



# 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.**

## January 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 ~

Start the new year off with a visit to our Senior Center. Meet new friends or reconnect with folks you haven't seen for a while. Enjoy a hot lunch served M-F at 11:30 or try an activity. Our friendly and knowledgeable staff are waiting to greet you, stop in today!

Don't forget about our Food Pantry. We serve all ages, and our shelves are full!

Happy New Year!



### 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 Month's Super Food for Seniors

Blueberries are often referred to as "brain berries" for a good reason. They are rich in antioxidants, particularly flavonoids, which have been shown to improve memory and slow down cognitive aging. Additionally, the vitamin C in blueberries supports overall brain health and immune function. Try them as an afternoon snack or add them to your oatmeal at breakfast for a delicious and brain-boosting start to the day.



# JANUARY MENU



Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>January</b></p>	<p><b>Meals are Provided at no cost. A \$3 per meal voluntary donation is suggested but not expected. Menu is subject to change without notice.</b></p>	<p>A bread item is available at every meal</p> <p>Juice is available at every meal</p>	<p><b>1</b></p> <p><b>Center Closed Happy New Year!</b></p>	<p><b>2</b></p> <p><b>Chicken Nuggets French Fries Broccoli Fruit Milk</b></p>
<p><b>5</b></p> <p><b>Baked Potato Bar</b>  <b>Chili with Beans</b>  <b>Carrots</b>  <b>Fruit</b>  <b>Milk</b></p>	<p><b>6</b></p> <p><b>BBQ Meatballs</b>  <b>Rice</b>  <b>Peas</b>  <b>Juice</b>  <b>Milk</b></p>	<p><b>7</b></p> <p><b>Roasted Chicken</b>  <b>Sweet Potato</b>  <b>Mixed Veggie</b>  <b>Fruit</b>  <b>Milk</b></p>	<p><b>8</b></p> <p><b>Mac and Cheese</b>  <b>Squash</b>  <b>Juice</b>  <b>Milk</b></p>	<p><b>9</b></p> <p><b>Tuna Noodle Casserole</b>  <b>Corn</b>  <b>Fruit</b>  <b>Milk</b></p>
<p><b>12</b></p> <p><b>Chicken Gravy</b>  <b>Biscuit</b>  <b>Broccoli/Cal Mix</b>  <b>Juice</b>  <b>Milk</b></p>	<p><b>13</b></p> <p><b>Baked Ziti</b>  <b>Garlic Roll</b>  <b>Three Bean Salad</b>  <b>Juice</b>  <b>Milk</b></p>	<p><b>14</b></p> <p><b>Sausage, Onion, Pepper</b>  <b>Rice</b>  <b>Green Beans</b>  <b>Fruit</b>  <b>Milk</b></p>	<p><b>15</b></p> <p><b>Rosemary Pork</b>  <b>Sweet Potato</b>  <b>Spinach</b>  <b>Juice</b>  <b>Milk</b></p>	<p><b>16</b></p> <p><b>Pizza</b>  <b>Assorted Toppings</b>  <b>Cabbage/Carrot Mix</b>  <b>Fruit</b>  <b>Milk</b></p>
<p><b>19</b></p> <p><b>Center Closed</b></p>	<p><b>20</b></p> <p><b>Hot Dogs/Beans</b>  <b>Sweet Potato</b>  <b>Stewed Tomato</b>  <b>Juice</b>  <b>Milk</b></p>	<p><b>21</b></p> <p><b>Baked Fish</b>  <b>Rice</b>  <b>Mixed Veggies</b>  <b>Fruit</b>  <b>Milk</b></p>	<p><b>22</b></p> <p><b>Marinated Chicken Thigh</b>  <b>Baked Potato</b>  <b>Peas</b>  <b>Juice</b>  <b>Milk</b></p>	<p><b>23</b></p> <p><b>Chop Suey</b>  <b>Carrots</b>  <b>Fruit</b>  <b>Milk</b></p>
<p><b>26</b></p> <p><b>Pork Chops</b>  <b>Baked Potato</b>  <b>Squash</b>  <b>Fruit</b>  <b>Milk</b></p>	<p><b>27</b></p> <p><b>Spaghetti and Meatballs</b>  <b>Green Beans</b>  <b>Juice</b>  <b>Milk</b></p>	<p><b>28</b></p> <p><b>Sliced Turkey/Gravy</b>  <b>Sweet Potato</b>  <b>Carrots</b>  <b>Fruit</b>  <b>Milk</b></p>	<p><b>29</b></p> <p><b>Sausage/Veggie</b>  <b>Rice</b>  <b>Mixed Veggies</b>  <b>Juice</b>  <b>Milk</b></p>	<p><b>30</b></p> <p><b>Chicken Sandwich</b>  <b>Lettuce, Tomato</b>  <b>Peas</b>  <b>Fruit</b>  <b>Milk</b></p>

# ~ ACTIVITIES BULLETIN BOARD ~



I ❤️ Cribbage



Our door is open  
8 - 3  
Monday thru Friday!

Looking for that morning cup of tea or coffee and a sweet treat? Some good conversation? Drop in and say hello from **8-11**. Then stay for **lunch at 11:30** and, after that, maybe play a game or enjoy a special presentation!



I ❤️  
PLAYING  
HAND AND  
FOOT

## 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.**

## Trivia

No pressure, no teams.  
Just fun!

**2nd Friday at noon.**

**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.



**Coming Soon**

**Line Dancing**

**More information to follow**

## Board Games

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

**AND**

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

## Storytelling

Neil entertains us with his storytelling skills  
**Wednesday's**  
January  
7th and 21st

## Upcoming Guest Speakers @ Noon

**To be announced**