21</b> <b>8:30 Bone Builders</b>  <b>Bus shopping in Lebanon and Lunch at UVSC</b>	<b>22</b>
<b>25</b> <b>8:30 Bone Builders—No bus Service</b>	<b>26</b> <b>11:30 Blood Pressure Check</b>	<b>27</b> <b>50/50</b>  <b>12:30 Bingo</b>	<b>28</b> <b>8:30 Bone Builders</b>  <b>12:30 Stories with Neil</b>	

**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:** Mondays and Thursdays, 8:30 AM. Call RSVP to join. 603-448-1825

**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— Wednesdays 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

## February, 2019 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
				<b>1</b> Sweet and Sour Meatballs, Rice, Oriental Vegetables, Salad, Dessert
<b>4</b> Maple Chicken Sweet Potatoes Cauliflower Salad Dessert	<b>5</b> Salisbury Steak, Roasted Potato, Vegetables, Salad, Dessert	<b>6</b> Stuffed Shells, Mixed Vegetables, Bean Salad, Lemon Bars	<b>7</b> Beef Stroganoff, Noodles, Vegetables, Salad, Dessert	<b>8</b> Fish, Rice, Broccoli, Salad, Dessert
<b>11</b> Spaghetti with Meatballs, Carrots, Salad, Dessert	<b>12</b> Baked Chicken, Rice, Vegetables, Salad, Dessert	<b>13</b> VALENTINE'S DAY LUNCH Ham, Sweet Potatoes, Beets, Salad, Dessert	<b>14</b> Shepherds Pie, Peas, Tomatoes, Salad, Dessert	<b>15</b> Chicken, Pasta, Vegetables, Salad, Dessert
<b>18</b>  CLOSED Presidents' Day	<b>19</b> Chicken and Biscuit, Vegetable, Salad, Dessert	<b>20</b> Pot Roast, Potato, Squash, Salad, Peanut Butter Bar	<b>21</b> Chicken Alfredo, Broccoli, Fresh Salad, Dessert	<b>22</b> BBQ Meatballs, Sweet Potato Fries, Brussel Sprouts, Salad, Dessert
<b>25</b> Creamed Chip Beef, Biscuit, Egg, Beets, Sal- ad, Dessert	<b>26</b> Fish, Rice, Tomatoes, Salad, Dessert	<b>27</b> Hawaiian Pork, Rice, Baby Onions, Salad  Birthday Dessert	<b>28</b> Chicken Parmesan, Pasta, Cauliflower, Wax Beans, Salad, Dessert	

