

Mascoma Area Senior Center

serving Canaan, Dorchester, Enfield, Grafton and Orange

November 2020 Newsletter

Hours: currently closed

Phone: 603-523-4333

Fax: 603-523-4334

PO Box 210, 1116 US NH Rt 4
Canaan, NH 03741



Liz Houghton, Director
Michelle Heath, Program Assistant
Marcy Smith, Cook
Karen Goings, Assistant Cook
Ray Brewster, Paul Stanger and
Ed Moodie, Bus Drivers

A program of the Grafton County Senior Citizens Council

Now serving "Grab & Go" meals!

Tuesdays at noon

\$3 donation requested (ages 60 and up)

\$5 donation (for those under 60)

November 10th

chicken parmesan, garlic bread, broccoli

November 17th

meatloaf, mashed potato, mixed vegetable

November 24th

roast turkey, mashed potato, squash, peas

December 1st

mac & cheese w/ ham, veggie, fruit

December 8th

fish w/ dill sauce, baked potato, veggie mix, fruit

December 15th

stuffed shells w/ meat sauce, broccoli, garlic bread

December 22nd

baked Ham, sweet potato, Italian veggie mix

December 29th

chipped Beef, biscuit, veggie, fruit

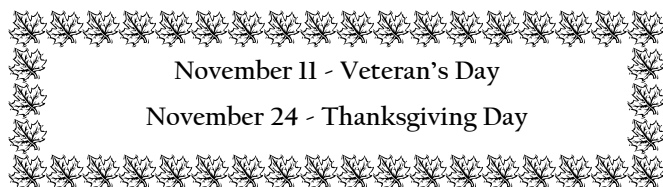


*"Thanksgiving, after all, is
a word of action"*

- W.J. Cameron

*ServiceLink is available to assist during this
time. Please call 603-448-1835
(leave a message)*

*If you are interested in a daily call or check in or
would like to volunteer please reach out to RSVP for
more information about the Good Morning program
at 1-877-711-7787. Intakes for new callees and
volunteers are currently being done over the phone!*



November 11 - Veteran's Day

November 24 - Thanksgiving Day

Love to doodle, draw, scribble, paint, color, scrap or collage? Sign up to be a part of the Grafton County Senior Citizens Council Sketchbook Project! There is no limit to what can be created within these books. If you can put your creativity on paper (not limited to drawing or painting!) then we hope you will create along with other folks from all of our centers.



Our hopes are to create a continually growing library of artwork created by our folks that can travel across the 8 centers of Grafton County for us all to enjoy! I know what you are thinking "gee, that sounds a little intimidating, I don't know if my work is that good!"... Let me assure you, this project is not necessarily for the acclaimed artists—but if you are, fantastic! It is for everyone and every ability. We just want to see what you "see" in your world. Especially right now—what a time! So don't be shy, have some fun with it—there is no right or wrong way to do this, folks. It is purely a creative outlet and a way to share something a little different through the eyes of Grafton County!

Participants will receive a 4"x5" sketchbook along with some tips, and prompts to fill and decorate however they choose. The goal is to have them sent to participants in early November and returned to your "home" center by the end of January 2021.

For more information on participating in this fun, easy, and free project please reach out to: Michelle at 523-4333 or via email mheath@gcsc.org

Somehow it is November already!

Along with the holidays comes our wonderful New England winter weather. I just want to take a moment to remind everyone to always have some shelf stable food on hand. Especially important this year as we are all finding it more difficult to get simple tasks like shopping done. We have a good supply in our Food Pantry please call 523-4333 and I will be happy to help.

We never stopped providing Home Delivered Meals, though they are currently delivered frozen once per week. Call to learn more about this program. If you are already receiving meals I want to let everyone know that delivery will continue through the winter on your scheduled delivery day. If weather interrupts our usual plan we will deliver your meals on Friday of that week. Michelle and I will still be checking in by phone.

Stay safe everyone!