



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

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

Happy New Year 2019

“May the sun bring you new energy by day.
May the moon softly restore you by night.
May the rain wash way your worries. May the
breeze blow new strength into your being.
May you walk gently through the world and
know it’s beauty al the days of your life. “
Native American blessing

Anita’s decorative
box making and decorating
Wednesday, January 9th
10:30
Come and watch, participate– learn
and have fun!

CLOSURES

Tuesday, January 1
News Years Day
Happy New Year!

Civil Rights’ Day
Monday, January 21

Home delivered meal recipients , please use your frozen meals

Would you like to use the Food Pantry? Please call us! 523-4333

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 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.

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 CLOSED New Year's Day	2 Foot Clinic by Lake Sunapee VNA by Appt 50/50 12:30 Bingo	3 8:30 Bone Builders Bus Shopping in Leb— Lunch at the UVSC	4
7 8:30 Bone Builders No Bus Service	8 11:30 Blood Pressure Check 12:30 Bingo for Bau- bles	9 50/50 12:30 Bingo 10:30 Anita's Box Making and Decorat- ing	10 8:30 Bone Builders	11
14 8:30 Bone Builders 12:30 Advisory Council No Bus Service	15 11:30 Blood Pressure Check 12:30 Cribbage	16 Food Pantry by Appt 50/50 12:30 Bingo	17 8:30 Bone Builders Bus shopping in Leba- non and Lunch at UVSC	18
21 CLOSED Civil Rights' Day	22 11:30 Blood Pressure Check	23 50/50 12:30 Bingo	24 8:30 Bone Builders	25
28 8:30 Bone Builders—No bus Service	29 11:30 Blood Pressure Check	30 50/50 12:30 Bingo	31 8:30 Bone Builders	

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

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– Wed 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

January, 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
	1 New Years Day CLOSED	2 Pot Roast	3 Swedish Meatballs	4 Creamed Chip Beef
7 Vegetarian Tortellini	8 Fish	9 Chicken Parme- san	10 Sweet and Sour Chicken	11 Salisbury Steak
14 Quiche	15 Chicken Baked	16 Stuffed Shells Vegetarian	17 Beef Stew	18 Cheeseburger with Whole Wheat Roll
21 CIVIL RIGHTS' DAY CLOSED	22 Chili	23 Ham	24 BBQ Pork	25 Fish
28 Egg Casserole With Ham	29 Onion Chicken	30 Beef Stroganoff Birthday Dessert	31 Chicken Teriyaki	

