



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 develop, strengthen, and provide programs and services that support the health, dignity, and independence of older adults and adults with disabilities living in our communities.

OCTOBER 2025

Open 8 to 3, Monday - Friday

Phone (603) 523-4333

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**Box 210, 1166 NH Rt. 4,
Canaan, NH 03741**



Elizabeth Houghton, Director
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Angela Smith, HDM Coordinator

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Rose Swanson, Kitchen Coordinator

Ray Brewster, Bus Driver

Alix Olson, Per Diem Bus Driver

~ Hello From Director Liz ~

The Center hosts two terrific speakers this month: Robin Dow Parker, owner of Canaan Hardware—a cornerstone of the community—and Sue Jukosky, recently returned from an exciting safari adventure in South Africa. If you haven't been upstairs at the Center you have not seen the wonderful, big flat screen we have which is sure to enhance the presentations of all of our speakers.

Come join us, the third and fourth Fridays of this month for fun and enlightening afternoons. And don't forget about all the socializing (lunch, games, stories, trivia, puzzles and classes) that goes on during the week here, as noted on page 3.



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 (see more info page 4); 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.

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!

OCTOBER IS NATIONAL ESTATE PLANNING MONTH!

Since the largest benefit of **estate planning** is peace of mind, GCSCC is providing a program of options/sources to get the process going. See your Activities Coordinator or contact Becky Foster at bfoster@gcsc.org or (603) 448-4897, ext.120, to get a copy of the program options, including upcoming seminars, available materials, information from Trust & Will (online will maker), Grafton County's elder attorney listing, and Legacy Society information.

We hope you will take advantage of these resources





OCTOBER MENU ~



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Meals are provided at no cost. A \$3 per meal voluntary donation is suggested but not expected</p>  <p>Menu is subject to change without notice.</p>	<p>Juice is available at every meal</p>  <p>A bread item is available at every meal</p>	<p>1</p> <p>Chicken Parm Casserole Spinach Garlic Orzo Fruit/Milk</p> <p><i>Storytelling with Neil Cards @ noon</i></p>	<p>2</p> <p>Rosemary Roast Pork Sweet Potato Mixed Veggie Juice Milk</p>	<p>3</p> <p>Turkey Burger French Fries Carrots Fruit Milk</p>
<p>6</p> <p>BBQ Chicken Thigh Squash Baked Potato Fruit Milk</p>	<p>7</p> <p>Lasagna Peas and Carrots Rolls Juice Milk</p> <p><i>Needlework @ 2:00 pm</i></p>	<p>8</p> <p>Assorted Crustless Quiche Sausage Link Roasted Mixed Veg. Fruit Milk</p>	<p>9</p> <p>Hot Dogs Baked Beans Cauliflower Juice Milk</p>	<p>10</p> <p>Chicken Gravy Biscuit Sweet Potato Broccoli Fruit Milk</p> <p><i>Trivia @ noon</i></p>
<p>13</p> <p>CLOSED FOR COLUMBUS DAY</p>	<p>14</p> <p>Chef's Choice Mixed Veggie Baked Potato Juice Milk</p> <p><i>Needlework @ 2:00 pm</i></p>	<p>15</p> <p>BBQ Meatballs Brown Rice Green Beans Fruit Milk</p>	<p>16</p> <p>Cheesy Stuffed Pasta Meat Sauce Rolls Peas Juice Milk</p>	<p>17</p> <p>Baked Fish Rice Pilaf Carrots Fruit Milk</p>
<p>20</p> <p>Swedish Meatballs Egg Noodles Green Beans Fruit Milk</p>	<p>21</p> <p>Maple Chicken Brown Rice Brussel Sprouts Juice Milk</p> <p><i>Needlework @ 2:00 pm</i></p>	<p>22</p> <p>Tuna Salad WG Roll Lettuce, Tomato Chips Fruit Milk</p> <p><i>Storytelling with Neil Cards @ noon</i></p>	<p>23</p> <p>Parmesan Pork Sweet Potato Maple Carrots Juice Milk</p>	<p>24</p> <p>Assorted Sandwiches Tomato Soup Cole Slaw Three Bean Salad Fruit Milk</p>
<p>27</p> <p>Chicken Stew Biscuits Broccoli Fruit Milk</p>	<p>28</p> <p>Pork Patty with gravy Biscuits Carrots Juice/Milk</p> <p><i>Needlework @ 2:00 pm</i></p>	<p>29</p> <p>Chop Suey Garlic Bread Green Beans Fruit Milk</p>	<p>30</p> <p>Sliced Turkey/ Gravy Mashed Potato Spinach Juice Milk</p>	<p>31</p> <p>Stuffed Pepper Casserole with Rice, Tomato and meat sauce Peas Fruit Milk</p>

~ ACTIVITIES BULLETIN BOARD ~



**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!



I ♥ Cribbage!



TRIVIA

**I ♥
PLAYING
HAND AND
FOOT**

Welcome

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.**

Two New Activities!!

**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 of every
month at noon.**

Stitchin' Seniors!

Work on crafts or just sit and visit. Or ... learn to knit! We'll teach you.

**Every Tuesday
at 2:00pm.**

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

Hand & Foot Card Game

The friendly folks will teach you to play if you don't already know how.

Every Wednesday at noon.

Storytelling
Neil entertains
us with his story-
telling skills

**Wednesday
October 1st
@ noon**

Upcoming Guest Speakers

~Robin Dow Parker: Small Town Hardware Store
Friday, October 17th at noon.
~Sue Jukosky: African Safari Adventure
Friday, October 24th at noon.

The Bad News Is: Aging is Accelerated by Sugar!

According to a recent AARP magazine article ("*The Aging Power of Sugar*") eating a lot of added sugar can cause our bodies to age at seven times their natural rate! Yes. Some of our favorite things: brownies, cookies, pie and ice cream are more harmful than we thought.

But don't despair. You can eat it in moderation and you can also eat food with "natural sugar" which includes fruits and vegetables. But the sugar in candy, soda and cookies is not essential and, if consumed in large quantities, will negatively affect your health.

A study published by the University of California, San Francisco found that the cells, tissues and overall systems of people who restricted sugar intake were biologically younger than their actual age! Despite how healthy your diet is, sugar can still be harmful.

As they say: moderation in all things is good. It's not necessary to cut out added sugar entirely. We can eat a little, satisfy that urge and move on. This could take some training, but it is possible to put half that candy bar away for tomorrow. Or to skimp on sugar in a recipe. We're betting you'd hardly notice.



ServiceLink is now the Aging & Disability Resource Center

Although our name has changed, we provide all the same services – including Medicare and Medicaid counseling, long-term care options counseling, caregiver support, referrals, and much more! We look forward to seeing you at our locations in Littleton (262 Cottage Street, Suite G-25) and Lebanon (10 Campbell Street). We also have office hours at our senior centers in Bristol, Canaan, and Plymouth. We can be reached by phone at (603) 448-1558 or (603) 444-4498.



This Month's Giggles

- ☞ A tombstone with a typo? Well, that's a grave mistake.
- ☞ A man who wanted to get his pants hemmed quickly called Taylor Swift.

☞ You know what they say: when you dream in color it's a pigment of your imagination.

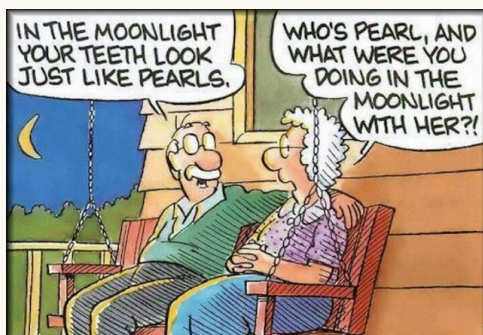
☞ Fruit farmers eat when they can and can what they can't.

☞ I surprised my wife with a mink coat. She'd never seen me in one before.

☞ The family couldn't decide whether to bury or cremate grandma. So in the end, they just let her live.

☞ A woman told her butcher to give her some bacon and asked him to make it lean. "Which way, madam?" he asked.

☞ Sponges grow in the ocean. I wonder how much deeper oceans would be if that didn't happen.



HACKS!!

Losing Weight

- ☺ Stay hydrated and drink water before eating.
- ☺ Eat your last meal of the day before six p.m.
- ☺ Eat your biggest meal in the morning and taper off during the day, so that dinner is your smallest meal.
- ☺ Put your food on a smaller plate and you'll eat less food.
- ☺ Make up your mind to keep snacks out of your house. If you have an uncontrollable urge, you can buy chips at a mini mart. Don't keep them at home.
- ☺ Find healthy recipes for vegetables and snacks. There *are* interesting and satisfying things to eat when you get hungry between meals.
- ☺ You can give in to urges but avoid binge eating. An urge is just that—something that passes, not a way of eating.
- ☺ Change your route to work to avoid passing a favorite eating place.
- ☺ Meat is calorie-dense. Try to do without it on occasion.
- ☺ Plan meals ahead of time so you aren't tempted to eat things that throw you off course in trying to lose weight.

Well, Back In The Day

Sarah Copps

At the risk of incurring a charge of old fogeyism, I'm going to write about the things we don't see any longer. I got the idea from a post I saw on social media which asked: "Did parents really tell their kids to go out and play and not to come home until dinnertime?"

Well, yeah. I don't know how you grew up, but my mom had only a vague idea of where I was during the day when school wasn't in session. And I grew up in a city with two million people!

As to why it was like that decades ago, I couldn't say, but that parental attitude went the way of many other things. Things such as: phone booths, cigarette machines, fireflies, and kids skipping rope on the sidewalk. And children carrying buckets of beer. What? I hear you ask. This nugget that was told to me, came by a friend who grew up in Queens, NY in the Fifties. During her parent's nightly card games if they ran out of beer, they sent her to the local tavern where the bartender filled the bucket she carried.



And that's another thing you don't see much anymore, which is kids doing errands for grownups. My mother used to send me up the alley with five dollars to buy groceries at the local corner store. And I came home with quite a bit for that amount.

Way back in history, children came into contact with all sorts of now-forbidden things, not only beer. What about cigarette machines? Would young people today believe that for a dollar you could pull a lever and have a pack of Lucky Strikes or Pall Malls at your disposal?

One of the things I miss most are colorful cars. My cousins and I looked forward to the new models every year. They would arrive in bold, primary colors, often with fins or fancy metalwork and we would marvel at how beautiful and modern they were. It's very different from today when cars are boxy and in not very exciting colors. Change is inevitable, One wonders what today's kids will miss as they age.

Bet You Didn't Know About ... UNESCO World Heritage Sites

☞ World Heritage Sites are landmarks and areas with legal protection under an international treaty administered by UNESCO (the United Nations Educational, Scientific and Cultural Organization) for having cultural, historical, or scientific significance.

☞ The sites—in countries throughout the world—are considered "to be of outstanding value to humanity."

☞ There are only about fifteen countries without a site, including the Bahamas, Burundi, Grenada, Liberia and Monaco, among others, of the 195 countries recognized throughout the world.

☞ World Heritage Sites might be ancient ruins or historical structures, buildings, cities, deserts, forests, islands, lakes, monuments, mountains or wilderness areas, as well as others designations.

☞ Italy is the country with the most sites, having 61. China is right behind, with 59.

☞ The US has 26, including (of course) the Grand Canyon and Yellowstone National Park.

☞ Also included are Independence Hall in Philadelphia, the Statue of Liberty, most of our national parks, the Everglades and the University of Virginia and many of the works of the architect Frank Lloyd Wright.

☞ The sites are intended to preserve areas that are significant to humanity which otherwise would be subject to risk from human or animal trespassing or from local administrative negligence. The sites are protected zones.



☞ Heritage sites came about when, in 1954, Egypt was about to build a dam that would have flooded the Nile Valley, home to numerous culture treasures representing the cradle of civilization. Today, sites around the world are preserved and considered to be the "irreplaceable sources of life and inspiration."

Getting to Know ... Russ Potter

Russ Potter and his wife, Susan, moved to Canaan in October 2020 from Granville, Ohio, home of Dennison University. The couple have a daughter in the area and though Russ says, laughing, "We said we'd never move for kids. Then we did."



Russ and Susan and their young son and daughter had lived before in Northern New England when Russ taught geology and chemistry at Castleton State College (now university) in Vermont. He didn't keep that job because, as he says, "We had an infant and a two-year-old and with a full-time teaching job, there wasn't enough time." So the family moved back to Granville where Russ worked as the senior scientist for Owens-Corning. He retired in 2015 and moved up to be near the three grandchildren.

"The Granville area was becoming too crowded," Russ says.

Russ is well known at the senior center where he and Susan volunteer, both in the kitchen and the food pantry, which they keep stocked and tidy. Liz says they are both perfect helpers.

Russ enjoys the out-of-doors, particularly plants and in that category, wildflowers. He also gardens, but mostly fruit bushes and trees. On his land, he often puts stakes alongside orchids, naming them and keeps track of what wildflowers bloom.

Russ, born and raised in Wheeling, West Virginia, seems content where he and Susan have landed. And he's not one for traveling, though he did travel for work, going to Europe a number of times. "I don't have a great desire to go and see things," he says. Well, some of us think this area is pretty special and ticks lots of boxes. Especially when family's close by.

Impress Your Friends With These (Totally Random) Tidbits



↔ If you were asked to guess the most visited city in the world, you might have said, "Paris." But Paris doesn't even make the Top Ten. In the first spot is Bangkok, Thailand. That said, France is the most visited *country* and that's because it has the Alps, The Riviera, charming villages and castles.

↔ Mexico, Brazil, and Indonesia have the highest number of snake species due to their varied habitats. Australia is known for its high proportion of **venomous snakes** and a great diversity of reptile species overall.

↔ Australia attracts New Zealanders as residents. Over 600,000 of them live there. On the other hand, a mere 75,800 Australians are living in New Zealand.

↔ According to the web, 90% of all marine life has never been observed by humans, which translates to an estimated 1 to 2 million species. These are mostly smaller organisms, like crustaceans, mollusks, and worms, though a few large, undiscovered animals may also exist in the deep ocean.

↔ There are approximately 326 federal Indian reservations in the United States. Most are in the West (due to the Indian Removal Act of 1830) but there are also reservations in Connecticut, Maine and New York.

↔ Stamp collecting is called "philately." Due to the rise of digital communication and the decline in letter writing, the number of collectors has declined significantly. The American Philatelic Society saw its membership plummet from a record high of 57,815 in 1988 to less than half that, with just 25,546 members in 2023.

↔ The scientific "kingdoms" used to be: animal, vegetable, or mineral. But since 1969, there are now five classifications: Monera, Protista, Fungi, Plantae, and Animalia, based on cell structure, body organization, and how food is metabolized.

↔ The Blue-Footed Boobie can spot a fish from eighty feet in the air, pull in its wings so that it's like an arrow and enter the water at up to sixty mph!! It gets its name because of how unafraid it is of humans.