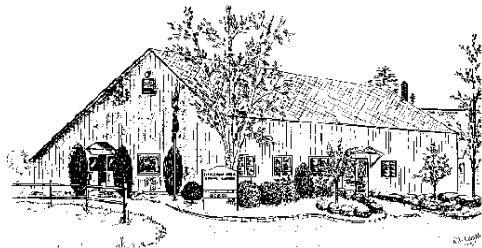


LITTLETON AREA SENIOR CENTER NEWS



77 Riverglen Lane, PO Box 98
Littleton, NH 03561

Phone: (603) 444-6050 FAX: (603) 444-1612
<https://www.facebook.com/littletonseniorcentergcsc>



August 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 Maranville
Home-Delivered Meals Coordinator Judy Ash
Home-Delivered Meals and Volunteer Assistant **Now Hiring**
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!

Ask a Nurse: Monday, August 3 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.

Cooking Together: Mondays August 3, 10, and 17 @ 1: ACHS Food As Medicine is offering a three week cooking class. Upon completion of the 3 classes, a set of cookware will be awarded. Please sign up only if you are able to complete the 3 classes and meet the eligibility requirements. Please call Karin at (603) 444-6050 to sign up or questions.

Wills and Other Estate Matters: Thursday, August 6 @ 10:30 Attorney Christopher Nelson will discuss wills, trusts and other estate planning devices.

Food As Medicine: Friday, August 7 @ 10:30: Chef Kader will be making chocolate madeleines for all to enjoy; and you know we will.

Karaoke with Phil: Wednesday, August 12 and 19 @ 11: Always entertaining, Phil leads the pre-luncheon gathering. Join the fun and sing along.

Balloon Animals: Wednesday, August 12 @ 1pm: Carol will show you how to make a turtle out of balloons.

Let's Move It! Thursday, August 13 @ 10:30. LRH-PT Dept. therapist Jill Taho will demonstrate how simple light activity will make a big difference in your well being and overall health.

Zentangle: Friday, August 14 @ 10:30: If you combined doodling with design, it would be Zentangle. It is easy to make an interesting art project. Try it.

Art with Aden: Monday, August 17 @ 10:30: Aden, our resident artist, will demonstrate new painting techniques.

Balloon Animals: Wednesday, August 19 @ 1pm: Carol returns to demonstrate how to make a butterfly out of balloons.

Watercolor with Mary: Friday, August 21 @ 10:30. Explore watercolor techniques to produce your own work of art.

Falun Dafa: Monday, August 24 @ 1: Clear tension and learn five gentle and relaxing exercises to achieve mindfulness and self-cultivation.

Book Club: Tuesday, August 25 @ 12:30: *The Ginger Tree* by Oswald Wynd. In 1903, Scotswoman Mary sets sail for China to marry a military attaché in Peking but falls into an adulterous affair with a young Japanese nobleman. Scandalized, she is cast out but she learns to survive.

Birthday Raffle; Thursday, August 27 @ noon. If your birthday falls in August, put your name in a hat raffle for your own cake.

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 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Beef and Broccoli Egg Noodles Applesauce Milk/Juice 8:30 Bone Builders 10:00 Bone Builders 10 to 12 Ask A Nurse 1:00 Cooking Together	4 Pulled Pork Sandwich French Fries Green Beans Milk/Juice 9:00 Bone Builders 1:00 Cribbage	5 Marry Me Chicken Sweet Potato Peas Assorted Fruit/Milk 8:30 Bone Builders 10:00 Bone Builders 12:30 Mah Jong	6 Tuna Salad Plate Lettuce, Tomato, Cukes Three Bean Salad Juice/Milk 9:00 Bone Builders 10:30 Wills & Trusts	7 Sausage, Pepper, Onion Rice Carrots Oranges/Milk 10:30 Food As Medicine
10 BBQ Pork Chops Sweet Potato Spinach Applesauce/Milk 8:30 Bone Builders 10:00 Bone Builders 1:00 Cooking Together	11 Taco Tuesday Lettuce, Tomato, Cheese Rice and Beans Corn Juice/Milk 8:30 Bone Builders 1:00 Cribbage 1:00 Chinese Mah Jong 1:00 Canasta	12 Creamy Garlic Chicken Baked Potato Carrots Asst. Fruit/Milk 8:30 Bone Builders 10:00 Bone Builders 11:00 Karaoke w/Phil 12:30 Mah Jong 1:00 Balloon Animals	13 Spaghetti with Sauce Broccoli Garlic Bread Juice/Milk 9:00 Bone Builders 10:30 LRH-PT Move it! 12:30 BINGO! 1:00 Cribbage	14 Hot Dogs Baked Beans Peas Peaches/Milk 10:30 Zentangle
17 Turkey Gravy Mashed Potato Green Bean Casserole Applesauce/Milk 8:30 Bone Builders 10:00 Bone Builders 10:30 Art With Aden 1:00 Cooking Together	18 Pizza Asst. Veggie & Meat Top-pings Garden Salad Juice/Milk 9:00 Bone Builders 1:00 Cribbage 1:00 Canasta	19 Chicken Salad Plate Pasta Salad Pumpkin Bread Asst. Fruit/Milk 8:30 Bone Builders 10:00 Bone Builders 11: 00 Karaoke w/Phil 12:30 Mah Jong 1:00 Balloon Animals	20 Slow Cooker Pork with Apples Over Rice Baked Beans Peas Juice/Milk 9:00 Bone Builders 12:30 SPONSORED BINGO! 1:00 Cribbage	21 Chef's Choice Baked Potato Carrots Pears/Milk 10:30 Watercolor
24 Cheese Ravioli Garlic Bread Peas/Carrots Applesauce/Milk 8:30 Bone Builders 10:00 Bone Builders 1:00 Falun Dafa	25 Turkey Burger w/Cheese WG Bun Lettuce, Tomato Creamed Spinach Three Bean Salad Juice/Milk 9:00 Bone Builders 12:30 Book Club 1:00 Cribbage 1:00 Chinese Mah Jong 1:00 Canasta	26 Orange Chicken Rice Pilaf Broccoli Asst. Fruit/Milk 8:30 Bone Builders 10:00 Bone Builders 11:00 Karaoke w/Phil 12:30 Mah Jong	27 Mac & Cheese with Ham Garden Salad Banana Bread Juice/Milk 9:00 Bone Builders 12:00 Birthday Raffle 12:30 BINGO! 1:00 Cribbage	28 Baked Fish Sweet Potato FF Green Beans Pineapple/Milk
31 Chicken Gravy Biscuits Carrots/Peas Applesauce/Milk 8:30 Bone Builders 10:00 Bone Builders			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@gcsc.org

From the Activities Coordinator, Karin Ripp: The summer is winding down, and August is a happening month. Linda our nurse will be in residence on Monday the 3rd. Chef Kader will host the Cooking Together classes on August 3, 10 and 17. Classes are limited and all three must be attended to receive the cookware. Attorney Christopher Nelson will discuss wills, trusts and other estate planning devices on Thursday the 6th. Chef Kader will demonstrate a tasty treat on Friday the 7th. Phil will host karaoke on Wednesdays 12 and 19. Carol will demonstrate balloon animals on the 12 and 19 as well. Let's Move It with Jill from LRH-PT Dept. will be here on Thursday the 13th. She will demonstrate that playing games CAN benefit your health. Join us for the fun. If you have never tried Zentangle, now is your chance. It is easy and interesting; we will show you how on Friday the 14th. Art with Aden on Monday, 17th, will give you the opportunity to try your hand at painting. Another artist, Mary, will be here on Friday the 21st with watercolors. Ever heard of Falun Dafa? Now is your chance to try it out. Learn five gentle and relaxing exercises to achieve mindfulness. And, of course, our regular monthly book club, birthday raffle and card games. But we need you too; won't you join us?

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