



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.

OCTOBER 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.

Make an appointment to visit our pantry. Open to all ages living in Canaan, Enfield, Grafton, Dorchester or Orange.

Willing Hands delivers fresh produce on Mondays, come for lunch and receive first pick!
Check our menu and join us for a congregate meal served M-F at 11:30.

Cold weather is approaching! With it comes cold and flu season.
We enjoy seeing everyone but please stay home if you are not feeling well.
Happy Autumn!



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.

Congregate meals; served daily M-F at 11:30.

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!

HEALTHY & DELICIOUS APPLE PIE OATMEAL

Makes 1 serving

Peel, core, and chop one small apple, any variety.

In the saucepan you prepare oatmeal in add a little water and chopped apple, cover and simmer 8 minutes.

In the same pan with apples prepare one serving of minute oats according to package directions.

When done add a couple shakes of cinnamon to the pan and a shake of ground nutmeg, stir and enjoy warm.

Garnish with another shake of cinnamon.



OCTOBER 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 O/F Beef Sandwich Sweet Potato Broccoli Juice Milk	2 Veggie Pizza Carrots Garbonzo Bean Salad Oranges Milk
5 Sausage, Pepper, Onion Potato Spinich Applesauce Milk	6 BBQ Pork Rice Broccoli Juice Milk	7 Sweet & Sour Chicken over Egg Noodles w/Pepper/ Onion Carrots Assorted Fruit Milk	8 Spaghetti/Meat Sauce Bread/Butter Cauliflower Juice Milk	9 Ham Casserole Sweet Potato FF Three Bean Salad Peaches Milk
12 Center Closed Columbus Day	13 Mac and Cheese Squash Stewed Tomato Juice Milk	14 Roast Pork Ends Sweet Potato Green Beans Assorted Fruit Milk	15 Roast Chicken Rice Mixed Veggie Juice Milk	16 Hot Dogs/Beans Corn Pumpkin Bars Pears Milk
19 Chicken Stir Fry Pepper and Onion Rice Spinach Applesauce Milk	20 Pasta Bake Broccoli Cheesy Black Bean Bake Juice Milk	21 Shepard Pie Carrots Assorted Fruit Milk	22 Chef's Choice Stuffing Brussel Sprouts Juice Milk	23 Tuna Wrap Lettuce, Tomato Pasta Salad w/Peas Pineapple Milk
26 Chili/Cheese Bake Potato Beets Applesauce Milk	27 Cheesy Chicken & Rice Peas Juice Milk	28 Baked Ziti Garlic Bread/Rolls Butternut Squash Assorted Fruit Milk	29 Baked Fish Sweet Potato Green Beans Juice Milk	30 BBQ Meatballs French Fries Spinach Pineapple Milk

OCTOBER 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 8:15 Bone Builders 11:30 daily meal 1-2 Tai Ji Quan Board Games	2 Jigsaw Puzzle 11:30 daily meal Board Games
5 Jigsaw Puzzle 8:15 Bone Builders 11:30 daily meal Produce Delivery	6 Jigsaw Puzzle Board Games 11:30 Daily Meal 1-2 Tai Ji Quan 2:00 Stitchin' Seniors	7 Jigsaw Puzzle 11:30 daily meal Hand & Foot Cards	8 Jigsaw Puzzle 8:15 Bone Builders 11:30 daily meal 1-2 Tai Ji Quan Board Games	9 Jigsaw Puzzle 11:30 daily meal Board Games
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RSVP Bone Builders BB provides the opportunity for participants to increase muscle strength, bone density, and balance. Monday & Thursdays 8:15 to 9:15 & 9:30 to 10:30 Call 1-877-711-7787 For more info	 Work on a jigsaw puzzle! Play cribbage, sequence, scrabble or mahjong!	 TRIVIA We are taking a break from trivia!	 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 LIZ AT 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.

***** JOB OPPORTUNITY *****
**THE UPPER VALLEY SENIOR CENTER IN LEBANON IS IN
 DESPERATE NEED OF BUS DRIVERS, NO CDL REQUIRED
 FLEXIBLE HOURS**
CONTACT JILL TODAY 603-448-4213

TAI JI QUAN
MOVING FOR BETTER BALANCE
BEGINNING SEPTEMBER 17, 2026
Tuesdays & Thursdays 1pm to 2 pm upstairs in our building

CLASS IS CURRENTLY FULL-CALL TO BE ADDED TO OUR WAIT LIST

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 is offered free of charge thanks to a grant from the Arthritis Foundation - Thank you!