

LITTLETON AREA SENIOR CENTER NEWS



77 Riverglen Lane, PO Box 98
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<https://www.facebook.com/littletonseniorcentergscsc>



APRIL 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.gscsc.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 Amy Goyette
Program Associate Carl Stagg
Kitchen Coordinator Stacey Maranville
Home-Delivered Meals Coordinator Judy Ash
Home-Delivered Meals and Volunteer Assistant Amanda Deveno
Activities Coordinator Karin Ripp
Kitchen Aides Roberta D' Etcheverry, Belinda Larrivee & Catherine Gould
Van Drivers ... Scott Kleinschrodt, Rick Johnston, Gary Morneau, Paul Donovan & Connie Wilson

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.gscsc.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.gscsc.org. Thank you!

Craft with Megg: Wednesday, April 1 @ 10:30: Learn to make hanging planters using cord and beads.

Karaoke with Phil: Wednesday, April 8 and 15 @ 11: The talented and entertaining Phil Rivera leads the pre-luncheon gathering. Come join the fun and sing along.

Painting with Aden: Friday, April 3 @ 10:30: Bring your ideas/we supply the paints, etc.

Indoor Sports Spectacular: Friday, April 3 @ 1pm: Join the fun and play some games. Golf, basketball, etc.

Ask a Nurse: Monday, April 6 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.

History of Fashion: Monday, April 6 @ 1:00 Join Ren from Spirits of Fashion and take a journey back in time to the Fashions Aboard the Titanic.

Chinese Mah Jong: Tuesday, April 7 & 21 @ 1:00. Different than the computer or the American version, but it is easy to learn and fun to play.

Music with Dennis Cote: Thursday, April 9 @ 11. Multi-talented entertainer Dennis Cote will delight all on the piano and guitar.

Hosted BINGO: Thursday, April 9 @ 12:30: Nicole Gross from North Country Home Health will do the calling and bring prizes for the winners.

Keeping the Keys; Senior Driving: Friday April 10 @ 10:30. Tom Baran from AAA will conduct a safety presentation for senior drivers.

Occupational Therapy: Thursday, April 16 @ 10:30 Bekah Bevin from LRH-PT will advise on Occupational Therapy and how it will improve your abilities.

Wayne is Back: Friday, Apr. 17 @ 11: The nostalgic tunes played by Wayne on his saxophone is a relaxing pre-luncheon interlude.

Food As Medicine: Monday, April 20 @ 1pm: The chef will prepare tasty, healthy and inexpensive food that you will be able to share.

Stitch in Time: Tuesday, April 21 @ 1:00: Bring your needlework and stitch while chatting. Join friends and/or make new ones. Tea will be served.

Watercolor with Mary: Friday, April 24 @ 10:30. We have missed Mary. She returns with inspiring painting ideas.

Book Club: Tuesday, April 28 @ 12:30: *Pitch Dark* by Paul Doiron. Maine game warden Mike Bowditch and a friend witness a murder and are held captive. Mike escapes only to be caught in a dangerous game of cat and mouse.

The Aging Experience: Tuesday, April 28 @ 1:00pm. It's better together. A gathering of seniors to discuss concerns as we age. Please join us.



Save the Date for NH Gives/June 9-10 Join the excitement of NH GIVES, a statewide 24-hour online giving event hosted by the New Hampshire Center for Nonprofits. Show your support for Grafton County Senior Citizens Council, Inc. (GCSCC) by making a gift during NH Gives. Every donation helps support local older adults in our communities. **How to Give:** Visit nhgives.org and search for Grafton County Senior Citizens Council, Inc. **Questions?** Contact James Carroll at 603-444-4897

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.gscsc.org/donate OR
~ to donate by check, please mail to GCSCC, PO Box 433, Lebanon, NH 03766

We appreciate your consideration and support!

APRIL 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Before requesting meals, please inform the senior center, if you or a person in your party, has a food allergy.</p> <p>Home-delivered meals follow this menu.</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 Butter Chicken Carrots Rice Fruit/Milk</p> <p>8:30 Bone Builders 10:00 Bone Builders 10:30 Craft with Megg 12:30 Mah Jong</p>	<p>2 Roast Pork Mixed Veggie Baked Potato Fruit/Milk</p> <p>9:00 Bone Builders 12:30 Bingo 1:00 Cribbage</p>	<p>3 Chefs Choice Green Beans Fruit/Milk</p> <p>10:30 Art with Aden 1:00 Indoor Sports Spectacular</p>
<p>6 Hot Dogs/Beans Creamed Corn Pasta Salad Fruit/Milk</p> <p>8:30 Bone Builders 10:00 Bone Builders 10 to 12: Ask a Nurse 1:00 Titanic Fashions</p>	<p>7 Chicken Alfredo Beets Egg Noodles Fruit/Milk</p> <p>8:30 Bone Builders 10:00 AARP Tax Prep 1:00 Cribbage 1:00 Chinese Mah Jong 1:00 Canasta</p>	<p>8 Baked Ziti Peas Garlic Bread Fruit/Milk</p> <p>8:30 Bone Builders 10:00 Bone Builders 11:00 Karaoke w/Phil 1:00 Mah Jong</p>	<p>9 Baked Chicken Mixed Veggie Sweet Potato Fruit/Milk</p> <p>9:00 Bone Builders 11:00 Music w/Dennis Cote 12:30 HOSTED BINGO!</p>	<p>10 Chefs Choice Cauliflower Fruit/Milk</p> <p>8:00 Breakfast Buffet</p> <p>10:30 AAA Senior Driving Presentation</p>
<p>13 Sausage & Pepper Skillet Stewed Tomato Rice/Beans Fruit Crisp/Milk</p> <p>8:30 Bone Builders 10:00 Bone Builders 12:30 Mah Jong</p>	<p>14 Chicken & Gravy Carrots Biscuit Fruit/Milk</p> <p>9:00 Bone Builders 1:00 Cribbage 1:00 Canasta</p>	<p>15 Sweet & Sour Meatballs Pinto Beans & Rice Green Beans Fruit/Milk</p> <p>8:30 Bone Builders 10:00 Bone Builders 11:00 Karaoke w/Phil 1:00 Mah Jong</p>	<p>16 Meatloaf Mixed Veggie Mashed Potato Fruit/Milk</p> <p>9:00 Bone Builders 10:30 Occupational Health 12:30 BINGO! 1:00 Cribbage</p>	<p>17 Chefs Choice Baked Beans Fruit/Milk</p> <p>11:00 Wayne & Sax</p>
<p>20 Chicken Nuggets Corn Sweet Potato Fries Fruit/Milk</p> <p>8:30 Bone Builders 10:00 Bone Builders 12:30 Mah Jong 1:00 Food As Medicine</p>	<p>21 Mac & Cheese w/Ham Broccoli Three Bean Salad Fruit/Milk</p> <p>9:00 Bone Builders 1:00 Cribbage 1:00 Chinese Mah Jong 1:00 Canasta 1:00 Stitch In Time</p>	<p>22 French Bread Cheese & Pepperoni Pizza Peas Fruit/Milk</p> <p>8:30 Bone Builders 10:00 Bone Builders 1:00 Mah Jong</p>	<p>23 Turkey Burger w/Bun Mixed Veggie Rice Fruit/Milk</p> <p>9:00 Bone Builders 12:30 BINGO! 1:00 Cribbage</p>	<p>24 Chefs Choice Carrots Fruit/Milk</p> <p>8:00 Breakfast Buffet</p> <p>8:00 Breakfast Buffet 10:30 Watercolor</p>
<p>27 Baked Fish Beets Rice Pilaf Fruit/Milk</p> <p>8:30 Bone Builders 10:00 Bone Builders 12:30 Mah Jong</p>	<p>28 Grilled Cheese Three Bean Salad Tomato Soup Fruit/Milk</p> <p>9:00 Bone Builders 12:30 Book Club 1:00 Cribbage 1:00 Canasta 1:00 Aging Support</p>	<p>29 Chop Suey Cabbage Garlic Bread Fruit/Milk</p> <p>8:30 Bone Builders 10:00 Bone Builders 1:00 Mah Jong</p>	<p>30 Lasagna Mixed Veggie Garlic Bread Fruit/Milk</p> <p>9:00 Bone Builders 12:00 Birthday Raffle 12:30 BINGO! 1:00 Cribbage</p>	



Director Message: Dear Friends,

April is here, and with it comes the promise of brighter days, blooming gardens, and renewed connections. There's something about spring that inspires us to open our doors a little wider, linger a little longer in conversation, and embrace new experiences. This month, our calendar is brimming with opportunities to gather and grow together. Our Luncheons will bring music, laughter, and delicious food, and we have fresh activities for those looking to try something new. In addition to the ever popular soups and our salad bar we now will offer a breakfast buffet two Friday's this month beginning at 8am.

I'd also like to take a moment to thank each of you for the joy and kindness you bring to our center every day. Whether you're attending a class, lending a hand, or simply sharing a smile, you help make this a place where everyone feels welcome and valued. Let's make the most of this beautiful season together. I look forward to seeing you at the center soon!

Warmly,

Amy Goyette

Director- LASC

From the Activities Coordinator, Karin Ripp: Our favorite crafter, Megg, will kick off April by teaching hanging planters. Phil will be here two Wednesdays (8 and 15). Aden will lead a painting class on Friday the 3rd. Monday the 6th our nurse will be here to take blood pressure. A very special event will be on Monday the 6th at 1. Ren Antonowicz from Spirits Of Fashion will delve into her collection of vintage clothing to present Fashions Of The Titanic. On Thursday, April 9th we are fortunate to have Dennis Cote entertain before lunch: he sings and plays the piano and guitar. So gather round, you will enjoy it. Bingo will be hosted on Thursday the 9th by Nicole Gross from North Country Home Health. On Friday the 10th, Tom Baran from AAA will conduct a safety presentation for senior drivers. Bekah Bevin from LRH-PT will talk about Occupational Health on Thursday the 16th. Wayne is back. Yes, our favorite saxophone player will return on Friday the 17th. Get your taste buds ready for an encore of Food As Medicine on Monday afternoon the 20th. A Stitch-In-Time is the 3rd Tuesday (21st). Sew, knit, crochet? Come join the group; maybe you will learn something new. Mary Bingman will be here on Friday 24, with her popular watercolor class. The Aging Experience is the last Tuesday of the month (28). It is an opportunity to talk about concerns as we age. Rounding out the month: Book Club, Card Games, Birthday Raffle are also on the calendar. Won't you join us?

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