



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.

December 2025

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

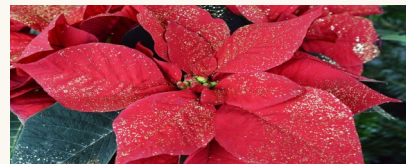
Rose Swanson, Kitchen Coordinator
Ray Brewster, Bus Driver
Alix Olson, Per Diem Bus Driver
Lorraine Hennessy, Program Assoc.

~ Hello From Director Liz ~

Happy December! It's the time of year when the snow will be falling. In an effort to keep everyone safe we will close the Center when bad weather is anticipated. We typically follow the Mascoma School District if they have a delay or closure we are often closed. Check WMUR Closings, Mascoma Senior Center before heading out.

Don't forget about our Food Pantry we serve all ages - call to schedule an appointment today!

Happy Holidays from all of us at the Mascoma Center!



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.

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!

HELP US STOCK OUR SHELVES FOR SENIORS

GCSCC is hosting a county wide Food Drive to help ensure no senior in our community goes hungry this season. We're collecting shelf-stable foods like soups, peanut butter, canned fruits and veggies, pasta, and cereals through the end of the year. Every donation makes a difference!

Drop off your contributions right here at the Mascoma Center and be part of a community effort to care for our neighbors.





DECEMBER MENU



Monday	Tuesday	Wednesday	Thursday	Friday
1 Maple-Dijon Pork Mashed Potato Peas & Carrots Fruit Milk	2 Assorted Quiche Roasted Hash Browns Stewed Tomato Juice Milk	3 Roasted Sausage with Tomato Sauce Mixed Veggies Fruit Milk	4 Turkey/Pesto Pasta With Spinach & Tomato Rolls Juice Milk	5 Cheeseburger French Fries Broccoli Fruit Milk
8 Roasted Chicken Thighs Baked Potato Green Beans Fruit Milk	9 Tacos/Beans/Rice Lettuce, Tomato, Cheese Corn Salad Juice Milk	10 Chicken/Broccoli Alfredo Corn Bread Egg Noodles Fruit Milk	11 Open Faced Meatball Sandwich with Sauce/Cheese Sweet Potato FF Peas Juice Milk	12 Hot Dogs Beans Carrots Fruit Milk
15 Lasagna Peas Garlic Roll Juice Milk	16 BBQ Pork Chops Sweet Potato Cinnamon Apples Carrots Juice Milk	17 Soup & Sandwich Pasta Salad W/Veggies Fruit Milk	18 Baked Ham Mac & Cheese Butternut Squash Rolls/Butter Juice Milk	19 Cheese Tortellini Tomato Sauce Broc/Caulif Mix Fruit Milk
22 Sweet & Sour Chicken White Rice Cabbag/Carrots/ Onions Fruit Milk	23 Cheeseburger Mac Creamed Spinach Juice Milk	24 Pizza Three Bean Salad Fruit Milk	25 CLOSED HAPPY HOLIDAY!	26 CLOSED HAPPY HOLIDAY!
29 Chicken Gravy Over Biscuit Sweet Potato Carrots Fruit Milk	30 Chef's Choice Baked Beans Mixed Veggies Juice Milk	31 Meatballs Roasted Broccoli Bread/Butter Fruit Milk	A bread item is available at every meal Juice is available at every meal	Meals are Provided at no cost. A \$3 per meal voluntary donation is suggested but not expected. Menu is subject to change without notice.

~ 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

Welcome

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.

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.

Two New Activities!!

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!

2nd Friday at noon.

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 entertains us with his storytelling skills

Wednesday's
December
3rd and 24th

Upcoming Guest Speakers @ Noon
In the Dining Room

Kolby Van Beest ~ Friday December 5th "Go Outside and Play"