

Mascoma Area Senior Center

servicing Canaan, Dorchester, Enfield, Grafton and Orange

October 2020 Newsletter

Hours: currently closed
Phone: 603-523-4333
Fax: 603-523-4334



Liz Houghton, Director
Michelle Heath, Program Assistant
Marcy Smith, Cook
Karen Goings, Assistant Cook
Ray Brewster, Paul Stanger and
Ed Moodie, Bus Drivers

PO Box 210, 1116 US NH Rt 4
Canaan, NH 03741

A program of the Grafton County Senior Citizens Council

***As our Senior Center is still closed,
please contact Liz at 523-4333 with
your Food Pantry needs.***

Home delivered meals are currently being delivered once per week as frozen meals only. If you or anyone you know could benefit from a weekly meal delivery please call the center and ask for Michelle for more information.

Home-delivered meal recipients, please use your additional meals during holiday closures and closures due to weather and other unforeseeable events. When the center is closed NO services will be provided.

ServiceLink is available to assist during this time. Please call 603-448-1835 (leave a message)

If you are in need of a daily call or check in or would like to volunteer please reach out to RSVP for more information about the Good Morning program at 1-877-711-7787. Intakes for new callees and volunteers are currently being done over the phone!



Now serving “Grab & Go” meals!

Tuesdays at noon

\$3 donation requested (ages 60 and up)

\$5 donation (for those under 60)

October 6th

fish, cheesy rice, mixed vegetables

October 13th

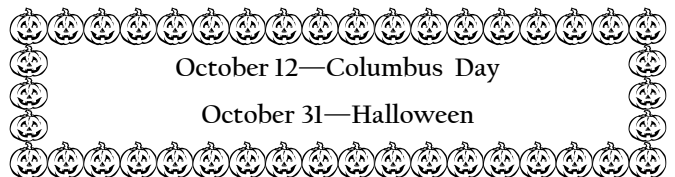
pot roast, herb roasted potatoes, baby carrots, salad

October 20th

mac n cheese w/ ham, stewed tomatoes, broccoli

October 27th

chicken biscuit w/ gravy, mixed vegetables, salad



October 12—Columbus Day

October 31—Halloween

2020 FREE Community Drive-Thru Seasonal Flu Vaccine Clinics

The Public Health Council of the Upper Valley will offer community Drive-Thru Flu Vaccine Clinics during October of 2020. Please read carefully for details below:

General Information & Instructions

- ✓ Flu vaccine clinics are open to anyone aged 10 and older.
- ✓ Everyone will be required to wear a mask. A mask will be provided for you if you do not have one.
- ✓ Do not come if you are experiencing symptoms of COVID-19. Everyone will be screened for COVID-19 symptoms. People with symptoms will not receive a flu vaccine.
- ✓ No more than 4 people per car, please, or be prepared for one person to exit the vehicle in a socially distanced manner.
- ✓ Please wear loose fitting clothing to make it easy to expose the arm closest to the vehicle window.
- ✓ We expect to have the regular dose vaccine and an enhanced vaccine for people 65 and older.

Schedule

October 3

10:00 am to 1:00

Rivendell Academy, Orford, NH

October 10

10:00 am to 1:00

Plainfield Elementary School, Meriden, NH

October 14

2:00 to 6:00 pm

La Sallette Shrine, Enfield, NH

For the Enfield clinic only, we ask that people try to arrive for vaccines as follows:

From 2 to 3 pm: Last name begins with letters A through F

From 3 to 4 pm: Last name begins with letters F through M

From 4 to 5 pm: Last name begins with letters N through S

From 5 to 6 pm: Last name begins with letters T through Z

October 21

2:00 to 5:00 pm

OxBow High School, Bradford, VT

October 24 [Tentative] – [Check PHC Events page for updates.](#)

10:00 am to 1:00 pm

TBA, Bridgewater, VT

October 31

10:00 am to 1:00

Canaan Elementary School, Canaan, NH

For more information please contact the Public Health Council of the Upper Valley at 603.523.7100