



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, 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 Worker, Ernst Schori, Cook; Jackie Bruce, Assistant Cook, Marion Rogers, Assistant Cook, Liz Houghton, Program Assistant, LeeAnn Souza, Ed Moodie, Bus Drivers

Cardigan Veterinary Clinic

Thank you to our local Veterinarian Charlie Hutchinson and Staff for your very generous donation from proceeds of a recent rabies clinic. Donation made to our local Mascoma Senior Center supporting our services and programs .

Town Wide Yard Sale

Thank you all for your donations and those of you who helped in our kitchen making food for lunch and our back sale. All of your help made for a very successful sale.

Step Up . Stop Hunger

With great appreciation to all who supported our walkathon for our Meals on Wheels program. We couldn't do it without you. To all Staff, Volunteers and Participants who attended, helped out, walked, sold raffle tickets, and obtained sponsors, thank you. To all of our sponsors, thank you for all of your generous support!

Stories and Conversations

Tuesday, June 20, 11:00

Native American and NH Tales. Come and join in.

Garden Party and picnic lunch Canaan Street

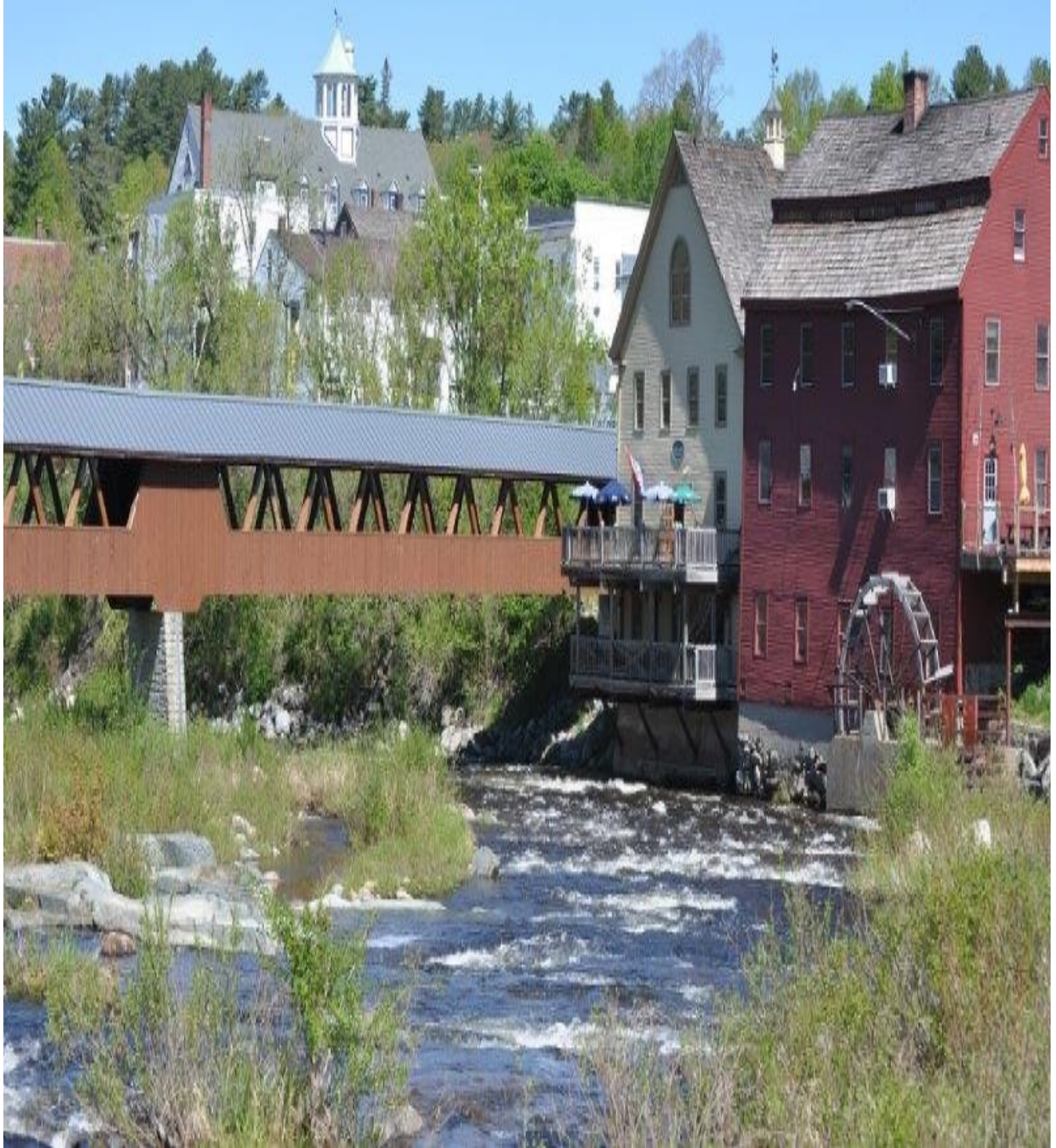
June 27th—Tuesday— 10:00—1:00

Please join in the fun and take a tour of the blooming flowers .

Sign up by June 20

Free Oral Health Screening for Adults

Upper Valley Smiles for Life provides preventative oral health screening, education, and fluoride varnish to adults. Services are provided by a licensed dental hygienist. Please call ServiceLink, Sally Edson at 604-448-1558 to make appointment. This program is available at the Mascoma Area Senior Center in Canaan August 7th.



Littleton : Setting for GCSCC Step Up . Stop Hunger Walkathon

June 2017 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 Lebanon/ Lunch at UVSC	2 9:30 Tai Ji Quan
5 8:30 Bone Builders 11:30 Blood Pressure Check	6 9:30 Tai Ji Quan 12:30 Cribbage	7 Food Pantry 50/50 & Food Raffle 12:30 Bingo	8 8:30 Bone Builders Bus Shopping in Lebanon—Lunch at UVSC	9 9:30 Tai Ji Quan 1
12 8:30 Bone Builders 11:30 Blood Pressure Check	13 9:30 Tai Ji Quan 12:30 Bingo for Bables	14 Food Pantry 50/50 & Food Raffle 12:30 Bingo	15 8:30 Bone Builders Bus Shopping in Lebanon/ Lunch at UVSC	16 9:30 Tai Ji Quan
19 8:30 Bone Builders 11:30 Blood Pressure Check 1:00 Advisory Council Meeting	20 9:30 Tai Ji Quan 12:30 Cribbage	21 Food Pantry 50/50 & Food Raffle 12:30 Bingo	22 8:30 Bone Builders Bus Shopping in Lebanon—Lunch at UVSC	23 9:30 Tai Ji Quan
26 8:30 Bone Builders 11:30 Blood Pressure check	27 9:30 Tai Ji Quan Garden Party	28 283Food Pantry 50/50 and Food Raffle 12:30 Bingo	29 8:30 Bone Builders Bus Shopping in Lebanon—Lunch UVSC	30 9:30 Tai Ji Quan

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: 10:00 am, 1st class free. \$ 3.00 per class. Eff: July 7– new class 15.00 per month

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.

ServiceLink: Call toll free: 1-866-634-9412

June 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	2
			Tuna Casserole Mixed Veggies Green Salad Bread Pudding	Meatloaf Mashed Potato Cranberry Salad Brussel Sprouts Strawberries Cream
5	6	7	8	9
Chicken & Biscuit With Gravy Peas and Carrots Cucumber Salad Ambrosia	Ham Sweet Potato Peas Spinach Salad Apple Crisp	Roast Pork Mashed Potato Gravy Broccoli spears Applesauce Lemon bar	Sweet & Sour Meatballs Buttered Noodles 5-way Veg. Salad Jell-O with fruit	Cold Salad Plate Fruit Pudding/Sherbet
12	13	14	15	16
Battered Fish Garlic Parm Rice Corn Bean Salad Tapioca Pudding	Maple Chicken Potato Beets Pea & Cheese Sal Fruit	Fathers Day Macaroni & Cheese Zucchini/Tomato Broccoli Salad Poke Cake	Stuffed Peppers Mixed Veggies Fruit Dessert	Spag. & Meatballs Marinara Sauce Green Beans Tossed Salad P. Butter Bar
19	20	21	22	23
Chicken Cordon Bleu Curried Rice Broccoli Cranberry Salad Pumpkin Cake	Shepard's Pie Squash Garlic Green Bean Coleslaw Fruit/Sherbet	Cold Plate Ham & Cheese Sandwich Pasta Salad Grape Tomatoes Apple Crisp	Sausage Alfredo Noodles Spinach Green Salad Pudding	Salisbury Steak Roasted Potato Brussel Sprouts Garden Salad Pineapple Upside Down Cake
26	27	28	29	30
Meatballs & Gravy Noodles Mixed Veg. Beet Salad Jell-O	Garden Party— Canaan Street— Cold Salad Plate Cottage Cheese Cookie	BBQ Chicken Roasted Potato Green Beans Garden Salad Birthday Dessert	Baked Fish Parmesan Rice Zucchini Cottage Cheese Fruit	American Chop Suey Beans & Mixed Veg Watermelon Brownie