



# 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.

## May 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.

Happy May!

We will be closed Friday May 15th so all of our employees can attend our agency wide employee gathering at the Plymouth Senior Center.

We will also be closed Monday May 25th in observance of Memorial Day.

Come say hi, I'll be representing the Center at Canaan's Resource Day on Sunday May 17th 10 to 2.

Check out our menu, we have many yummy meals this month! 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](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:

#### Lemon or lime

One easy way to get calcium in your diet is to squeeze half a lemon, lime or orange into your water. You'll also get electrolytes, sodium, potassium, calcium and magnesium, all minerals that your body needs.



# MAY MENU

Monday	Tuesday	Wednesday	Thursday	Friday
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			1  Chefs Choice Assorted Veg Fruit Milk
4  Beef Stew, w/carrots, potato, onion Corn Bread Fruit Milk	5  Tuna Sandwich Pasta Salad Three Bean Salad Juice Milk	6  Baked Fish Rice Carrots Fruit Milk	7  Pulled Pork Sandwich Sweet Pot FF Broccoli Juice Milk	8  Chefs Choice Assorted Veg Rice Fruit Milk
11  Sausage Strata Roasted Potato Beans Fruit Milk	12  Chicken Salad Wrap w/Lettuce, Tomato Baked Potato Salad Juice Milk	13  Pork Roast Stuffing Squash Fruit Milk	14  Mac and Cheese with Ham Peas/Carrots Juice Milk	15  ALL GCSCC SITES CLOSED TODAY
18  Beef and Gravy Egg Noodles Brocc/Caul Mix Fruit Milk	19  Pizza Garden Salad Peas Juice Milk	20  Pasta Dishes Garlic Bread Carrots Fruit Milk	21  Shepards Pie Green Beans Juice Milk	22  Chefs Choice Assorted Veg Mashed Potato Fruit Milk
25  CLOSED  HAPPY MEMORIAL DAY!	26  Pesto/Cheese Tortellini Carrots Garlic Bread or Rolls Juice Milk	27  Stir Fry w/veggies/beans Rice Fruit Milk	28  Chicken Gravy w/peas and Carrots Biscuit Juice Milk	29  Chefs Choice Assorted Veg Rice Fruit Milk

# ~ 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.**

**Work on a Jigsaw puzzle!**

**Play cribbage, sequence, scrabble or mahjong!**

**Grab a friend**

**Come play!**

**Coffee or Tea with friends**

## 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.**

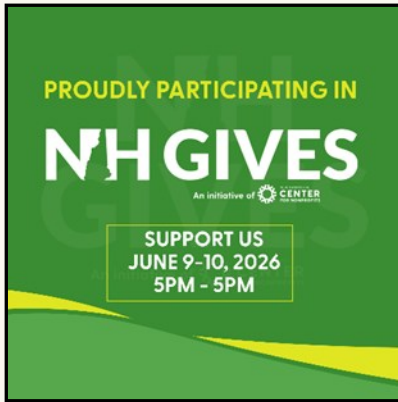
**Pop-up  
cribbage!**  
No regular schedule.

## Storytelling

**1st Wednesday  
Each month  
@ Noon**

**May 6th**

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



**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](http://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 ON FRIDAYS\*

\*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.**