



# 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.

## July 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](mailto:ehoughton@gcsc.org)

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

Happy Independence Day!

Our Center will be closed on Friday July 3rd.

Finding it difficult to make your grocery budget stretch? Make an appointment to visit our food 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.



our

### 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!**

### NUTRITION CORNER

#### Beans

Try increasing your protein intake or stretching that meat budget with canned beans or lentils. Both can be added to ground beef, chicken or turkey. Beans and lentils are nutrient-dense powerhouses that provide abundant plant-based protein, and dietary fiber.



# JULY 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><b>1</b></p> <p>Hamburger Gravy Egg Noodles Carrots Fruit Milk</p>	<p><b>2</b></p> <p>Chef's Choice Baked Potato Green Beans Juice Milk</p>	<p><b>3</b></p> <p>ALL GCSCC SITES CLOSED INDEPENDENCE DAY</p>
<p><b>6</b></p> <p>Chicken Patty Sandwich Sweet Potato Fries Coleslaw Rice Applesauce Milk</p>	<p><b>7</b></p> <p>Egg Salad Plate Lettuce, Tomato, Cheese &amp; Carrots Juice Milk</p>	<p><b>8</b></p> <p>Chop Suey Banana Bar Summer Squash Fruit Milk</p>	<p><b>9</b></p> <p>Hot Dog/Bun Baked Beans Mixed Veggies Juice Milk</p>	<p><b>10</b></p> <p>Pork Roast Baked Potato Broccoli Peaches Milk</p>
<p><b>13</b></p> <p>Chicken Spinach Bake, Rice Pilaf Green Beans Applesauce Milk</p>	<p><b>14</b></p> <p>Tuna Sandwich Corn &amp; Bean Salad Greek Lentil Salad Juice Milk</p>	<p><b>15</b></p> <p>Pulled Pork Sweet Potato Fruit Milk</p>	<p><b>16</b></p> <p>Mac &amp; Cheese Stewed Tomato Broccoli Juice Milk</p>	<p><b>17</b></p> <p>Beef and Gravy Mashed Potato Carrots Pears Milk</p>
<p><b>20</b></p> <p>Chef's Choice Rice Pilaf Green Beans Applesauce Milk</p>	<p><b>21</b></p> <p>Shepards Pie Carrots Juice Milk</p>	<p><b>22</b></p> <p>Chili with Beans Corn Bread Fruit Milk</p>	<p><b>23</b></p> <p>Chicken Salad on Roll Pasta Salad with Veggies Juice Milk</p>	<p><b>24</b></p> <p>Sausage Dish Peppers &amp; Onions Peas Fruit Milk</p>
<p><b>27</b></p> <p>Fish Sandwich French Fries Spinach Applesauce Milk</p>	<p><b>28</b></p> <p>Spaghetti with Meat Sauce, Carrots Broccoli Juice Milk</p>	<p><b>29</b></p> <p>Taco's-Mexican Rice, Beans, Lettuce, Tomato, Onion Squash Fruit Milk</p>	<p><b>30</b></p> <p>Turkey Pot Pie Mashed Potato Green Bean Casserole Pumpkin Muffins Juice Milk</p>	<p><b>31</b></p> <p>Pizza Garden Salad Peas Pineapple Milk</p>

# JULY ACTIVITIES

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

Monday	Tuesday	Wednesday	Thursday	Friday
		<b>1</b> Jigsaw Puzzle 11:30 daily meal Lioness shortcake Noon Story with Neil! Hand & Foot Cards	<b>2</b> Jigsaw Puzzle 9-10 Bone Builders 11:30 daily meal Board Games	<b>3</b> Jigsaw Puzzle 11:30 daily meal Board Games
<b>6</b> Jigsaw Puzzle 9-10 Bone Builders 11:30 daily meal Board Games	<b>7</b> Jigsaw Puzzle Board Games 11:30 Daily meal 2:00 Stitchin' Seniors	<b>8</b> Jigsaw Puzzle 11:30 daily meal Hand & Food Cards	<b>9</b> Jigsaw Puzzle 9-10 Bone Builders 11:30 daily meal Board Games	<b>10</b> Jigsaw Puzzle 11:30 daily meal Noon Trivia upstairs
<b>13</b> Jigsaw Puzzle 9-10 Bone Builders 10 Advisory Council meeting 11:30 daily meal	<b>14</b> Jigsaw Puzzle Board Games 11:30 Daily meal 2:00 Stitchin' Seniors	<b>15</b> Jigsaw Puzzle 11:30 daily meal Hand & Food Cards	<b>16</b> Jigsaw Puzzle 9-10 Bone Builders 11:30 daily meal Board Games	<b>17</b> Jigsaw Puzzle 11:30 daily meal Board Games
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RSVP Bone Builders (currently a waitlist) BB provides the opportunity for participants to increase muscle strength, bone density, and balance. Monday & Thursdays 9-10 AM Call 1-877-711-7787 For more info	 Work on a jigsaw puzzle!  Play cribbage, sequence, scrabble or mahjong!	  No pressure, no teams. Just Fun!  2nd 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 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.