



# Mascoma Area Senior Center

A location of Grafton County Senior Citizens Council, Inc., whose main office is located at 10 Campbell Street, Lebanon, NH 03766 (603) 448-4897, [www.gcsc.org](http://www.gcsc.org), and on Facebook.

Serving the Canaan, Enfield, Dorchester, Orange, and Grafton communities.

Our mission is to enrich the lives of older adults and individuals with disabilities by creating opportunities for engagement, fostering healthy aging, and delivering compassionate support.

## February 2026

Open 8 to 3, Monday - Friday

Phone (603) 523-4333

Fax (603) 523-4334

Box 210, 1166 NH Rt. 4,  
Canaan, NH 03741



Elizabeth Houghton, Director  
[ehoughton@gcsc.org](mailto:ehoughton@gcsc.org)

Rose Swanson, Kitchen Coordinator  
Ray Brewster, Bus Driver  
Alix Olson, Per Diem Bus Driver  
Lorraine Hennessy, Program Assoc.

### ~ Hello From Director Liz ~

We are having a old fashioned winter with plenty of snow! Continue to check WMUR for Senior Center closings.

Are you tired of hibernating? We provide a warm and welcoming place to eat, socialize, play games, knit, work on a jigsaw puzzle, engage in card playing or learn something new. Need a ride? Give us a call.

Food Pantry visits are available by appointment.



### CENTER SERVICES

**Home-delivered meals;** we deliver nutritious meals 5 days per week. If you or someone you know could benefit, please call the center for more information.

**Transportation;** is available daily. Please call to schedule a ride.

**ADRC Aging and Disability Resource Center formerly ServiceLink** provides an invaluable service for helping individuals and their family members find resources to help them maintain independence and stay healthy. Call (866) 634-9412 or (603) 448-1558 for more information. Joan is at our Center most Tuesdays.

**RSVP;** RSVP AmeriCorps Seniors volunteers' activities focus on helping older adults (age 60+), veterans and their families, family caregivers, and adults with disabilities to age in place. For more information call (877) 711-7787 or email [rsvp@gcsc.org](mailto:rsvp@gcsc.org).

**Virtual activities;** book club and special events through GCSCC or many options through the Aging Resource Center (ARC) at Dartmouth-Hitchcock. Ask for the monthly schedule here or visit [www.gcsc.org](http://www.gcsc.org) for this and more information.

**Paid volunteer opportunities** are available at our site through Operation ABLE. Age and income guidelines apply.

Our website [www.gcsc.org](http://www.gcsc.org) has more information regarding these and other services that we offer!

When you donate to GCSCC, you make it possible for older adults and adults with disabilities living in every town in Grafton County to use our programs and services. To donate:



~ if you're viewing this newsletter online, you can click the photo to the left, visit [www.gcsc.org/donate](http://www.gcsc.org/donate) **OR**

~ to donate by check, please mail to GCSCC, PO Box 433, Lebanon, NH 03766

**We appreciate your consideration and support!**

### This Months Super Food for Seniors is Eggs

Eggs have been a source of dietary controversy over the years due to cholesterol found in the yolk. However, skipping the yolk could deprive you of key nutrients such as vitamin B12, vitamin D, and selenium. Egg yolks also contain choline, a nutrient and neurotransmitter responsible for regulating mood and memory.



Unless otherwise instructed by your doctor, you can consume up to three eggs per day. Since eggs are high in protein, this superfood is an ideal choice for a hearty breakfast—scrambled, poached, hard-boiled, or sunny side up.





# FEBRUARY MENU



Monday	Tuesday	Wednesday	Thursday	Friday
	Meals are Provided at no cost. A \$3 per meal voluntary donation is suggested but not expected. Menu is subject to change without notice.	A bread item is available at every meal  Juice is available at every meal		
2  French Onion Beef Noodle Bake Cauliflower Fruit Milk	3  Cheese Tortellini W/ Chicken + Pesto Garden Veggies Garlic Bread Juice Milk	4  Tex-Mex Chilli Blueberry Corn Bread Cole Slaw Fruit Milk	5  Roasted Pork Baked Potato Corn Casserole Juice Milk	6  Italian Sausage Pasta Broccoli Cass. Fruit Milk
9  Pork Shepards Pie Fruit Crisp Roll Fruit Milk	10  Hawaiian Shouyu Chicken Brown Rice W/ Beans Roasty Toasty Carrots + Onions Juice Milk	11  American Chop Suey Green Beans Banana Bar Fruit Milk	12  Turkey Burger Lettuce, Tomato, Onion French Fries Peas Juice Milk	13  Stuffed Sweet Potato With BBQ Chicken/Cheese Mixed Veggies Fruit Milk
16  Center Closed	17  Sloppy Jo Orzo Sweet Potato Squash Juice Milk	18  Baked Fish Rice Pilaf Broccoli Applesauce Milk	19  Veggie Strata Sausage Patty Oatmeal Muffin Juice Milk	20  Chicken and Biscuit Casserole Peas/Onions Fruit Milk
23  Hot Dog Mac + Cheese Stewed Tomato Green Beans Fruit Milk	24  Philly Cheese Steak Casserole With Onions + Peppers Spinach Juice Milk	25  Cheesy Chicken and Rice Broccoli/Cauliflower Applesauce Milk	26  Pulled Pork Sandwich with WG bun Mixed Potato Wedge Four Bean Supreme Juice Milk	27  Ranch Medley Casserole Roll Fruit Milk

# ~ ACTIVITIES BULLETIN BOARD ~



I ♥ Cribbage



TRIVIA

I ♥  
PLAYING  
HAND AND  
FOOT

Welcome



Have an idea for a new activity??

Let us know

Coming Soon

Line Dancing

More information to follow

**RSVP Bone Builders**  
(currently a waitlist for classes at our site)

RSVP Bone Builders provides the opportunity for participants to increase muscle strength, bone density, and balance.

**Mondays & Thursdays**  
9-10 am

Call (877) 711-7787 to get on the waiting list.

**Board Games**

Sequence: board/card strategy game  
When? 10 on Thursdays

**AND**

Mahjong: great fun!  
Learn to play  
When? 10 on Mondays

**Trivia**

No pressure, no teams.  
Just fun!

Feb 20th—3rd Friday  
this month.

**Stitchin' Seniors!**  
Work on crafts or just sit and visit. Or ... learn to knit! We'll teach you.

**Every Tuesday**  
at 2:00pm.

**Pop-up  
cribbage!**  
No regular  
schedule.

**Hand & Foot Card Game**  
The friendly folks will teach you to play if you don't already know how.  
**Wednesdays at noon.**

**Storytelling**

Neil is taking a break  
No stories  
In February.

**Upcoming Guest Speakers @ Noon**

**To be announced**