LITTLETON AREA SENIOR CENTER NEWS

77 Riverglen Lane, PO Box 98
Littleton, NH 03561
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https://www.facebook.com/littletonseniorcentergcscc



November 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.gcscc.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 Maranville
Home-Delivered Meals Coordinator .....Judy Ash
Home-Delivered Meals and Coordinator Assistant .....Diana 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 S.

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.gcscc.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.gcscc.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!

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:



~ Please 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!

Ask a Nurse: Monday, November 2 from 10 to 12: Our nurse will be available to check your blood pressure and answer general health questions the first Monday of each Month.

Writing Class: Mon. November 2, 9, 16, 30 @ 10:30: Exercise your mind with writing as a vehicle. All are welcome.

Karaoke with Phil: Wednesday, November 4 & 18 @ 11:00 Always entertaining, Phil leads the pre-luncheon gathering. Join the fun and sing along.

Good Nutrition=Good Health: Thursday, November 12@10:30LRH-PTDept. representative Peyton Clark will talk about keeping healthy through better nutrition.

Food As Medicine: Monday, November 16 @ 1:00: Chef Kader will be making One-Pan Ground Turkey Chili for all to enjoy; and you know we will.

Who Did It? Tuesday, November 17 @ 1:00: A mystery game to determine the who did what. If you love mystery and/or games, come in and give it a try.

Birthday Raffle: Thursday, November 19 @ Noon. If your birthday falls in November, put your name in to win your own birthday cake.

Watercolor with Mary: Friday, November 20 @ 10:30. Explore watercolor techniques to produce your own work of art.

Thanksgiving Meal: Monday, November 23 @ Noon: We will be serving our annual Thanksgiving Meal with all the trimmings. Come early as it will be a special event. Please call to sign up to assure seating. (603) 444-6050

Book Club: Tuesday, November 24 @ 12:30: *Eleanor Oliphant Is Completely Fine* by Gail Honeyman. Eleanor struggles with social skills but everything changes when she meets Raymond. Together they save Sammy, an elderly gentleman who had fallen on the sidewalk. A friendship develops rescuing each other from their isolated lives.

NOVEMBER 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Asst. Sandwiches, meat, cheese Garbonzo Bean Salad Fruit/Milk **8:30 Bone Builders** **10:00 Bone Builders** **10 to 12 Ask A Nurse** **10:30 Writing Class**	3 Chef's Choice French Fries Broccoli Juice/Milk **9:00 Bone Builders** **1:00 Cribbage** **1:00 Canasta**	4 Baked Ziti Garlic Bread Peas/Carrot/Corn Mix Fruit/Milk **8:30 Bone Builders** **10:00 Bone Builders** **11:00 Karaoke w/Phil**	5 Beef Gravy Egg Noodles Sweet Potato Squash Juice/Milk **9:00 Bone Builders** **12:30 Bingo** **1:00 Cribbage**	6 Baked Fish Rice Pilaf Mixed Veggies Fruit/Milk
9 Mac and Cheese with Hot Dogs Broccoli Fruit/Milk **8:30 Bone Builders** **10:00 Bone Builders** **10:30 Writing Class**	10 Roast Pork Sweet Potato Carrots Juice/Milk **8:30 Bone Builders** **1:00 Cribbage** **1:00 Chinese Mah Jong** **1:00 Canasta**	11 **CLOSED**	12 Chef's Choice French Fries, Green Beans, Juice/Milk **9:00 Bone Builders** **10:30 Nutrition** **12:30 BINGO!** **1:00 Cribbage**	13 Sweet and Sour Chicken Rice Peas Fruit/Milk
16 Pork Chops, Rice Green Beans Fruit/Milk **8:30 Bone Builders** **10:00 Bone Builders** **10:30 Writing Class** **1:00 Food As Medicine**	17 Chef's Choice French Fries, Carrots Juice/Milk **9:00 Bone Builders** **1:00 Who Did It?** **1:00 Cribbage** **1:00 Canasta**	18 Spaghetti w/Meat Sauce Dinner Roll Broccoli Fruit/Milk **8:30 Bone Builders** **10:00 Bone Builders** **11: 00 Karaoke w/Phil**	19 Taco Bar Meat, Cheese, Veggies Black Bean/Corn Salad Juice/Milk **9:00 Bone Builders** **12:30 BINGO!** **1:00 Cribbage**	20 Chicken and Rice Casserole Squash Fruit/Milk **10:30 Watercolor**
23 Turkey in Gravy Potato, green Bean Casserole, Squash, Rolls Fruit/Milk **8:30 Bone Builders** **10:00 Bone Builders** **11:00 Thanksgiving**	24 Cheese Pizza, Asort. Toppings, Three Bean Salad, Juice/Milk **9:00 Bone Builders** **12:30 Book Club** **1:00 Cribbage** **1:00 Chinese Mah Jong** **1:00 Canasta**	25 Chef's Choice French Fries Spinach Fruit/Milk **8:30 Bone Builders** **10:00 Bone Builders**	26 **CLOSED** 	27 **CLOSED**
30 Chef's Choice, French Fries, Baked Beans Brussel Sprouts Fruit/Milk **8:30 Bone Builders** **10:00 Bone Builders** **10:30 Writing Class** **1:00 Young at Heart**			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

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@gcscc.org

From the Activities Coordinator, Karin Ripp: November is here and the holidays are approaching. It will be a busy month in Littleton. Be sure to sign up for our Thanksgiving meal on Monday the 23rd. On the 12th, Peyton Clark from LRH-PT Dept. will talk about how nutrition affects your health. Mary Bingman will introduce new watercolor techniques on the 20th. Bob O'Connor's writing class continues thru the month. Chef Kader will demonstrate his delicious version of ground turkey chili on the 16th. Guess Who Did It? on the 17th. Of course we have our regular games: Cribbage, Canasta, Bingo, Scrabble, Mah Jong (both the traditional American version and the new popular Chinese version), the Book Club and the Birthday raffle round out the month. Come and enjoy good eating and good friends - or meet new ones.

Grafton County Senior Citizens Council
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