



LITTLETON AREA SENIOR CENTER NEWS



77 Riverglen Lane, PO Box 98
Littleton, NH 03561

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



AUGUST 2025

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 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	Carl Stagg
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	Gary Morneau, Scott Kleinschrodt, Ron Stevens & Paul Donovan
Kitchen Coordinator	Sally Syren

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.

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!

Volunteers Needed Paid volunteer opportunities available through Operation ABLE as well as unpaid positions. Have interest in helping in the kitchen? We've got room for you!

Celebrate National Watermelon Day: Monday, Aug 4th @ 11. Smash, eat or wear watermelon with us. We'll have a melon smashing contest and *dressed most like a watermelon* contest. Whoever looks most like a watermelon wins.

Zentangle Returns: Aug 6th and 20th @ 10. Megg Wright from the Littleton Chamber of Commerce teaches Zentangle, which is a method of creating intricate, abstract designs using structured, repetitive patterns. It's often described as a form of meditative art, promoting relaxation and focus.

Acrylic Painting: Friday, Aug 8th @ 10:30. Hot summer creative ideas. Tiny canvases and small wooden trays to paint and stencil. Mary Bingman leads.

Kazoo Chorus: Monday, Aug 18th @ 11. I can Kazoo, you can Kazoo, we all can Kazoo. Join the chorus and have fun. Laughing only adds to the festivities. Please sign up to assure an instrument.

Medicare Fraud Presentation: Wednesday, Aug 20th @ 11. Susan Young from Partnership for Public Health will talk to us about Medicare Fraud-what it is and how you can protect yourself.

Watercolor Painting: Friday, Aug 22nd @ 10:30. More fun with sky-work and beginning landscape painting techniques. Mary Bingman leads

Book Club: No Book Club for August.

Birthday Raffle: Thursday, Aug 28th @ noon.

Calling all those born in August You may be the lucky name drawn for your own birthday cake. (We won't ask the year.)

Foot Clinic: Friday, August 29th from 9-12 by appointment only. Call to get in Bev's book.

Karaoke: Wednesdays @ 11. Phil Rivera brings his talent and inspiration each Wednesday. Come sing a song!

Walking Group: Thursdays @ 11. Barb Shuchman will guide the group. Be sure to dress in comfortable clothes and shoes and, please, arrive early. Call: (603)444-6050 for information or registration.

Creating Connection through Curiosity: Fridays @ 11. Interested in connecting with others? This is the most important element in assuring mental well-being. Join us to get to know each other better.

Chair Yoga: Fridays @ 1 pm Improve your flexibility and strength. Audrey Crowe leads us in this.



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!

AUGUST 2025

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 generally 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 Hot Dogs Beans Coleslaw Fruit Milk</p> <p>11 Connection Group 1 Chair Yoga</p>
<p>4 Chop Suey Garlic Bread Green Beans Fruit Milk</p> <p>8:30 Bone Builders 10 Bone Builders 11 Watermelon Fun 12:30 Mahjong</p>	<p>5 Parmesan Chicken Egg Noodles Mixed Veggies Juice/Milk</p> <p>9 Bone Builders 1 Cribbage</p>	<p>6 Chef Salad Boiled Eggs Broccoli Salad Fruit Milk</p> <p>8:30 Bone Builders 10 Bone Builders 10 Zentangle 11 Karaoke 1 Cribbage</p>	<p>7 Pork Chops Sweet Potato Carrots Juice/Milk</p> <p>9 Bone Builders 11 Walking Group 12:30 Bingo 1 Mahjong/Cribbage</p>	<p>8 Baked Fish FF Baked Beans Spinach Fruit Milk</p> <p>10:30 Acrylic Painting 11 Connection Group 1 Chair Yoga</p>
<p>11 Salisbury Steak Baked Potato Peas and Carrots Fruit Milk</p> <p>8:30 Bone Builders 10 Bone Builders 12:30 Mahjong</p>	<p>12 Spaghetti w/meat sauce Squash Roll Juice/Milk</p> <p>9 Bone Builders 1 Cribbage</p>	<p>13 Turkey Wrap Lettuce/Tomato/Cheese Pasta Salad Fruit Milk</p> <p>8:30 Bone Builders 10 Bone Builders 11 Karaoke 1 Cribbage</p>	<p>14 Marinated Chicken Red Potato Peas Juice/Milk</p> <p>9 Bone Builders 11 Walking Group 12:30 Bingo 1 Mahjong/Cribbage</p>	<p>15 Pizza w/Sausage or Pepperoni Cuke & Tomato Salad Fruit Milk</p> <p>11 Connection Group 1 Chair Yoga</p>
<p>18 Assorted Sandwiches Broccoli Salad Corn & Black Bean Salad Fruit Milk</p> <p>8:30 Bone Builders 10 Bone Builders 11 Kazoo Chorus 12:30 Mahjong</p>	<p>19 Mac & Cheese Stewed Tomato Green Beans Juice/Milk</p> <p>9 Bone Builders 1 Cribbage</p>	<p>20 Sausage, Pepper & Onion Rice Pilaf Corn Bread Fruit Milk</p> <p>8:30 Bone Builders 10 Bone Builders 10 Zentangle 11 Karaoke 11 Medicare Fraud 1 Cribbage</p>	<p>21 Meatloaf Garlic Potato Brussel Sprouts Juice/Milk</p> <p>9 Bone Builders 11 Walking Group 12:30 Bingo 1 Mahjong/Cribbage</p>	<p>22 Kielbasa Stir Fry Assorted Veggies Rice Fruit Milk</p> <p>10:30 Water Color Painting 11 Connection Group 1 Chair Yoga</p>
<p>25 Beef Stew Biscuits Green Beans Fruit Milk</p> <p>8:30 Bone Builders 10 Bone Builders 12:30 Mahjong</p>	<p>26 Chef's Choice Carrot Slaw Baked Beans Fruit Milk</p> <p>9 Bone Builders 1 Cribbage</p>	<p>27 Ham Sweet Potato Peas/Carrots Juice/Milk</p> <p>8:30 Bone Builders 10 Bone Builders 11 Karaoke 1 Cribbage</p>	<p>28 Roast Pork Mashed Potato Broccoli Roll Juice/Milk</p> <p>9 Bone Builders 11 Walking Group 12 Birthday Raffle 12:30 Bingo 1 Mahjong/Cribbage</p>	<p>29 Taco Salad w/ Lettuce, Tom, Pepper & Onion Seasoned Chicken Cheese/Cauliflower Fruit Milk</p> <p>9-12 Foot Clinic 11 Connection Group 1 Chair Yoga</p>

From the Director, Maureen: Join NFI THS Maple Lodge and the Littleton Senior Center in spreading some kindness. Bring in non perishable food items and travel sized hygiene items. Deposit these items in the box located at the reception desk. Items collected through August to be donated to local food pantries in September.

Joke of the Month: Why can't you find any lions after August? **Because the pride goeth before the fall.**



From the Activities Coordinator, Karin Ripp: Instead of smashing pumpkins, we are observing National Watermelon Day by smashing (and enjoying) watermelons with games and prizes. Megg Wright will encore classes in Zentangle twice during the month. Also Mary Bingman will return twice: first with Acrylic painting and then her most popular Watercolor class. We are honored to introduce the Official Littleton Area Senior Center Kazoo Chorus. They will perform on Monday the 18th. A not-to-be-missed event. One would think we have seen all the frauds out there but we will feature the latest Medicare frauds on Wednesday the 20th. Our Book Club is taking an August break but will return in September. Come on out and join the fun with Barb Shuchman and the Walking Group on Thursdays. Beverly's Foot Clinic will be here to clean up your summer sandal feet on Friday the 29th. And, of course, all our regular monthly events: Birthday Raffle, Chair Yoga, Connection Group and games: Bingo, Cribbage, Mah Jong and Scrabble. Any Canasta fans, please let us know. We would love to start a group.

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