



# 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.

## APRIL 2026

**Open 8 to 3, Monday - Friday**  
**Phone (603) 523-4333**  
**Fax (603) 523-4334**

**PO 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.**

Spring has sprung, I'm looking forward to the April showers bringing May flowers!

Friday April 3rd we will have a card making station in the dining room. Come create a spring card or two and send some cheer to friends!

On Wednesday April 22nd come celebrate Earth Day, we will have a plant a sunflower activity. Come enjoy pizza then get your hands in the soil!  
Looking forward to seeing you soon!



### 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 M-F. 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:**  
**WHOLE GRAINS**


**Oats, Brown Rice, and Whole Wheat Pasta provide fiber, B vitamins, magnesium, and potassium, promoting digestive health and steady energy.**





# APRIL MENU



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Meals are Provided at no cost. A \$5 per meal voluntary donation is suggested but not expected. Menu is subject to change without notice.</p>	<p>A bread item is available at every meal</p> <p>Juice is available at every meal</p>	<p>1</p> <p>Butter Chicken Carrots Rice Fruit Milk</p>	<p>2</p> <p>Roast Pork Mixed Veggie Baked Potato Juice Milk</p>	<p>3</p> <p>Chefs Choice Green Beans Fruit Milk</p>
<p>6</p> <p>Hot Dogs/Beans Creamed Corn Pasta Salad Banana Bars Fruit Milk</p>	<p>7</p> <p>Chicken Alfredo Beets Egg Noodles Juice Milk</p>	<p>8</p> <p>Baked Ziti Peas Garlic Bread Fruit Milk</p>	<p>9</p> <p>Baked Chicken Mixed Veggie Sweet Potato Juice Milk</p>	<p>10</p> <p>Chefs Choice Cauliflower Fruit Milk</p>
<p>13</p> <p>Sausage &amp; Pepper Skillet Stewed Tomato Rice/Beans Fruit Crisp Milk</p>	<p>14</p> <p>Chicken &amp; Gravy Carrots Biscuit Juice Milk</p>	<p>15</p> <p>Sweet &amp; Sour Meatballs Pinto Beans &amp; Rice Green Beans Fruit Milk</p>	<p>16</p> <p>Meatloaf Mixed Veggie Mashed Potato Juice Milk</p>	<p>17</p> <p>Chefs Choice Baked Beans Fruit Milk</p>
<p>20</p> <p>Chicken Nuggets Corn Sweet Potato FF Fruit Milk</p>	<p>21</p> <p>Mac &amp; Cheese With Ham Broccoli Three Bean Salad Juice Milk</p>	<p>22</p> <p>French Bread Cheese &amp; Pepperoni Pizza Peas Fruit Milk</p>	<p>23</p> <p>Turkey Burger With Bun Mixed Veggie Rice Juice Milk</p>	<p>24</p> <p>Chefs Choice Carrots Fruit Milk</p>
<p>27</p> <p>Baked Fish Beets Rice Pilaf Fruit Milk</p>	<p>28</p> <p>Grilled Cheese Three Bean Salad Tomato Soup Juice Milk</p>	<p>29</p> <p>Chop Suey Cabbage Garlic Bread Fruit Milk</p>	<p>30</p> <p>Lasagna Mixed Veggie Garlic Bread Juice Milk</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!



TRIVIA

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.**

**Coming Soon**  
**Line Dancing**  
**More information to follow**

HAVE AN IDEA FOR  
A NEW ACTIVITY??  
LET US KNOW

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

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

**Work on a Jigsaw puzzle!**  
**Play cribbage, sequence, scrabble or mahjong!**  
**Grab a friend**  
**Come play!**  
**Coffee or Tea with friends**

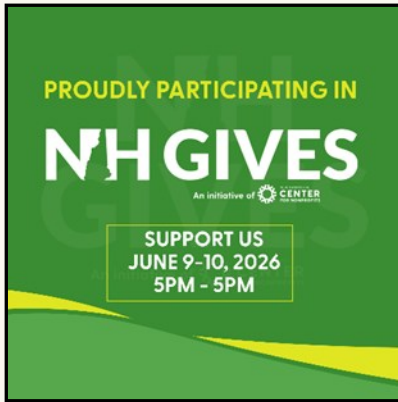
**Trivia**  
No pressure, no teams.  
Just fun!  
**2nd Friday Each Month**  
**@ NOON**

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

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

**Storytelling**  
**1st Wednesday**  
**Each month**  
**@ Noon**  
**April 1st**

**FOOD PANTRY ACCESS BY APPOINTMENT**  
**MONDAY-FRIDAY**  
**CALL TO SCHEDULE AN APPOINTMENT WITH LIZ**



**Save the Date for NH Gives | June 9–10.**  
Join the excitement of **NH Gives**, a statewide **24-hour online giving event** hosted by the **New Hampshire Center for Nonprofits**. Show your support for **Grafton County Senior Citizens Council, Inc. (GCSCC)** by making a gift during NH Gives. Every donation helps support local older adults in our communities.  
**How to Give:** Visit [nhgives.org](http://nhgives.org) and search for **Grafton County Senior Citizens Council, Inc.**  
**Questions?** Contact **James Carroll** at **603-448-4897**



You are invited to attend the 2026 Annual Meeting of the Grafton County Senior Citizens Council, Inc.

**Tuesday, April 14<sup>th</sup> at 11:30am**  
**Horse Meadow Senior Center**  
**91 Horse Meadow Rd**  
**North Haverhill, NH 03774**

The event begins with lunch, followed by the annual business meeting. If you plan to join us for lunch, please **RSVP by April 8<sup>th</sup>** by contacting Lisa Adams at 603-787-2539 or [ladams@gcsc.org](mailto:ladams@gcsc.org)

*Last year, GCSCC provided 212,626 meals for older adults and adults with disabilities throughout Grafton County! Thanks to our team effort, we continue to serve more meals each year without putting anyone on a waiting list. We are grateful for all our employees, volunteers, participants, and community members who make this happen.*

*Over the past decade, the cost of living has increased by approximately 35%, and the cost of food, supplies, fuel, and wages have steadily risen, while our suggested meal donation has remained unchanged. To help sustain our program and continue providing nutritious meals, we are adjusting the suggested donation from \$3 to \$5 per meal. As always, all services are free of charge and donations are voluntary.*

## **TAI JI QUAN MOVING FOR BETTER BALANCE**

**Join our balance and strengthening exercise classes  
BEGINNING SEPTEMBER 2026  
Tuesdays & Thursdays 1pm to 2 pm upstairs in our building**

**Registration begins August 1st**

**This program is a research-based program proven to decrease falls in adults including those who use an assistive device like a walker or cane by 58% for people 65 or older, 67% for people with Parkinsons and 75% of fall injuries**

**This 6 month course will begin in September 2026 and end March 2027. Call our center for more info or to register.**