

LITTLETON AREA SENIOR CENTER NEWS



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Littleton, NH 03561

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<https://www.facebook.com/littletonseniorcentergcsc>



October 2026

We are open Monday - Friday from 8 to 3!

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 towns of Bethlehem, Easton, Franconia, Landaff, Lisbon, Littleton, Lyman, Monroe and Sugar Hill.

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.

Director **NOW HIRING**
Program Associate Carl Stagg
Kitchen Coordinator Stacey Maranhville
Home-Delivered Meals Coordinator Judy Ash
Home-Delivered Meals and Volunteer Assistant Donna Worcester
Activities Coordinator Karin Ripp
Kitchen Aides Roberta D' Etcheverry, Belinda Larrivee & Catherine Gould
Van Drivers Scott K, Rick J, Gary M, Paul D, Jeffrey G & Ron

Daily Congregate Lunch We offer a daily lunch Monday thru Friday at 12 pm. Meals are provided at no cost. A \$5 per meal voluntary donation is suggested but not expected.

Home-Delivered Meals We deliver nutritious meals 5 days per week. If you or someone you know could benefit, call the center.

Transportation Services We offer transportation to all towns in our service area. All trips run between 8:00 am to 3:00 pm. Please call for more information and to schedule your ride (603) 444-6050.

GCSCC Virtual Activities Ask for our most recent schedule or visit www.gcsc.org.

ADRC Aging and Disability Resource Center Provides an invaluable service for individuals and their family members to find resources to help them maintain independence and stay healthy. Call (866) 634-9412 for information.

RSVP RSVP AmericaCorps Seniors Volunteer's activities focus on helping older adults (age 60+) veterans and their families, family caregivers and adults with disabilities age in place. Call (877) 711-7787 for information.

Food Bank On Tuesdays, we give out NH Food Bank food and local fresh produce.

Did you know that contributions from donors like yourself make it possible for GCSCC to provide the programs and services essential for older adults living in communities throughout Grafton County? Only half of our budget comes from state and federal funds. The rest is from local communities and individuals who donate to GCSCC to support us. Please consider donating by mail (GCSCC, POB 433, Lebanon, NH 03766) or by visiting www.gcsc.org. Thank you!

Did you know last year GCSCC provided 212,626 meals for our 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 of 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.

Volunteers Needed Paid volunteer opportunities are available through Senior Employment Program as well as unpaid positions. Have interest in helping in the kitchen? We've got room for you! Come in and fill out an application!

Karaoke with Phil: Wednesday, October 7 & 21 @ 11:

Always entertaining, Phil leads the pre-luncheon gathering. Join the fun and sing along.

Ask a Nurse: Monday, October 5 from 10 to 12: Our nurse, Linda, will be available to check your blood pressure and answer general health questions.

Intro to AI: Monday, October, 5 @ 1:00: Learn about AI, how it works, applications, concerns, it's future and how it might affect you.

Watercolor with Mary: Friday, October 9 @ 10:30 Explore watercolor techniques to produce your own work of art.

Willie Edwards Trio, Friday, October 9 @ 11: Willie and his gang will entertain with their special renditions of rock 'n' roll and blues for the pre-luncheon crowd.

Why Physical Therapy Helps: Thursday, October 15 @ 10:30 Miles Morneault from LRH-PT Dept. will discuss the history of PT and how and why it can help you.

Medicare: Friday, October 16 @ 1:00: Learn about changes in Medicare and what will work best for you.

Fashions of the Swinging 60s: Friday, October 23 @ 1:00: Remember the 60s? Ren Antonowicz from Vintage Apparel will bring back the fashions of our younger days. If you have your own, show them off.

Who Did It? Tuesday, October 20 @ 1:00: Try to solve the mystery. If you love mystery novels or puzzles, this is for you. From a list of clues you will attempt to solve the mystery.

Writing Class: Monday, October 19 & 26 @ 10:30: Bob O'Connor lead the class. You will learn to exercise your mind with writing as a vehicle. Classes will be once a week for 6 weeks. The only prerequisite is that you can read and write.

Food As Medicine: Monday, October 19 @ 1:00: Chef Kader will be making One-Pan Chicken Couscous. Come in, learn how to make it then enjoy a taste.

Young at Heart: Monday, October 26 @ 1:00: We are not getting younger and have concerns about lots of things. Why not join our group to discuss those concerns? You will probably discover that they are shared by others as well.

Book Club: Tuesday, October 26 @ 12:30: *Beautiful Ruins* by Jess Walter. An almost love affair that begins on the Italian coast in 1962 and resurfaces 50 years later in contemporary Hollywood.

Birthday Raffle: Thursday, October 29 @ 12:00: Were you born in October? If so, put your name in the hat for a drawing for your own birthday cake.

Halloween Bingo: Thursday, October 29 @ 12:30: A special guest will be calling. Anyone guessing the caller will win a prize..

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 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Before requesting meals, please inform the senior center if you or a person in your party has a food allergy. Home-delivered meals Follow this menu	Menu is subject to change without notice Juice is available at every meal A bread item is available at every meal		1 Open Face Beef Sandwich Sweet Potato Broccoli Juice/Milk 9:00 Bone Builders 12:30 Bingo 1:00 Cribbage	2 Veggie Pizza Carrots Garbanzo Bean Salad Oranges Milk
5 Sausage, Pepper, Onion Potato Spinach Applesauce/Milk 8:30 Bone Builders 10:00 Bone Builders 10-12 Ask A Nurse	6 BBQ Pork Rice Broccoli Juice/Milk 9:00 Bone Builders 1:00 Cribbage 1:00 Canasta	7 Sweet & Sour Chicken Over Egg Noodles w/Pepper & Onions Carrots Fruit/Milk 8:30 Bone Builders 10:00 Bone Builders 11:00 Karaoke w/Phil	8 Spaghetti/Meat Sauce Cauliflower Bread & Butter Juice/Milk 9:00 Bone Builders 12:30 BINGO! 1:00 Cribbage	9 Ham Casserole Sweet Potato FF Three Bean Salad Peaches/Milk 10:30 Watercolor 11:00 Willie Edwards
12 CLOSED For COLUMBUS DAY	13 Mac & Cheese Squash Stewed Tomato Juice/Milk 9:00 Bone Builders 1:00 Cribbage 1:00 Canasta 1:00 Chinese Mah Jong	14 Roast Pork Ends Sweet Potato Green Beans Fruit/Milk 8:30 Bone Builders 10:00 Bone Builders	15 Roast Chicken Rice Mixed Veggie Juice/Milk 9:00 Bone Builders 10:30 LRH-PT Dept 1:00 Cribbage	16 Hot Dogs & Beans Corn Pumpkin Bars Pears/Milk 1:00 Medicare
19 Chicken Stir Fry Peppers and Onions Rice Spinach Applesauce/Milk 8:30 Bone Builders 10:00 Bone Builders 10:30 Writing Class 1:00 Food As Medicine	20 Pasta Bake Broccoli Cheesy Black Bean Bake Juice/Milk 9:00 Bone Builders 1:00 Who Did It? 1:00 Cribbage 1:00 Canasta	21 Shepherd Pie Carrots Fruit/Milk 8:30 Bone Builders 10:00 Bone Builders 11:00 Karaoke w/Phil	22 Chef's Choice Stuffing Brussel Sprouts Juice/Milk 9:00 Bone Builders 12:30 BINGO! 1:00 Cribbage	23 Tuna Wrap Lettuce, Tomato Pasta Salad w/Peas Pineapple/Milk 1:00 Swinging 60s Fashions
26 Chili/Cheese Bake Potato Beets Applesauce/Milk 8:30 Bone Builders 10:00 Bone Builders 10:30 Writing Class 1:00 Young at Heart	27 Cheesy Chicken & Rice Peas Juice/Milk 9:00 Bone Builders 12:30 Book Club 1:00 Cribbage 1:00 Canasta 1:00 Chinese Mah Jong	28 Baked Ziti Garlic Bread/Rolls Butternut Squash Fruit/Milk 8:30 Bone Builders 10:00 Bone Builders	29 Baked Fish Sweet Potato Green Beans Juice./Milk 9:00 Bone Builders 12:00 Birthday Raffle 12:30 HALLOWEEN BINGO! 1:00 Cribbage	30 BBQ Meatballs French Fries Spinach Pineapple/Milk

Grafton County Senior Citizens Council (GCSCC) is seeking a dedicated, enthusiastic, and experienced manager for our Littleton Area Senior Center.

Director. Full Time. 40 hours. Exempt.

This is an exciting opportunity to make a meaningful difference in the lives of older adults by leading a vibrant senior center that provides nutritious meals, transportation, activities, volunteer opportunities, and connections to essential community resources. We're looking for someone with strong leadership, organizational, and communication skills who is passionate about serving seniors and fostering a welcoming, inclusive environment. Responsibilities include program management, overseeing a team of employees and volunteers, implementing policies and procedures, collaborating with partner agencies, and ensuring financial accountability, including managing a budget. Please submit cover letter and resume to: hr@gcsc.org

From the Activities Coordinator, Karin Ripp: The days are cooling, but it is hot at LASC. Lots going on. Phil will be here twice this month leading Karaoke; Nurse Linda will take blood pressures for you; a special event from AARP will talk about AI and how it might affect you; Mary will return with a class in watercolor techniques; Willie Edwards and his trio will entertain with toe tapping rock 'n' roll music; Myles Moreault from LRH-PT Dept. will talk about the history of PT and the how and why it helps; learn about the changes in Medicare; Who Did It? For those who enjoy figuring out mysteries; Bob O'Connor returns to lead a series of writing classes; Chef Kader will demonstrate a tasty dish for all to enjoy; Fashions of the Swinging 60s—remember them? , there is no denying it, we are getting older each day, come in and talk about your concerns with the others at Young at Heart and our Halloween Bingo will feature a special caller. If you can guess who it is, you will win a special prize. Of course, we have all our regular games: Cribbage, Canasta, Chinese Mah Jong and Scrabble. Won't you join the fun?

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