



LITTLETON AREA SENIOR CENTER NEWS

77 Riverglen Lane, PO Box 98
Littleton, NH 03561

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



APRIL 2024

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 also on Facebook, serving the towns of Bethlehem, Easton, Franconia, Landaff, Lisbon, Littleton, Lyman, Monroe and Sugar Hill.

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

Director.....	Maureen Platt-Russell
Program Associate.....	Sally Syren
Home-Delivered Meals Coordinator.....	Judy Ash
Home-Delivered Meals and Volunteer Assistant.....	Alison Colbeth
Activities Coordinator.....	Karin Ripp
Kitchen Aides.....	Cat Hayward, Roberta D'Etcheverry & Belinda Larrivee
Van Drivers.....	John Simon, Gary Morneau, & Kat Lindell

Daily Congregate Lunch We offer a daily lunch Monday thru Friday at 12 pm. Meals are provided at no cost. A \$3 per meal voluntary donation is suggested but not expected.

Grab and Go Don't have time to dine in? Grab a meal to go.

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 2:00 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.

ServiceLink 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.

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!

Open Positions Kitchen Coordinator. 35 Hours per week. Please see Maureen for full description.

Volunteers Needed Paid volunteer opportunities available through Operation ABLE as well as unpaid positions.

Thank you all for your donations of goods and services to the success of our Spring Fling Fashion Show and Luncheon. We couldn't have done it without you and are so very appreciative.

Crochet with Kathy: Monday, April 1 at 12:30 pm Calling all who are new to the craft, want to learn new techniques or simply wish to join a group of crocheters, Kathy Gray is here to help you. If you are interested, she will also teach how to crochet animals. Please sign up at the front desk or call (603) 444-6050.

Eclipse Viewing: Monday, April 8 at 2:30 pm Join us to see the total solar eclipse. We have some glasses and will provide snacks.

Painting Flower Pots Friday, April 12 at 10:30 am Local artist and craftsperson, Mary Bingham, will conduct a class on decorating flower pots. Spring is here and a gaily decorated pot may be used for your seasonal posies or gifts.

Ask a Nurse: Tuesday, April 16 at 11:30 am A nurse from Pemi-Baker will be available to take your blood pressure and answer any questions you may have.

AWAM! Performs Tuesday, April 16 at 11:00 am Sonja and the gang will return to perform for us, so come clap your hands, tap your toes and sing along. Bring your friends and have a grand time and an enjoyable meal.

Jewelry Raffle: Thursday, April 18 at 11:00 am Bracelets, beads and baubles of all kinds will be available to win for the price of a ticket.

Birthday Raffle: Thursday, April 25 at noon Calling all those born in April! You may be the lucky name drawn for your own birthday cake. (We won't ask the year.)

Foot Clinic: Friday, April 26th Beverly Sinclair has returned for a treat for your feet; \$35 per appointment. Call (603) 444-6050 to schedule.

Book Club: Tuesday, April 30 at 12:30 "The Saturday Evening Girls Club" by Jane Healey. In 1900 Boston's North End, four young immigrant women realize that escaping traditions doesn't come easy but, at least, they have one another.

Karaoke with Marsha: Mondays @ 11:00 am

Chair Yoga: Fridays at 1:00 pm

Writers' Group: Friday, April 19 @ 10:00 am

Assignment is to write a short story to read to the group.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1 Chicken Casserole Egg Noodles Mixed Vegetables Fruit and Milk</p> <p>8:30 Bone Builders 10:00 Bone Builders 12:30 Crochet</p>	<p>2 Soup and Sandwich Fresh Veggie Milk</p> <p>8:30 Bone Builders 1:00 Cribbage 1:00 Canasta</p>	<p>3 Chef's Choice Day Broccoli Fruit and Milk</p> <p>8:30 Bone Builders 10:00 Bone Builders</p>	<p>4 Turkey Meatloaf w/Gravy Mashed Potato Carrots Milk</p> <p>9:00 Bone Builders 12:30 Bingo 1:30 Mah Jong</p>	<p>5 Pasta Bake Peas Fruit and Milk</p> <p>1:00 Chair Yoga</p>
<p>8 BBQ Chicken Mashed Potato Corn Fruit and Milk</p> <p>8:30 Bone Builders 10:00 Bone Builders 1:00 Mah Jong</p>	<p>9 Lasagna Green Beans Rolls Milk</p> <p>8:30 Bone Builders 1:00 Cribbage 12:30 Dominos</p>	<p>10 Chicken Sandwich Lettuce, Tomato Sweet Potato French Fries Fruit and Milk</p> <p>8:30 Bone Builders 10:00 Bone Builders</p>	<p>11 Kielbasa Bake With Veggies and Potato Banana Bars Milk</p> <p>9:00 Bone Builders 12:30 Bingo 1:30 Mahjong</p>	<p>12 Tacos Rice and Beans Fruit and Milk</p> <p>10:30 Flowerpot Painting 1:00 Chair Yoga</p>
<p>15 Creamy Spinach Baked Ravioli Applesauce Bar Milk</p> <p>8:30 Bone Builders 10:00 Bone Builders 11:00 Karaoke 1:00 Mahjong</p>	<p>16 Pulled Pork Sweet Pot. French Fries Green Beans w/Garlic Fruit and Milk</p> <p>9:00 Bone Builders 11:30 Ask a Nurse 11:00 AWAM 12:30 Canasta 1:00 Cribbage</p>	<p>17 Sausage Cacciatore Garlic Noodles Cauliflower Fruit and Milk</p> <p>8:30 Bone Builders 10:00 Bone Builders</p>	<p>18 Turkey and Sweet Potato Skillet Mixed Vegetables Milk</p> <p>9:00 Bone Builders 11:00 Jewelry Raffle 12:30 Bingo 1:30 Mahjong</p>	<p>19 Orange Chicken Vegetable Rice Fruit and Milk</p> <p>10:00 Writing 1:00 Chair Yoga</p>
<p>22 Meatball Sandwich French Fries Mixed Vegetables Fruit and Milk</p> <p>8:30 Bone Builders 10:00 Bone Builders 11:00 Karaoke 1:00 Mahjong</p>	<p>23 Garlic Butter Chicken Rice Green Beans Milk</p> <p>8:30 Bone Builders 1:00 Cribbage 12:30 Dominos</p>	<p>24 Tuscan White Bean Pasta Garlic Bread Brussel Sprouts Fruit and Milk</p> <p>8:30 Bone Builders 10:00 Bone Builders</p>	<p>25 Baked Fish Sandwich Rice Pilaf Carrots Milk</p> <p>BIRTHDAY RAFFLE</p> <p>9:00 Bone Builders 12:30 Bingo 1:30 Mahjong</p>	<p>26 Sausage, Pepper, Onion Sandwich Beets Fruit and Milk</p> <p>Foot Clinic (by appt.) 1:00 Chair Yoga</p>
<p>29 Cranberry Chicken Sweet Potato Squash Fruit and Milk</p> <p>8:30 Bone Builders 10:00 Bone Builders 11:00 Karaoke 1:00 Mahjong</p>	<p>30 Chef Salad Lettuce, Tomato, Cukes, Egg, Cheese, Ham and Turkey Roll Milk</p> <p>8:30 Bone Builders 12:30 Book Club 1:00 Cribbage</p>		<p>Menu is subject to change without notice.</p>	<p>Before requesting meals, please in- form the senior center if you or a person in your party has a food allergy.</p>

AD PAGES: No content may be placed in these areas and these areas cannot be moved.

Full pg 3,

Calendar ad banner pg 2

From the Director: Maureen Platt-Russell**SAVE THE DATE!!**

Lace up those sneakers!! GCSCC will be hosting our annual "Spring Fling Walk/Run" on May 4, 2024 at the Horse Meadow Senior Center, North Haverhill starting at 9:00. There will be music, a BBQ and vendors! Registration is by donation. Please see staff for further information or walk forms.

GAMES:

Bingo: Thursdays at 12:30 pm

Cribbage: Tuesdays at 1:00 pm

Dominos: Tuesdays 4/9 and 4/23 at 12:30 pm

Mah Jong: Mondays at 1:00 pm/Thursdays at 1:30 pm

Canasta: Tuesdays 4/2 and 4/16 at 1:00 pm

From the Activities Coordinator: Karin Ripp

I am sorry to say that Marsha will not be leading karaoke for the first two Mondays of April, but is expected to return on April 15th. There will be two crafty sessions this month. Kathy Gray will be leading our new crochet class - learners welcome. Then, we are fortunate to have Mary Bingham coming in to lead a painting class beginning with flowerpot painting. You will be able to take home a small plant for your windowsill in its own personalized pot. What fun! Don't forget our jewelry raffle. It is the perfect time to try and add to your collection of gems. Of course we have all the regular events: games, book club, birthday raffle, foot clinic, plus Sonja and AWAM and our Pemi-Baker nurse visit. We love to see you here and hope you enjoy what we have to offer. Suggestions and ideas are always welcome.

Joke of the Month:

When is the best time to wash your slinky? During spring cleaning!

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