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.gcscc.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.

NOVEMBER 2026

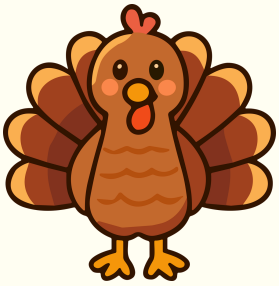
Open 8 to 3, Monday-Friday
Phone 603-523-4333
Phone 603-523-9023
Fax 603-523-4334
PO Box 210, 1166 US Rt 4,
Canaan, NH 03741

Elizabeth Houghton, Director
ehoughton@gcscc.org
Lorraine Hennessy, Program Assoc.
Rose Swanson, Kitchen Coordinator
Ray Brewster, Bus Driver
Alix Olson, Per Diem Bus Driver

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 T-F. Please call to schedule a ride.
Food Pantry; by appointment M-F. Open to all ages.
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 Tuesday mornings.
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@gcscc.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.gcscc.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.gcscc.org has more information regarding these and other services that we offer!



Center Closed
Wednesday 11/11
Thursday 11/25 & 11/26

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.gcscc.org/donate OR
to donate by check, please mail to GCSCC, PO Box 433, Lebanon, NH 03766
We appreciate your consideration and support!

NOVEMBER MENU

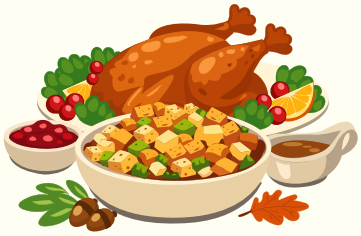
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Assorted Sandwiches meat, cheese Garbonzo Bean Salad Assort Fruit Milk	**3** Chef's Choice French Fries Broccoli Juice Milk	**4** Baked Ziti Garlic Bread Peas/Carrots/Corn Mix Assort Fruit Milk	**5** Beef Gravy Egg Noodles Sweet Potato Squash Juice/Milk	**2** Baked Fish Rice Pilaf Mixed Veggies Assort Fruit Milk
9 Mac and Cheese with Hot Dogs Broccoli Assort Fruit Milk	**10** Roast Pork Sweet Potato Carrots Juice Milk	**11** CENTER CLOSED TODAY	**12** Chef's Choice French Fries Green Beans Juice Milk	**13** Sweet & Sour Chicken Rice, Peas Assort Fruit Milk
16 Pork Chops Rice Green Beans Assort Fruit Milk	**17** Chef's Choice French Fries Carrots Juice Milk	**18** Spaghetti w/Meat Sauce Dinner Roll, Broccoli Assort Fruit Milk	**19** Taco Bar Meat, Cheese, Veggies Blackbean/Corn Salad Juice Milk	**20** Chicken & Rice Casserole Squash Assort Fruit Milk
23 Turkey in Gravy Potatoes Green Bean Cassorole Squash, Rolls Assort Fruit Milk	**24** Cheese Pizza Assorted Toppings Three Bean Salad Juice Milk	**25** Chef's Choice French Fries Spinach Assort Fruit Milk	**26** CENTER CLOSED TODAY	**27** CENTER CLOSED TODAY
30 Chef's Choice French Fries Baked Beans Assort Fruit Milk				



Juice & Bread Available at Every Meal

Menu is subject to change without notice

Congregate meals served M-F @ 11:30
Meals are provided at no cost. A $5 per meal voluntary donation is suggested but not expected



WEDNESDAY 4th
STORY
WITH NEIL
@
NOON

It's always Coffee TIME
HOT CHOCOLATE
& TEA TOO!



Tai Ji Quan; for
Better Balance
Currently
Full

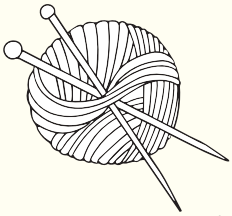
Monday Produce
delivery from
Willing Hands
Join us for
lunch at
11:30 to get
first pick!



NOVEMBER ACTIVITIES

ADVISORY
COUNCIL MEETING
MONDAY
THE 16th
@ 10
New Members
Welcome

STITCHIN' SENIORS
TUESDAYS
AT
2:00







CARD & BOARD
GAMES
AVAILABLE
DAILY



WE ALWAYS
HAVE A
COMMUNITY
JIGSAW
PUZZLE IN
THE
WORKS!

PRE REGISTRATION
REQUIRED
Bone Builders provides the
opportunity to
increase muscle strength,
bone density, and balance.

Monday & Thursday
8:15 to 9:15 &
9:30 to 10:30
1-877-711-7787
to learn more

603-523-4333
Foot Clinic
Fridays
Call the
Center
to
Schedule
with
Nurse
Janice

WANTED

VOLUNTEERS

Do you have one or two hours once a week?
Once a month?
We are looking for:
Kitchen help
Meal delivery drivers
Advisory Council members
Call Liz
603-523-4333

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.







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, KneeScooters, 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



JOB OPPORTUNITY

THE UPPER VALLEY SENIOR CENTER IN LEBANON IS IN DESPERATE NEED OF KITCHEN HELP AND BUS DRIVERS
Contact Jill Today
603-448-4213