



# 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.

## March 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.

### MARCH BRINGS US THE FIRST DAY OF SPRING! HAPPY SPRING EVERYONE!

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.

### 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](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 Nuts

From almonds and pecans to hazelnuts and pistachios, nuts are packed with antioxidants, fiber, and plant protein. They also contain monounsaturated fats, which are thought to help lower heart disease risk. As long as you have no known allergies, nuts make a delicious standalone snack. They can also be blended into pestos or used as a scrumptious salad topper.

Something to keep in mind about nuts: They are high in fat and calories, so it's best to limit consumption to a small handful each day.





# MARCH MENU



Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> Chicken Patty Sandwich Lettuce & Tomato Sweet Pot FF Carrots Fruit Milk	<b>3</b> Korean Ground Turkey Rice Bowl Pinto Beans Juice Milk	<b>4</b> Spaghetti with Meat Sauce Green Beans Fruit Milk	<b>5</b> Turkey & Gravy Biscuits Mixed Veggie Juice Milk	<b>6</b> Glazed Roast Pork Baked Potato Broccoli Fruit Milk
<b>9</b> Chicken Parm Cass Egg Noodles Beets Fruit Milk	<b>10</b> Baked Fish Stuffing Topping Brown Rice Assorted Veggie Juice Milk	<b>11</b> Hearty Turkey Chili Cornbread Fruit Milk	<b>12</b> BBQ Pork Chops Baked Beans Peas Juice Milk	<b>13</b> Ravioli Broccoli Garlic Toast Fruit Milk
<b>16</b> Chefs Choice Entrée Mixed Veggies Rice Fruit Milk	<b>17</b> Ham Cabbage/Carrots Potato Juice Milk	<b>18</b> Hot Dog/Baked Beans French Fries Corn Fruit Milk	<b>19</b> Mac and Cheese Peas Juice Milk	<b>20</b> Mock Chicken Pot Pie Biscuit Stewed Tomato Fruit Milk
<b>23</b> Maple Glazed Sausage Herby Lentils Cauliflower Fruit Milk	<b>24</b> Roast Chicken Baked Sweet Potato Squash Juice Milk	<b>25</b> Chop Suey Peas & Carrots Applesauce Milk	<b>26</b> Coconut Turkey with Peppers & Onions Brown Rice Juice Milk	<b>27</b> Assort Meat & Cheese Sandwiches, Lettuce & Tomato Chips Fruit Milk
<b>30</b> Pork Quesadillas Rice & Beans Green Peas Fruit Milk	<b>31</b> Bacon Cheese Burger French Fries Green Beans Juice Milk	March 20th <b>WELCOME SPRING!</b> 	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.

# ~ 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.**

## Board Games

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 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

**With Neil  
Wednesday  
March 4th  
@  
Noon**

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