



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

August, 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

**OLD HOME DAYS
PANCAKE BREAKFAST**

Senior Center

Sunday, August 5

7:00 AM to 11:00 AM

\$ 7.00

Volunteer help needed

McAlister Collection Gift Shop

Thursday, August 23

9:30 to 11:30

Relax and enjoy the flowers and gardens, fish pond. Refreshments served. Schedule the bus or meet at the shop.

Thank you to all patrons, staff and volunteers for your patience in our closure that was needed to restore and re-finish the dining room floor, replace the hallway carpet downstairs, along with replacing the vinyl flooring in the downstairs bathrooms.

We were closed one extra day for drying of the finish in the dining room. We are grateful for the collaboration of GCSCC, and the Town of Canaan and help in getting this accomplished. Thank you!

We are now looking forward to the parking lot paving at the end of summer, along with outdoor lighting being restored at the front ramp entrance.

We would like to ask all to please park in the Senior Center parking lot, and to use the front entrance of the building—the ramp entrance.

Home delivered meal volunteers, please continue to use our back entrance to pick up meals and return coolers.

Please come and see our new look. Come for lunch or just come to say “Hello”

Many thanks for staff and volunteers at the Upper Valley Senior Center who worked extra hard to cook and package all of our approximately 70 home delivered meals during the time of closure. We were able to continue to serve all of our Meals on

Wheels recipients in Dorchester, Canaan, Orange, Enfield and Grafton.

Crumbs by Kit Hewes

“A man with a watch knows what time it is. A man with two watches is never sure.” Segal’s Law

AUGUST, 2018 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 and Food Raffle 12:30 Bingo	2 8:30 Bone Builders Bus Shopping in Leb— Lunch at the UVSC	3 9:30 Tai Ji Quan—
6 8:30 Bone Builders	7 9:30 Tai Ji Quan – 11:30 Blood Pressure Check 12:30 Cribbage	8 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 12:30 Advisory Council Meeting	14 9:30 Tia Ji Quan 12:30 Bingo for Bau- bles 11:30 Blood Pressure Check	15 VNA Foot Clinic by Appt Food Pantry 50/50 and Food Raffle 12:30 Bingo	16 8:30 Bone Builders Bus Shopping in Leba- non . Lunch at UVSC	17 9:30 Tai Ji Quan
20 8:30 Bone Builders	21 9:30 Tai Ji Quan 11:30 Blood Pressure Check 12:30 Cribbage	22 Food Pantry 50/50 & Food Raffle 12:30 Bingo	23 8:30 Bone Builders 9:30—11:30 Road trip to McAlister Collection Gift Shop	24 9:30 Tai Ji Quan
27 8:30 Bone Builders	28 9:30 Tai Ji Quan 11:30 Blood Pressure Check	29 Food Pantry 50/50 & Food Raffle 12:30 Bingo	30 8:30 Bone Builders	31 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: 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!

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. 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

August 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 Italian Sausage, Peppers, Onions, Sweet Potato, Green and Yellow Beans Dessert	2 Fish , Scalloped Potato, Peas w/ Pearl Onions Salad, Dessert	3 Egg Salad Cold Plate
6 Cheese / Meatball Tortellini w/ Sauce, Vegeta- bles, Salad, Des- sert	7 BBQ Chicken, Rice, Vegetables, Vegetable, Salad, Dessert	8 Beef Stroganoff, Noodles, Peas , Carrots, Salad, Dessert	9 Vegetarian Quiche with Tomatoes, Salad, Dessert	10 Salisbury Steak, Roasted Potato, Yellow Beans, Salad, Dessert
13 Aloha Chicken, Rice, Broccoli, Salad, Dessert	14 Vegetarian Baked Ziti, Cali- fornia Blend, Ap- plesauce, Salad , Dessert	15 Baked Chicken, Mashed Potato, Vegetable , Salad, Dessert	16 Swedish Meat- balls, Rice, Vege- tables, Salad, Dessert	17 Creamed Chip Beef with Egg, Po- tato, Beets, Salad, Dessert
20 Vegetarian- Stuffed Shells, Cauliflower, Vegetable, Salad, Dessert	21 BBQ Meatballs, Potato, Vegeta- bles, Salad , Des- sert	22 Chicken Parme- san, Vegetable, Salad, Dessert	23 Pot Roast , Po- tato, Vegetables, Salad, Dessert	24 Chicken, Rice, Vegetable, Salad, Dessert
27 Beef Taco Salad	28 Italian Chicken, Noodles, Vegeta- ble, Salad, Des- sert	29 Ham, Sweet Po- tato, Mixed Veg- gies, Salad, Des- sert Birthday Dessert	30 Hamburger, On- ions, Peppers, Noodles, Cauli- flower, Salad, Dessert	31 Turkey, Stuffing, Vegetable, Salad, Dessert