February 2020 NEWSLETTER

serving Enfield, Canaan, Dorchester, Grafton and Orange

Hours: Monday–Friday, 8am-3pm
Phone: 603-523-4333
Fax: 603-523-4334

PO Box 210, 1166 US Rt 4
Canaan, NH 03741

Sharon Dunbar, Director
Liz Houghton, Program Associate
Michelle Heath, Program Assistant
Ed Moodie, Ray Brewster, Bus Drivers
Marcy Smith, Cook
Karen Goings, Assistant Cook

Students from the Canaan Elementary School will continue to visit on the first Wednesday of each month. Students from the Cardigan Mountain School will visit on the second Wednesday.

There will be no bus scheduled for the following days in February: Mondays, February 3, 10 and 24 and also Friday, the 7th.

The Center will be closed Presidents’ Day, Monday the 17th.

Tuesday, February 4, 12:30pm “Stories of the Appalachian Trail” Alan Ricard will visit and share stories and photos of his hike along the AT.

Wednesday, February 5, 12:30pm “World Read Aloud Day” Come join us in celebrating World Read Aloud day with a New Hampshire themed poem and short story read aloud by our new Program Assistant, Michelle Heath.

Tuesday, February 11, 11:30am “Music with Clyde” Clyde Roberts will be entertaining us in the dining room with his guitar beginning at 11:30 followed by more music just after lunch.

Wednesday, February 12 – Join us for our Valentine’s Day lunch.

Tuesday, February 25, 12:30pm “Aging in Place: How to adapt your home to changing needs” Focused on maximizing independence, this presentation will cover adaptive equipment, falls, activities of daily living, driving, cognition, mental health, and thinking about “Plan B” (an alternative plan) before the need arises. Presented by Cheryl Phelps, OT, Lake Sunapee VNA & Hospice

Thursday, February 27, 12:30 “Stories by Neil” presented by Neil

A book club sponsored by the Enfield Evelyn J. Crate Fund is in planning stages. Please visit or contact Michelle Heath at Mascoma if you are interested and would like more information.

Would you like to use the Food Pantry? Please call us! 532-4333. Pantry is open the third Wednesday each month. For emergencies and special needs please call and we will do our best to accommodate.

Home-delivered meal recipients, please use your frozen meals during holiday closure. When Center is closed NO services are provided.

Winter is here! Check WMUR for closings. Keep walks and driveways safe.
# February 2020

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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<tbody>
<tr>
<td><em>Beef Stroganoff with Noodles, Broccoli</em></td>
<td><em>Ham, Sweet Potato</em></td>
<td><em>Spaghetti &amp; Meat Sauce</em></td>
<td><em>Turkey Stew</em></td>
<td><em>Creamed Chipped Beef w/Egg, Potato</em></td>
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<tr>
<td>8:30 Bone Builders</td>
<td>11:30 Blood pressure check</td>
<td>10:30 Canaan students</td>
<td>8:30 Bone Builders Lebanon shopping by appointment</td>
<td>NO BUS</td>
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| Chicken Alfredo with Noodles | *Beef Stew* | *Macaroni and Cheese Valentines’ Day Lunch* | *Chicken and Biscuit* | *Fish and Baked Potato* |
| 8:30 Bone Builders | 11:30 Music—Clyde Roberts | 10:30 Canaan students | 8:30 Bone Builders | |
| NO BUS | 11:30 Blood pressure check | 12:30 Hand & Foot cards | |

| Closed | *Shepherd's Pie* | *Meatloaf w/Potato* | *Chicken Parmesan Spaghetti* | *Ham Boiled Dinner* |
| PRESIDENTS’ DAY | 11:30 Blood pressure check | 12:30 Hand & Foot card game | 8:30 Bone Builders Lebanon shopping by appointment | |
| | 12:30 Cribbage | Food Pantry ServiceLink by appointment | |

| Fish with Rice | *Beef Cabbage Casserole* | *Pot Roast & Mashed Potatoes Birthday Celebration Cake* | *Vegetarian Quiche w/Cheese & Broccoli* | *Chief Salad* |
| 8:30 Bone Builders | 11:30 BP check | 12:30 Hand & Foot card game | 8:30 Bone Builders | |
| NO BUS | 12:30 Aging in Place—VNA/Lake Sunapee | Birthday Celebration Cake | 12:30 Neil—story | |

**Hand & Foot:**
Wednesdays after lunch 12:30-2:30

**Cribbage:** Cribbage - 12:30 Tuesdays. Or bring any board game and a friend!

**50/50:** 3 tickets for $1 – Wed. during lunch time

**Food Pantry:** Available to residents of Canaan, Orange, Enfield, Grafton and Dorchester. Call: 523-4333 x106

**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

1st and 3rd Wednesdays MASC call 523-4333

Lunch served at 12:00 Monday through Friday. Suggested donation $3 age 60 & over; $5 cost, age 59 & under. Meal Cards available. $60.00

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**MENU, PROGRAMS & SERVICES SUBJECT TO CHANGE WITHOUT NOTICE**

**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; 11-20 miles: $3; 21 miles or more: $5. Ride cards available: $60

**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 per person. Diabetic and non-diabetic.

**Bone Builders:** Monday and Thursday: 8:30 AM. Call RSVP to join. 603-448-1825

**PLEASE DROP BY TO EXPERIENCE A CLASS.**