



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.

June 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 June!

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. The Center will be closed on Juneteenth National Independence Day, Friday the 19th. 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:



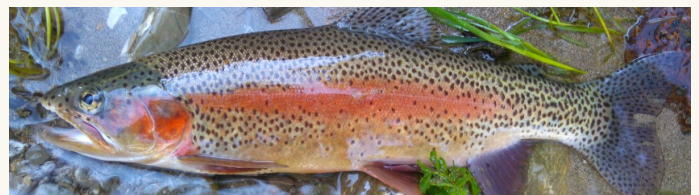
- ~ if you're viewing this newsletter online, you can click the photo to the left, visit www.gcsc.org/donate **OR**
- ~ to donate by check, please mail to GCSCC, PO Box 433, Lebanon, NH 03766

We appreciate your consideration and support!

NUTRITION CORNER

Fatty Fish

Salmon, sardines, and mackerel provide essential Omega-3 fatty acids, which reduce inflammation and support brain and heart health.



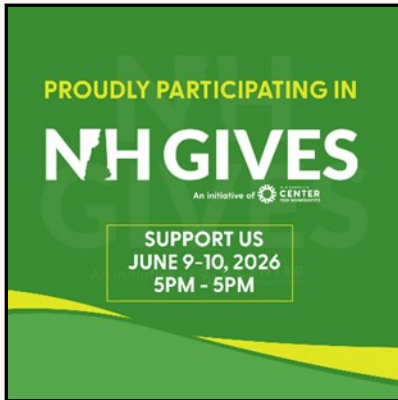
JUNE MENU

Monday	Tuesday	Wednesday	Thursday	Friday
1 Pork Chops Baked Potato Carrots Fruit Milk	2 Orange Chicken Rice Broccoli Milk	3 Sausage/Cheese Pizza Peas Fruit Milk	4 Pineapple BBQ Chicken Mixed Veggies Juice Milk	5 Chef's Choice Summer Squash Fruit Milk
8 Fajitas Veggies & Meat Rice Fruit Milk	9 Stacked Cordon Blue Mashed Potato Green Beans Juice Milk	10 Teriyaki Turkey Rice Broccoli Fruit Milk	11 Egg Salad Plate Lettuce/Tomato Cucumber Salad Juice Milk	12 Chef's Choice Carrots Baked Beans Fruit Milk
15 Chicken Cacciatore Mashed Potato Peas Fruit Milk	16 Assorted Sandwich Meat/Cheese Lettuce/Tomato Pasta Salad w/ Carrots, Cukes & Tom Juice Milk	17 Hot Dog & Beans California Blend Fruit Milk	18 Cheesy Chicken Casserole Rice Broccoli Juice Milk	19 ALL GCSCC SITES CLOSED JUNETEENTH
22 Chicken Gravy Mashed Potato Beets Fruit Milk	23 Spaghetti with Meat Sauce Bean Salad Peas Juice Milk	24 Toasted Tuna Boats With Cheese Broccoli Fruit Milk	25 Ham & Bean Casserole Cauliflower Juice Milk	26 Chef's Choice Roasted Potato Green Beans Fruit Milk
29 Pesto Tortellini Summer Squash Fruit Milk	30 Chicken Nuggets French Fries Baked Beans Juice 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

JUNE ACTIVITIES

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

Monday	Tuesday	Wednesday	Thursday	Friday
1 Jigsaw Puzzle 9-10 Bone Builders 11:30 daily meal Board Games	2 Jigsaw Puzzle Board Games 11:30 Daily meal 2:00 Stitchin' Seniors	3 Jigsaw Puzzle 11:30 daily meal Noon Storytime with Neil! Hand & Foot Cards	4 Jigsaw Puzzle 9-10 Bone Builders 11:30 daily meal Board Games	5 Jigsaw Puzzle 11:30 daily meal Board Games
8 Jigsaw Puzzle 9-10 Bone Builders 11:30 daily meal Board Games	9 Jigsaw Puzzle Board Games 11:30 Daily meal Noon Lioness ice cream social 2:00 Stitchin' Seniors	10 Jigsaw Puzzle 11:30 daily meal Hand & Food Cards	11 Jigsaw Puzzle 9-10 Bone Builders 11:30 daily meal Board Games	12 Jigsaw Puzzle 11:30 daily meal Noon Trivia upstairs
15 Jigsaw Puzzle 9-10 Bone Builders 10 Advisory Council meeting 11:30 daily meal	16 Jigsaw Puzzle Board Games 11:30 Daily meal 2:00 Stitchin' Seniors	17 Jigsaw Puzzle 11:30 daily meal Hand & Food Cards	18 Jigsaw Puzzle 9-10 Bone Builders 11:30 daily meal Board Games	19 Center Closed Juneteenth!
22 Jigsaw Puzzle 9-10 Bone Builders 11:30 daily meal Board Games	23 Jigsaw Puzzle Board Games 11:30 Daily meal 2:00 Stitchin' Seniors	24 Jigsaw Puzzle 11:30 daily meal Hand & Food Cards	25 Jigsaw Puzzle 9-10 Bone Builders 11:30 daily meal Board Games	26 Jigsaw Puzzle 11:30 daily meal Board Games
29 Jigsaw Puzzle 9-10 Bone Builders 11:30 daily meal Board Games	30 Jigsaw Puzzle Board Games 11:30 Daily meal 2:00 Stitchin' Seniors			
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.



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 and search for **Grafton County Senior Citizens Council, Inc.**
Questions? Contact **James Carroll** at **603-448-4897**



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.