

Mascoma Area Senior Center

serving Enfield, Canaan, Dorchester, Grafton and Orange

February 2020 NEWSLETTER

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*

A program of the Grafton County Senior Citizens Council

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.



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.

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

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

Monday	Tuesday	Wednesday	Thursday	Friday
3 Beef Stroganoff with Noodles, Broccoli 8:30 Bone Builders NO BUS	4 Ham, Sweet Potato 11:30 Blood pressure check 12:30 Cribbage 12:30 Appalachian Trail presentation	5 Spaghetti & Meat Sauce 10:30 Canaan students 12:30 Hand & Foot cards 12:30 Read aloud day	6 Turkey Stew 8:30 Bone Builders Lebanon shopping by appointment	7 Creamed Chipped Beef w/Egg, Potato NO BUS
Chicken Alfredo with Noodles 8:30 Bone Builders NO BUS	11 Beef Stew 11:30 Music—Clyde Roberts 11:30 Blood pressure check 12:30 Cribbage	12 Macaroni and Cheese Valentine's Day Lunch 10:30 Canaan students 12:30 Hand & foot cards	13 Chicken and Biscuit 8:30 Bone Builders	Fish and Baked Potato
17 CLOSED PRESIDENTS' DAY	18 Shepherd's Pie 11:30 Blood pressure check 12:30 Cribbage	19 Meatloaf w/Potato 12:30 Hand & Foot card game Food Pantry ServiceLink by appointment	20 Chicken Parmesan Spaghetti 8:30 Bone Builders Lebanon shopping by appointment	21 Ham Boiled Dinner
24 Fish with Rice 8:30 Bone Builders NO BUS	25 Beef Cabbage Casserole 11:30 BP check 12:30 Aging in Place—VNA/Lake Sunapee 12:30 Cribbage	26 Pot Roast & Mashed Potatoes Birthday Celebration Cake 12:30 Hand & Foot card game	27 Vegetarian Quiche w/Cheese & Broccoli 8:30 Bone Builders 12:30 Neil—story	28 Chief Salad

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

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.