



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, 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.

AUGUST 2026

Open 8 to 3, Monday - Friday

Phone (603) 523-4333

Phone (603) 523-9023

Fax (603) 523-4334

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



Elizabeth Houghton, Director
ehoughton@gcsc.org

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

Happy August

Tai Ji Quan for Better Balance returns in September!
Call the center to learn more and reserve your spot

Finding it difficult to make your grocery budget stretch? Make an appointment to visit our pantry. Open to all ages living in Canaan, Enfield, Grafton, Dorchester or Orange. Check our menu and join us for a congregate meal served M-F at 11:30. Looking forward to seeing you soon, Liz.



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.

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

We appreciate your consideration and support!

Yummy Blueberry Salad

Toss together salad greens, blueberries, crumbled feta, sliced red onions, and chopped nuts in a large bowl.

Whisk together maple syrup and Dijon mustard until well combined in a small bowl or glass jar.

Add balsamic vinegar and extra virgin olive oil into the mixture and combine.

Drizzle the dressing over the salad right before serving.

Gently toss the salad to coat with the dressing and **serve** immediately.



AUGUST MENU

Monday	Tuesday	Wednesday	Thursday	Friday
3 Beef & Broccoli Egg Noodles Applesauce Milk	4 Pulled Pork Sand. French Fries Green Beans Juice Milk	5 Marry Me Chicken Sweet Potato Peas Fruit Milk	6 Tuna Salad Plate Lettuce, Tomato, & Cukes Three Bean Salad Juice Milk	7 Sausage, Pepper, Onion, Rice Carrots Oranges Milk
10 BBQ Pork Chops Sweet Potato Spinach Applesauce Milk	11 Taco Tuesday Lettuce, Tomato, Cheese Rice and Beans Corn Juice Milk	12 Creamy Garlic Chicken Baked Potato Carrots Assorted Fruit Milk	13 Spaghetti with Sauce Broccoli Garlic Bread Juice Milk	14 Hot Dogs Baked Beans Peas Peaches Milk
17 Turkey Gravy Mashed Potato Green Bean Cass Applesauce Milk	18 Pizza Assort. Veg & Meat Toppings Garden Salad Juice Milk	19 Chicken Salad Plate Pasta Salad Pumpkin Bread Assorted Fruit Milk	20 Slow Cooker Pork W/Apples over Rice Baked Beans Peas Juice Milk	21 Chefs Choice Baked Potato Carrots Pears Milk
24 Cheese Ravioli Garlic Bread Peas/Carrots Applesauce Milk	25 Turkey Burger w/ cheese & WG bun Lettuce, Tomato Creamed Spinach Three Bean Salad Juice Milk	26 Orange Chicken Rice Pilaf Broccoli Fruit Milk	27 Mac & Cheese w/ Ham Garden Salad Banana Bread Juice Milk	28 Baked Fish Sweet Potato FF Green Beans Fruit Milk
31 Chicken Gravy Biscuits Carrots/Peas Applesauce Milk		Meals are Provided at no cost. A \$5 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	

AUGUST ACTIVITIES

Our Door is open 8 to 3 Monday - Friday
Coffee, Tea, and Conversation available all day!

Monday	Tuesday	Wednesday	Thursday	Friday
3 Jigsaw Puzzle 8:15 Bone Builders 11:30 Daily Meal Produce Delivery Board Games	4 Jigsaw Puzzle Board Games 11:30 Daily Meal 2:00 Stitchin' Seniors	5 Jigsaw Puzzle 11:30 daily meal Hand & Foot Cards	6 Jigsaw Puzzle 9-10 Bone Builders 11:30 daily meal Board Games	7 Jigsaw Puzzle 11:30 daily meal Noon Trivia Board Games
10 Jigsaw Puzzle 8:15 Bone Builders 11:30 Daily Meal Produce Delivery Board Games	11 Jigsaw Puzzle Board Games 11:30 Daily Meal 2:00 Stitchin' Seniors	12 Jigsaw Puzzle 11:30 daily meal Hand & Foot Cards	13 Jigsaw Puzzle 8:15 Bone Builders 11:30 daily meal Board Games	14 Jigsaw Puzzle 11:30 daily meal Board Games
17 Jigsaw Puzzle 8:15 Bone Builders 10 Advisory Meet 11:30 daily meal Produce Delivery	18 Jigsaw Puzzle Board Games 11:30 Daily meal 2:00 Stitchin' Seniors	19 Jigsaw Puzzle 11:30 daily meal Hand & Foot Cards	20 Jigsaw Puzzle 8:15 Bone Builders 11:30 daily meal Board Games	21 Jigsaw Puzzle 11:30 daily meal Board Games
24 Jigsaw Puzzle 8:15 Bone Builders 11:30 daily meal Produce Delivery Board Games	25 Jigsaw Puzzle Board Games 11:30 Daily meal 2:00 Stitchin' Seniors	26 Jigsaw Puzzle 11:30 daily meal Hand & Foot Cards	27 Jigsaw Puzzle 8:15 Bone Builders 11:30 daily meal Board Games	28 Jigsaw Puzzle 11:30 daily meal Board Games
31 Jigsaw Puzzle 8:15 Bone Builders 11:30 daily meal Produce Delivery Board Games				
RSVP Bone Builders BB provides the opportunity for participants to increase muscle strength, bone density, and balance. Monday & Thursdays 8:15 to 9:15 & 9:30 to 10:30 Call 1-877-711-7787 For more info	 Work on a jigsaw puzzle! Play cribbage, sequence, scrabble or mahjong!	 TRIVIA No pressure, no teams. Just Fun! First Friday Monthly @ Noon	 Hand & Foot Card Game The friendly folks will teach you if you don't already know how.	 Stitchin' Seniors Work on crafts or just sit and visit! Want to learn to knit or crochet, we'll teach you.



Upper Valley Health Closet
A Lions Specialty Club 603-477-8144
 CLEAN AND SERVICABLE EQUIPMENT ACCEPTED AND ISSUED TO
 ANY WHO NEED IT
 Wheelchairs, Power Chairs, Walkers, Bath Benches/Stools/Chairs, Knee
 Scooters, Commodes, Transfer Chairs, Hospital Beds, Rollators, Bed
 Rails, Power Scooters, Toilet Risers and Much, Much More!
 Storage at 2 Mascoma Street Suite 3 Lebanon, NH



VOLUNTEERS NEEDED

**JUST ONE HOUR CAN MAKE ALL THE DIFFERENCE
TO A**

SENIOR IN OUR COMMUNITY!

~WE ARE CURRENTLY LOOKING FOR~

KITCHEN HELP

HOME DELIVERED MEAL DRIVERS

ADVISORY COUNCIL MEMEBERS

CALL LIZ AT 603-523-9023 TO FIND OUT MORE

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.